

trans · form: (v) to undergo a change in form, appearance, or character

Don't really like how you react to life?

Anger get in the way of your relationships with friends and family?

Tired of being frustrated with everyone around you?

A group for **TEEN GUYS who want to **TRANSFORM** by:**

Utilizing physical activities

Learning to deal with anger

Starting to think before acting

Changing attitudes towards other people

Gaining an understanding of themselves

**TRANSFORMED
PART I**

SOJOURN WELLNESS GROUP

449-1196