

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	