

RED CAP is an anger management program geared to 8 to 12 year olds. The program is interactive and run by volunteers who are well trained and police checked. Although run by The Salvation Army, this is not a faith-based program.



# RED CAP

## Anger Management for Kids

Anger is a normal part of life and many children and adults do not have positive opportunities to practice dealing with anger. There is nothing wrong with feeling angry; problems only begin to arise when people do not deal with their anger properly. The RED CAP club provides the opportunity for young people to learn how to manage their anger.

