 **Youth Workshops**

The ICYS Ipswich Community Youth Service Workshop Series caters for young people between the ages of 11 -19 years with intellectual disabilities as well as those with Autism Spectrum Disorder, Asperger’s, and ADHD.

Workshops provide young people with an opportunity to socialise with their peers while learning essential life skills. They include a combination of hands on activities, group work and discussion. All workshops include afternoon tea and are provided free of charge.

**Workshop 1: Conflict and Anger Management:**

During the workshops participants will learn to identify the physical and emotional symptoms of anger, understand what their personal triggers are, learn techniques to express their emotions in a positive manner and discover appropriate ways to respond to bullying behaviours.

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| **Date** | **Time** | **Location** |
| Mon 15 April 2013 | 3:15pm – 5pm | ICYS  17 Thorn Street,  Ipswich 4305 |
| Mon 22 April 2013 |
| Mon 29 April 2013 |
| Mon 6 May 2013 |
| Mon 13 May 2013 |

**How to Register:**

To register simply contact Kahli Williams, Youth and Family Worker via phone 3812 1050 or email [bfc@icys.org.au](mailto:bfc@icys.org.au).

*Please be aware that participants are served on a first come first served basis and that by registering for a workshop series participants are agreeing to attend all relevant sessions.*