WHAT IS THE PEACEFUL ALTERNATIVES CLASS?

This class is designed for middle and high school youth who have been referred by juvenile court or their school.

The class focuses on helping students learn to understand how their anger forms, grows, and how to handle their frustrations without becoming full-on angry and possibly exploding. The goal of the class is to help youth make better, more peaceful choices.

Classes are small (6-12 students), interactive, and team-taught by Mediation Services staff and volunteer mediators.

The class is held on selected dates from 6:30pm-8:30pm at the offices of Mediation Services for Anoka County in Coon Rapids, MN.

Statistics show that youth who have taken the class have a lower rate of repeating their original negative choice.

Helping Youth With:

√ Self Control
√ Self Respect
√ Communication
√ Reducing Anger
√ Resolving Conflicts
and
√ Keep Calm Strategies
YOUTH TESTIMONIALS

“The Peaceful Alternatives Class taught me to stop and think before I react to conflict.”

“This class gave me new ideas on how to try and control my anger.”

“I will now think twice about getting into a fight.”

“After the discussion, I now understand that other students have the same concerns and problems that I have.”

“Now I have a plan to avoid the bully that harasses me.”

“This class was fun!”

“Holding anger is a poison. It eats you from inside. We think that hating is a weapon that attacks the person who harmed us. But hatred is a curved blade. And the harm we do, we do to ourselves.”

Mitch Albom

CLASS TOPICS:

EXAMINING YOURSELF

What Makes You Angry?

KNOW YOURSELF:

Why Do I Respond the Way I do?

What Are My Expectations?

CHANGE YOUR ACTIONS:

What Are My Peaceful Alternatives?

STRATEGIES FOR PEACE:

Taking Responsibility

Think Before You Respond

Understand Your Anger and Warning Signs

Accept Others

Talk About It

HOW TO REGISTER A STUDENT FOR PAC:

1. After being referred by the student’s school or the juvenile court, call our offices at 763–422–8878 to register and hold a seat for your child.

2. If you have NOT been referred by a school or the juvenile court but would like your child to attend, please call our offices at 763–422–8878 or visit our website, www.mediationservice.org, to register and hold a seat for your child. Click on the “PAC” tab in the Services section.

3. Our staff will then send a confirmation letter by mail, stating the child’s class date and time, along with payment information.

3. Send in your payment when you receive the confirmation of registration in the mail. There is a $50 non-refundable fee that must be received before the class date. A return envelope is provided in the confirmation letter you will receive in the mail. We accept cash, money order, or checks only. Please make checks payable to: Mediation Services for Anoka County.

For more information about our programs go to www.mediationservice.org and click on “Services” or call us at 763–422–8878.