

12-WEEK VIRTUAL MANAGING ANGER



**VIRTUAL. SUPPORTIVE.
REAL CHANGE.**

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.

YOU WILL LEARN TO:



Identify the root causes of your anger



Identify your triggers



Develop and implement healthy strategies



Enhance communication skills to reduce conflict



Identify parenting styles



Modify thinking that leads to desired, appropriate behavior modification



DATES:

Wednesdays,
September 16, 2026 - December 9, 2026



TIME:

12:30 pm - 2:30 pm



FORMAT:

Weekly Virtual Sessions

A Healthier You. A Better Future.



12 WEEKS

Weekly virtual sessions



COLLABORATIVE & INTERACTIVE

Engaging discussions and practical tools



CONFIDENTIAL & SUPPORTIVE

A safe space to grow and heal



PRACTICAL TOOLS FOR LASTING CHANGE

Skills you can use every day



REGISTER TODAY!

<https://form.jotform.com/262045363684157>



REGISTRATION DEADLINE:

Thursday, September 10, 2026



Educate. • Equip. • Empower. • Enrich. • Transform.

FOTM

COMMUNITY TRAINING CENTER



CONTACT:

Simone Richards

Dir. of Training &
Workforce Development



training@fotmnyc.org



347-695-7868



Join us on the journey to
better choices, stronger
relationships, and a better **YOU.**



NEW MINDSET. BETTER CHOICES. BETTER LIFE.