

2026

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

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 fulfills 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)

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.