



TOWN OF BROOKHAVEN YOUTH BUREAU

FREE Upcoming Fall 2018 Programs

Free support and educational groups offered to all Town of Brookhaven residents ages 12 – 21 years old and their families.

Stress Management- Learn to examine your thoughts about your stressors and gain techniques to minimize the stressors experienced in a typical day. Ages 15 – 18 years old.

Anger Management- Examine triggers of anger, learn to change how you look at situations, and develop healthy ways to express anger and frustration. Ages 14 – 21 years old.

Girl's Support Group- Learn how to express thoughts, feelings, and needs in positive ways. Resolve problems and conflicts through healthy communication skills. Discuss current trends and stressors. Ages 12 – 16 years old.

Parenting Workshops- Come discuss the challenges of parenting teens in these ever changing times. Learn more about the adolescent mind and how it affects their behavior.

For more information or to sign-up, please contact the Youth Bureau at (631) 451-8011.



Supervisor Edward P. Romaine

Valerie M. Cartright, District 1 *Michael Loguercio, District 4
Jane Bonner, District 2 Neil Foley, District 5
Kevin LaValle, District 3 Daniel Panico, District 6
Donna Lent, Town Clerk Louis Marcoccia, Receiver of Taxes
Daniel Losquadro, Highway Superintendent
* Youth Bureau Liaison

Stress Management Group
October 4, 11, 18, 25
2:30 pm - 3:30 pm

Anger Management Group
October 5, 12, 19, 26
3:30 pm – 4:30 pm

Girl's Support Group
October 2, 9, 16, 23, 30
3:30 pm – 4:30 pm

Parenting Workshops
October 1, 15, 22, 29
3:30 pm – 4:30 pm

**Brookhaven Town Hall
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