



SARATOGA CENTER FOR THE FAMILY
Building stronger families for stronger communities

Anger Management Group

Evening Anger Program

This 5-week program is designed to help participants learn to express strong emotions in a healthy, balanced way. Learn how to stay in control, communicate, resolve conflicts and set personal goals in this group format program.

Our 2026 5-week anger management program schedule: Mondays from 6-730pm

January 12th – February 9th

April 6th – May 4th

June 1st – June 29th

July 20th – August 17th

September 21st – October 19th

Classes are held virtually or at Saratoga Center for the Family
359 Ballston Avenue, Saratoga Springs NY 12866

Registration fee is \$125.00 due in advance of the first session**

To register, please call 518-587-8008 ext 315



**** Please note: There will be no same day registration. Registration and payment must occur by the close of business the day prior to group starting. Group dates are subject to change.**

359 Ballston Avenue, Saratoga Springs, New York 12866 * Phone: 518-587-8008

www.saratogacff.org * You can also find us on  