

# 12 – Week Virtual Anger Management

PROGRAM DATES: WEDNESDAYS  
MAY 20, 2026 – AUGUST 5, 2026  
TIME: 2:30 PM – 4:30 PM

REFERRAL DEADLINE:  
THURSDAY, MAY 14, 2026

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

FOR REFERRALS:  
[HTTPS://FORM.JOTFORM.COM/260974723227159](https://form.jotform.com/260974723227159)  
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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