



## 12-Week Virtual Anger Management

**Program Dates: Tuesdays**

**September 16, 2025 – December 16, 2025**

**Time: 12:00 pm – 2:00 pm**

**Registration Deadline: Friday, September 12, 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/252254400202136>**

**Or scan the QR code:**



**For more information, please contact**

**Simone Richards, Training Manager (347) 695-7868**

**Email: [training@fotmnyc.org](mailto:training@fotmnyc.org)**



**FOTM**

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

Learn to manage anger

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

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Receive support,  
feedback, and resources

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Certificates provided  
upon completion

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Virtual classes via ZOOM

**FAMILIES ON THE MOVE OF  
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