

<https://raisingchildren.net.au/teens/communicating-relationships/communicating/conflict-management-with-teens>

Dealing with conflict with your child can help to reduce family stress levels. It can also make your relationship with your child stronger. And if you deal with conflict in effective ways, you help your child learn some important life skills. They offer info on a variety of topics and you can ask questions through their parent forum right on the website.

<https://www.domesticshelters.org/help/nv/reno>

There are currently 2 domestic violence and abuse shelters and programs in Reno, NV with 2 offering a hot line and 2 offering emergency shelter Safe Embrace, phone 775-322-3466 or Domestic Violence Resource Center, phone 775-329-4150

<https://domesticviolenceresourcecenter.org/>

Restore safety and reclaim your life. Call our 24-hour hotline at 775.329.4150

<https://www.nevada211.org>

Nevada 211, is committed to helping Nevadans connect with the services they need. Whether by phone or internet, our goal is to present accurate, well-organized and easy-to-find information from state and local health and human services programs. Just dial 211

<https://www.psychologytoday.com/us/groups/anger-management/nv/reno>

Anger Management Support Groups in Reno, NV Various locations in Reno and Sparks

<https://www.ambercreek.org/anger-management.php>

Anger is a powerful, but perfectly normal emotion that we all feel from time to time. However, anger is also one of the most poorly handled emotions we have. Expressing anger can be either helpful or harmful. Everyone needs to learn how to express anger in a positive way.

AmberCreek Counseling & Recovery Services 4894 Sparks Blvd Suite 108, Sparks NV 89436
Phone 775-284-9888 (Sparks) 415 Highway 95A Suite G701, Fernley, NV 89408

<https://www.childrencabinet.org/family-youth/youth-education-and-training/community-education/>

This is a great resource and can help with many needs. They offer courses to help promote anger management and stress management and free counseling services. You can reach our main office at: [775-856-6200](tel:775-856-6200)

<http://healingminds.com/anger-management-reno-nv/>

At Healing Minds you have the opportunity to learn how to effectively manage anger, temper and extreme irritability. 6490 S. Mccarran Blvd, Building A, #6, Reno, NV 89509 Phone: (775) 448-9760

<https://www.betterhelp.com/online-therapy/>

We have therapists for teenagers online who can help a middle or high schooler with the concerns that teens face daily. Through online therapy, you can communicate with your counselor using a computer, tablet, smartphone, and any other device to use an Internet connection. Click on the link above or email: contact@betterhelp.com

<https://www.mightier.com/how-it-works/>

Mightier helps children (ages 6 – 12) who struggle with their emotions. Mightier works to build better emotional regulation (management) in children over time through practice and increasing challenges playing games. Call: 1-888-978-7495 Email: support@mightier.com

<https://www.patts.info/>

PATTS (Peaceful Alternatives to Tough Situations) - An aggression management evidence-based program for high risk children and adolescents. PATTS utilizes group instruction and role play to help youth learn nonviolent conflict resolution skills, demonstrate more forgiveness in conflict situations and take responsibility for their choices and behavior. If you want curriculum let us know - there would need to be some foundational training for the presenter. Call: 757-838-1960 Email: www.kidsandfamilies.com

<http://www.socialworkerstoolbox.com/lemons-or-lemonade-an-anger-workbook-for-teens/>

Free Anger workbook for teens, this workbook is for young people 13 and older who express their anger in ways that harm others, themselves, animals, and personal property. Resources for younger children also. This website is easy to use and loaded with information and free resources. Please click the link above for more info.

<https://kidshealth.org/en/teens/deal-with-anger.html>

Dealing with Anger - Tips for Kids and Teens Deciding to get control of your anger — rather than letting it control you — means taking a good hard look at the ways you've been reacting when you get mad. Do you tend to yell and scream or say hurtful, mean, disrespectful things? Do you throw things, kick or punch walls, break stuff? Hit someone, hurt yourself, or push and shove others around? Everyone can change — but only when they want to. If you want to make a big change in how you're handling your anger, think about what you'll gain from that change. More self-respect? More respect from other people? Less time feeling annoyed and frustrated? A more relaxed approach to life? Remembering why you want to make the change can help. You can contact them directly through the website.

<https://www.verywellfamily.com/teach-teens-anger-management-skills-2609114>

Dealing with Anger - Tips for Teens Whether they throw their smartphone against the wall when they're frustrated that an app won't work, or they yell and swear when they don't get their way, teens who can't manage their anger are bound to have serious problems. While some lash out verbally, others may become physically aggressive. If they don't learn how to manage their anger, they'll have difficulty at school, in relationships, and in their careers. This website also offers a variety of information for children of all ages. You can also call for information 212-204-4000.

<https://www.helpguide.org/home-pages/domestic-abuse.htm>

Domestic Violence - information and help. Domestic violence and abuse can happen to anyone, yet the problem is often overlooked, excused, or denied. Whether you're the abused or a concerned friend or family member, it's important to know that help is available. This website also offers a variety of information. You can contact them directly from the website.