

## For more information about Saturday Family Workshop, contact:

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Woodridge Local Schools  
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### **Six District Educational Compact**

Mary Jane Stanchina, Executive Director  
Telephone: (330) 655-2247

### **Facilitators:**

Robert and Karen Sykes

## Six District Educational Compact Districts

### **Cuyahoga Falls City Schools**

431 Stow Avenue • Cuyahoga Falls, Ohio 44221  
(330) 926-3800

### **Hudson City Schools**

76 N. Hayden Pkwy, Hudson, OH 44236  
(330) 650-4040

### **Kent City Schools**

321 N. DePeyster Street • Kent, Ohio 44224  
(330) 673-6515

### **Stow-Munroe Falls City Schools**

4350 Allen Road • Stow, Ohio 44224  
(330) 689-5445

### **Tallmadge City Schools**

McCombs Education Center  
486 East Avenue • Tallmadge, Ohio 44278  
(330) 633-3291

### **Woodridge Local Schools**

4411 Quick Road • Peninsula, Ohio 44264  
(330) 928-9074

## Saturday Family Workshop: Effective Strategies for Managing Anger- Conflict-Emotion (MACE) HIGH SCHOOL

2022-23

*An intensive family-based program  
offered to secondary school students  
grades 9, 10, 11, and 12 and their  
parents or legal guardians as a  
proactive measure or as an alternative  
consequence of a school policy violation.*



Six District  
Educational Compact

Cuyahoga Falls • Hudson • Kent • Stow-Munroe Falls  
Tallmadge • Woodridge

## What is the Saturday Family Workshop: Effective Strategies for Managing Anger-Conflict-Emotion (MACE)?

The Saturday Family Workshop: Effective Strategies for Managing Anger-Conflict-Emotion (MACE) is a school-based intervention model with a helping perspective for families dealing with inappropriate actions as a result of anger. It is a service provided by the Six District Educational Compact at no charge.

**This program is offered to students in grades 9, 10, 11 and 12 and their parents or legal guardians as a proactive step before a school policy violation, or as an alternative consequence of a school policy violation.**

Focused on the family, attendance of the student and at least one parent or legal guardian is required. In addition, any family can choose to participate in the Saturday Family Workshop MACE solely to increase their own education and awareness of these issues.

The workshop is designed with an educational format to teach these effective strategies for Anger Management and Conflict Resolution. Instructional methods include short lectures, videos and group discussions in an informal setting. The facilitators focus on assisting families and giving practical strategies for success in dealing with anger, conflict, and emotions.

## Program Features

- The Saturday Family Workshop: Effective Strategies for Managing Anger-Conflict-Emotion (MACE) is provided free of charge to students in grades 9, 10, 11 and 12 who attend a Six District Educational Compact school. A fee will be required for students from non-Compact school districts.
- With emphasis placed on family interactions, at least one parent or legal guardian must attend with his or her child.
- The program follows an educational format rather than providing counseling or therapy.
- Teaching methods include lectures, videos and group discussions. Sessions are very interactive and are conducted in an informal setting that encourages discussion.

## Program Topics

- **Take the F.I.G.H.T. out of Anger**
- **Anger is a Secondary Emotion So Let's Deal with the Real Problem**
- **Is Anger Good or Bad?**
- **Battleship Bursting vs. Submarine Stewing**
- **Dealing with Panic and Stress**
- **What Really is Conflict Resolution?**
- **Five Styles of Handling Conflict**

## Program Times and Dates

**Time:** 8:30 to 10:45 a.m.

### Saturday Dates:

- **September 10, 2022**
- **October 22, 2022**
- **November 19, 2022**
- **December 17, 2022**
- **January 21, 2023**
- **February 18, 2023**
- **March 18, 2023**
- **April 22, 2023**
- **May 13, 2023**

### Location:

Woodridge Middle School Library  
4451 Quick Road  
Peninsula, OH 44264

Sessions may be held in person or virtually.

**SPECIAL NOTE: To receive important SFAMP reminders and updates regarding inclement weather, text the message @b39ffh to the number 81010.**



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