

2026	16 Hour Anger Management Program Assessment & Treatment Associates Phone: 425-289-1600 - Call to Pre-Register
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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.

Times: Saturday: 9:00AM to 6:00PM Sunday: 9:00AM to 6:00PM Price: \$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.

Program Schedule:		
Month	Saturday	Sunday
January	24	25
March	28	29
May	16	17
July	25	26
September	26	27
November	21	22

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: A zoom link from the program facilitator is sent the Friday before the class.