TRANSITIONING



Education is the Key

Gaining the tools for success:

Learning needed life skills
Finishing school
Choosing a career path
Gaining employable skills
Building community support



Learning to live in society
Job Training
Finding and maintaining a job
Budgeting and banking
Utilizing resources
Enrolling in College

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EXPRESS H.O.M.E. PROGRAM, INC.

Helping Others Magnify Education

Achieving Reachable Challenges & Heights

ANGER MANAGEMENT

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TCSG Technical College System of Georgia

Proud Members of Joynt Production Network

Developed by: Express H.O.M.E. Program (JBosby) January 29, 2021

ARCH Anger Management Program

Meet



Perry Kirkpatrick
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912-223-0057

Owner of Osiris Systems, Inc.
&
CSRA Field Coordinator

As part of the ARCH development team he works closely with Joynt Production Network **"JPN"** to ensure Special Services and Programs are developed specifically for the CSRA area.

Primary Duty

Assist underserved teens and young adults that has been dealing with any life problems, cope with their challenges as they transition into the next phase of their lives.

Perry's Transition

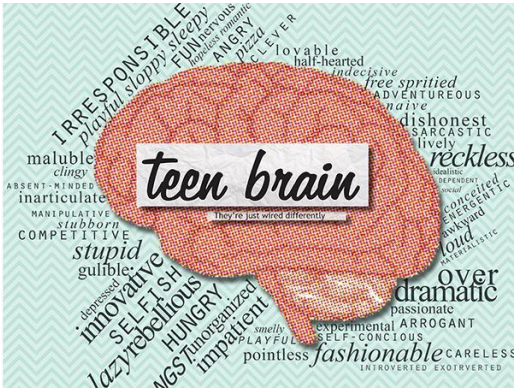
Making ending the pipeline to prison a reality for our youth. In 2015, joined the JPN Team to help underserved "At-Risk Teens & Young Adults" by giving them the tools to become productive adults.

Anger Management

Even though anger is a normal and healthy emotion, it seems teens take it to another level. Anger isn't the problem; it's knowing how to deal with it.

Through the ARCH Program we will teach how to cope with anger and how to express it in a socially appropriate manner.

The ARCH Program will establish behavioral guidelines, and positive solutions.



ARCH will work on the basics as well as self-redirection, below are a few of the key components to self-redirection
Anger Expectations

Anger vs. Aggression
Assertiveness Skills
Physical Signs of Anger
Self-Directed Time-Outs
Acceptable Coping Skills
Problem-Solving Skills
Role Modeling

During this process ARCH will introduce Boxing as a form of releasing Anger

Boxing Program

Anger has no gender or nationality…



And nor do Boxing

Benefits of utilizing Boxing:

ARCH sees and uses Boxing as an Anger Management Tool

Boxing has many benefits besides knowing how to protect one's self, for an angry teen

It can build self-confidence as much as physical strength

It can teach them a lot about themselves

Through our program when boxing, they will never be alone, making it a great motivator for those that feel alone

It's an excellent form of stress relief and stimulates endorphin production

Boxing can help switch off from the pain of the outside world and allow them to present in the moment

The ARCH Development staff sees this as the greatest benefit and the asset of the process…..

It can help manage anger and overcome it.

The Field Coordinator
can get you started if anger management is recommended, or a teen feel they need it.