

# 12 – Week Virtual Anger Management

**PROGRAM DATES: TUESDAYS  
FEBRUARY 10, 2026 – APRIL 28, 2026  
TIME: 12:00 PM – 2:00 PM**

**REFERRAL DEADLINE:  
FRIDAY, FEBRUARY 6, 2026**

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

**SUBMIT REFERRALS BELOW:  
[HTTPS://FORM.JOTFORM.COM/260065478228158](https://form.jotform.com/260065478228158)  
OR SCAN THE QR CODE:**



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

**FOR MORE INFORMATION, PLEASE CONTACT  
SIMONE RICHARDS, TRAINING MANAGER  
PHONE (347) 695-7868  
EMAIL: [TRAINING@FOTMNYC.ORG](mailto:TRAINING@FOTMNYC.ORG)**



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Families On The Move of New York City, Inc.  
358 St. Marks Place  
Suite 302  
Staten Island, NY 10301  
(347) 682-4870  
[www.fotmnyc.org](http://www.fotmnyc.org)