



12-Week Virtual Anger Management

Program Dates: Wednesdays

March 12, 2025 – May 28, 2025

Time: 11:00 am – 1:00 pm

Registration Deadline: Friday, March 7, 2025

Managing Anger is designed to identify the root causes of anger, learn specific strategies to manage anger, and how to communicate better.

For registration: <https://form.jotform.com/250306616890154>

Or scan the QR code:



For more information, please contact

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FOTM

Families On The Move of New York City, Inc. (FOTM)
Yesterday, Today, Tomorrow...Families On The Move.

Learn to manage anger

Develop and strengthen skills for self-control over thoughts and actions

Receive support, feedback, and resources

Certificates provided upon completion

Virtual classes via ZOOM

**FAMILIES ON THE MOVE OF
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