

ANGER MANAGEMENT EDUCATIONAL CLASSES for ADULTS

Class Schedule 2025

Tuesday Class 12p-1p Live on Zoom

	CHAPTER
1 January 7, 2025	4
2 January 14, 2025	5
3 January 21, 2025	6
4 January 28, 2025	7
5 February 4, 2025	8
6 February 11, 2025	9
7 February 18, 2025	10
8 February 25, 2025	1
9 March 4, 2025	2
10 March 11, 2025	3
11 March 18, 2025	4
12 March 25, 2025	5
13 April 1, 2025	6
14 April 8, 2025	7
15 April 15, 2025	8
16 April 22, 2025	9
17 April 29, 2025	10
18 May 6, 2025	1
19 May 13, 2025	2
20 May 20, 2025	3
21 May 27, 2025	4
22 June 3, 2025	5
23 June 10, 2025	6
24 June 17, 2025	7
25 June 24, 2025	8
26 July 1, 2025	9
27 July 8, 2025	10
28 July 15, 2025	1
29 July 22, 2025	2
30 July 29, 2025	3
31 August 5, 2025	4
32 August 12, 2025	5
33 August 19, 2025	6
34 August 26, 2025	7
35 September 2, 2025	8
36 September 9, 2025	9
37 September 16, 2025	10
38 September 23, 2025	1
39 September 30, 2025	2
40 October 7, 2025	3
41 October 14, 2025	4
42 October 21, 2025	5
43 October 28, 2025	6
44 November 4, 2025	7
45 November 11, 2025	8
46 HOLIDAY-NO CLASS NOV 18, 2025	
47 HOLIDAY-NO CLASS NOV 25, 2025	
48 December 2, 2025	9
49 December 9, 2025	10
50 December 16, 2025	1
51 HOLIDAY-NO CLASS DEC 23, 2025	
52 HOLIDAY-NO CLASS DEC 30, 2025	

Wednesday Class 4p-5p Live on Zoom

	CHAPTER
1 January 8, 2025	9
2 January 15, 2025	10
3 January 22, 2025	1
4 January 29, 2025	2
5 February 5, 2025	3
6 February 12, 2025	4
7 February 19, 2025	5
8 February 26, 2025	6
9 March 5, 2025	7
10 March 12, 2025	8
11 March 19, 2025	9
12 March 26, 2025	10
13 April 2, 2025	1
14 April 9, 2025	2
15 April 16, 2025	3
16 April 23, 2025	4
17 April 30, 2025	5
18 May 7, 2025	6
19 May 14, 2025	7
20 May 21, 2025	8
21 May 28, 2025	9
22 June 4, 2025	10
23 June 11, 2025	1
24 June 18, 2025	2
25 June 25, 2025	3
26 July 2, 2025	4
27 July 9, 2025	5
28 July 16, 2025	6
29 July 23, 2025	7
30 July 30, 2025	8
31 August 6, 2025	9
32 August 13, 2025	10
33 August 20, 2025	1
34 August 27, 2025	2
35 September 3, 2025	3
36 September 10, 2025	4
37 September 17, 2025	5
38 September 24, 2025	6
39 October 1, 2025	7
40 October 8, 2025	8
41 October 15, 2025	9
42 October 22, 2025	10
43 October 29, 2025	1
44 November 5, 2025	2
45 November 12, 2025	3
46 HOLIDAY-NO CLASS NOV 19, 2025	
47 HOLIDAY-NO CLASS NOV 26, 2025	
48 December 3, 2025	4
49 December 10, 2025	5
50 December 17, 2025	6
51 HOLIDAY-NO CLASS DEC 24, 2025	
52 HOLIDAY-NO CLASS DEC 31, 2025	