



FOTM

COMMUNITY TRAINING CENTER

Educate. Equip. Empower. Enrich. Transform.

MANAGING ANGER

ANGER MANAGEMENT TRAINING

Managing Anger is an anger management training that collaborates with participants to identify the root causes of anger, develop, and implement strategies, identify triggers, enhance communication skills to reduce conflict, identify parenting styles, and modify thinking that leads to desired appropriate behavior modification when implemented.



12-WEEK VIRTUAL CLASS



DATES: Wednesdays
October 7, 2026 – December 23, 2026



CLASS TIME: 11:00 am – 1:00 pm



REGISTRATION DEADLINE:
Friday, October 2, 2026



Identify
Triggers



Enhance
Communication



Understand
Parenting Styles



Change
Thinking



Achieve Positive
Behavior Change

REGISTER TODAY!



REGISTER ONLINE:
<https://form.jotform.com/262444989195171>



**CERTIFICATES ISSUED
UPON COMPLETION**



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