

Testimonial - Family

I wanted to express my gratitude.

My daughter, her dad, and I attended the (Aggression Replacement Training) course, we found it very interactive. The counselors were very patient with us, they did not get off track even when a kid may have been acting out. The combination of written material, visual (board), role-play kept us dialed in. Their voice tones and eye contact really showed the kids that they were there to help.

We learned to think our anger through and decide how we want to resolve it before we take action. We learned how to recognize how our bodies react when we are getting angry. This course has allowed my daughter to express her feelings to me. In the past all I got was anger, now she talks to me, and now I am a better listener. I recognize this course as worthwhile for our community.

Submitted by family that participated in an Aggression Replacement Training Class