

<b>2025</b>	<b>16 Hour Anger Management Program</b> <b>Assessment &amp; Treatment Associates</b> <b>Phone: 425-289-1600 - Call to Pre-Register</b>
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The Anger Management course is available conveniently via Zoom. It is offered in a two-day format 8-hours Saturday and 8-hours Sunday. The course content includes triggers of anger, coping skills, stress management, improved communication, as well as mindfulness exercises. There will be breaks throughout the day and a longer break for lunch. This course fulfils the requirement for a Level 2 Anger Management course.

<b>Times:</b> Saturday: 9:00AM to 6:00PM  Sunday: 9:00AM to 6:00PM  <b>Price:</b> \$500.00 (Prepayment is required)
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Please Note: Rescheduling fee \$50.00. Splitting the weekend is not allowed. Working microphone & camera required. Must follow all rules to attend.
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Program Schedule:		
Month	Saturday	Sunday
January	25	26
March	29	30
May	17	18
July	26	27
September	27	28
November	22	23

Participant Information:		
Name:		
Phone Number:		
Birthdate Date:		
Email Address:		
Class Date:		
Payment Information:		
Credit/Debit Card #		Payment Amount:
		\$
Expiration	Security Code	
Contact ID #	Facilitator notification date:	

**NOTE:** Once registered, you will receive a zoom link from the program facilitator.