

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
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