

ANGER MANAGEMENT EDUCATIONAL CLASSES for ADULTS

2026 Class Schedule

Tuesday Class 12p-1p Live on Zoom

	CHAPTER
1 January 6, 2026	2
2 January 13, 2026	3
3 January 20, 2026	4
4 January 27, 2026	5
5 February 3, 2026	6
6 February 10, 2026	7
7 February 17, 2026	8
8 February 24, 2026	9
9 March 3, 2026	10
10 March 10, 2026	1
11 March 17, 2026	2
12 March 24, 2026	3
13 March 31, 2026	4
14 April 7, 2026	5
15 April 14, 2026	6
16 April 21, 2026	7
17 April 28, 2026	8
18 May 5, 2026	9
19 May 12, 2026	10
20 May 19, 2026	1
21 May 26, 2026	2
22 June 2, 2026	3
23 June 9, 2026	4
24 June 16, 2026	5
25 June 23, 2026	6
26 June 30, 2026	7
27 July 7, 2026	8
28 July 14, 2026	9
29 July 21, 2026	10
30 July 28, 2026	1
31 August 4, 2026	2
32 August 11, 2026	3
33 August 18, 2026	4
34 August 25, 2026	5
35 September 1, 2026	6
36 September 8, 2026	7
37 September 15, 2026	8
38 September 22, 2026	9
39 September 29, 2026	10
40 October 6, 2026	1
41 October 13, 2026	2
42 October 20, 2026	3
43 October 27, 2026	4
44 November 3, 2026	5
45 November 10, 2026	6
46 HOLIDAY-NO CLASS NOV 17, 2026	
47 HOLIDAY-NO CLASS NOV 24, 2026	
48 December 1, 2026	7
49 December 8, 2026	8
50 December 15, 2026	9
51 HOLIDAY-NO CLASS DEC 22, 2026	
52 HOLIDAY-NO CLASS DEC 29, 2026	

Wednesday Class 4p-5p Live on Zoom

	CHAPTER
1 January 7, 2026	7
2 January 14, 2026	8
3 January 21, 2026	9
4 January 28, 2026	10
5 February 4, 2026	1
6 February 11, 2026	2
7 February 18, 2026	3
8 February 25, 2026	4
9 March 4, 2026	5
10 March 11, 2026	6
11 March 18, 2026	7
12 March 25, 2026	8
13 April 1, 2026	9
14 April 8, 2026	10
15 April 15, 2026	1
16 April 23, 2026	2
17 April 29, 2026	3
18 May 6, 2026	4
19 May 13, 2026	5
20 May 20, 2026	6
21 May 27, 2026	7
22 June 3, 2026	8
23 June 10, 2026	9
24 June 17, 2026	10
25 June 24, 2026	1
26 July 1, 2026	2
27 July 8, 2026	3
28 July 15, 2026	4
29 July 22, 2026	5
30 July 29, 2026	6
31 August 5, 2026	7
32 August 12, 2026	8
33 August 19, 2026	9
34 August 26, 2026	10
35 September 2, 2026	1
36 September 9, 2026	2
37 September 16, 2026	3
38 September 23, 2026	4
39 September 30, 2026	5
40 October 7, 2026	6
41 October 14, 2026	7
42 October 21, 2026	8
43 October 28, 2026	9
44 November 4, 2026	10
45 November 11, 2026	1
46 HOLIDAY-NO CLASS NOV 18, 2026	
47 HOLIDAY-NO CLASS NOV 25, 2026	
48 December 2, 2026	2
49 December 9, 2026	3
50 December 16, 2026	4
51 HOLIDAY-NO CLASS DEC 23, 2026	
52 HOLIDAY-NO CLASS DEC 30, 2026	