



**Project: PeaceMakers, Inc.**  
**P.O. Box 82361, Los Angeles, CA 90082-0361**  
**Ph: (323) 291-2525, Fax: (323) 291-0140, e-mail: ppmi\_main@ppminc.org**

## **CLASS CURRICULUMS**

### **Anger Management Class Topics**

1. Introduction to Anger Management
2. What are your Anger Triggers?
3. What are Your Anger Warning Signs?
4. Steps to Managing Your Anger
5. Benefits and Costs of Anger
6. How to Deal with Yours & Other Peoples Anger
7. Anger Issues and Types, Abuse & Healing
8. Recognizing When Your Angry
9. Letting Go of Anger – Forgiveness
10. Develop an Anger Management Plan
11. Build Self-Esteem & Self-Love
12. Positive Self-Talk
13. Positive Communication with others when Angry
14. Anger and your Emotions
15. Anger Management Techniques
16. Changing Anger Patterns
17. Current Events Involving Anger
18. Life Skills- Financial Empowerment-KJS
19. Life Skills-Gun Safety
20. Practice for Improvement in Anger

### **Domestic Violence Class Topics**

1. Introduction to Domestic Violence?
2. Understanding Domestic Violence
3. Cycle of Violence
4. Understanding Abuse
5. When the Victim Becomes an Accomplice
6. Cultural Differences in Relationships
7. Equality Wheel
8. Having Realistic Expectations in Your Relations
9. Power & Control – Pt 1
10. Power & Control – Pt 2 (Role Play)
11. Relationships with difficult Personalities
12. What is a Healthy vs. Unhealthy Relationship?
13. Love Shouldn't Hurt
14. Current events involving DV/IPV
15. Life Skills- Financial Empowerment- KJS
16. Life Skills –Gun Safety
17. How does Domestic Violence affect you as a Parent?
18. Breaking the Domestic Violence Cycle
19. When is Enough... Enough? Safety Plan
20. From Victim to Survivor

### **Parenting Education Class Topics**

1. Introduction to Parenting
2. Understanding the development of your Child
3. Communicating with Your Kids
4. Understanding Temperament (Ages 0-11)
5. Understanding Temperament Teenagers (Ages 12-18)
6. Encouraging Intellectual Development
7. The Dynamics of Discipline
8. Instilling Self Esteem In Your Child
9. Teaching Your Child Values
10. Supporting Your Child's Socialization
11. Meeting Your Child's Needs
12. Being a Good Role Model
13. Diverse Family Situations
14. Life Skills - Financial Empowerment-KJS
15. Life Skills - Gun Safety

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