

NYC

ARTSAVE

ANGER MANAGEMENT

— TRANSIT STATION —

NYC METROPOLITAN AREA

DECLARATION OF COMMITMENT

I, _____, voluntarily enter the **ARTSAVE** Anger Management Transit Station with the understanding that this program is designed to support my personal growth, emotional regulation, self-awareness, accountability, and social-emotional wellness.

GROWTH
STRENGTH

By this declaration, I commit to:



- 1** Recognize my **emotional triggers** and take responsibility for my actions.
-  Practice healthy coping strategies to manage anger and stress.
-  Communicate with respect, honesty, and understanding.
-  Make positive choices in my relationships, school, home, and community.
-  Stay committed to growth, **healing**, and **personal improvement**.
-  Participate fully and consistently in this process with effort and determination.

I enter this journey with the intention to become a stronger, healthier, and more responsible version of myself.

Participant Name: _____

Date: _____, 20____

Participant Signature: _____

Program Representative: _____

Parent/Guardian Name (if applicable): _____

Program Signature: _____

Parent/Guardian Signature: _____



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THE HEALING LINE → NEXT STOP: GROWTH