

## 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.

## MEDIATION SERVICES for Anoka County

is a community-focused 501(c)(3) nonprofit organization. We help people resolve conflicts. *Contributions are very much appreciated and are tax deductible to the fullest extent allowed by the law.*

3200 Main Street NW, Suite 210  
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# Peaceful Alternatives Class



**MEDIATION SERVICES**  
for Anoka County

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## Helping Youth With:

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



Program supported by the  
**Coon Rapids Rotary Foundation**  
[www.coonrapidsrotary.org](http://www.coonrapidsrotary.org)

## YOUTH TESTIMONIALS

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

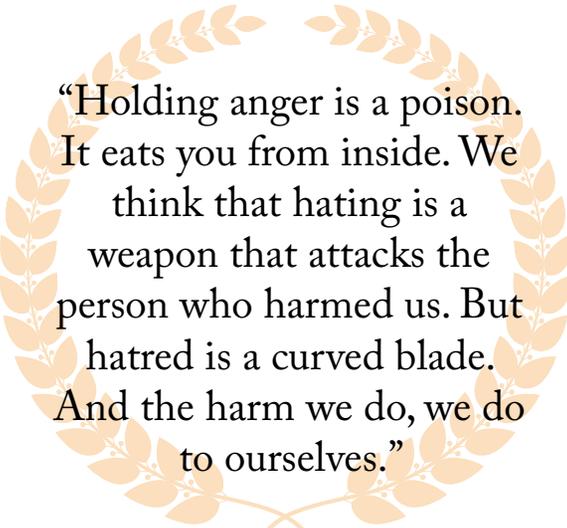
“This class gave me new ideas on how to try and control my anger.”

“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](http://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](http://www.mediationservice.org) and click on “Services” or call us at 763-422-8878.**