



SARATOGA CENTER FOR THE FAMILY  
Building stronger families throughout Saratoga County

# 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 2024 5-week anger management program schedule:**

**Wednesdays, January 3<sup>rd</sup> – January 31<sup>st</sup> 7:30pm – 9:00pm**

**Wednesdays, February 21<sup>st</sup> – March 20<sup>th</sup> 7:30pm- 9:00pm**

**Wednesdays, April 10<sup>th</sup> – May 8<sup>th</sup> 7:30pm – 9:00pm**

**Wednesdays, July 10<sup>th</sup> – August 7<sup>th</sup> 7:30pm – 9:00pm**

**Wednesdays, September 11<sup>th</sup> – October 9<sup>th</sup> 7:30pm – 9:00pm**

**Wednesdays, November 6<sup>th</sup> – December 4<sup>th</sup> 7:30pm - 9:00pm**

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

Registration fee is \$100.00 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.**