

Red Cap Anger Management for Kids

Red Cap is a program that is 8 to 10 weeks long and is geared to 8 to 12 year olds. It is run as a school club for about $1\frac{1}{2}$ hours during a lunch period. The participants are chosen by the school and are those who could benefit from some anger management skills **and** those who are potential school leaders. It is recommended that there be no more than 12 students in the Red Cap group. The program is interactive and run by well trained and police checked volunteers.

The goal of Red Cap is to have participants come to the point where they will automatically **STOP** as they learn to positively deal with their anger. Each Red Cap lesson centres on one of these areas – **Stopping, Thinking and Problem Solving.**

Red Cap is sponsored by: The Salvation Army

The facilitator for your area is: Kelly Currie

Contact number: 902 466-6176

You will be contacted by: (date) to discuss your

