



Parent Education Program/Mt. Diablo Adult Education
A Division of Mt. Diablo Unified School District



**ANGER MANAGEMENT for
Teens and their Parents**
“Helping Teens Build Positive and Healthy Lives”

Wednesdays 6:30pm-8:30pm
Loma Vista Adult Center, Room C-4
1266 San Carlos Ave., Concord

FALL 2023	SPRING 2024
OCTOBER 11	MARCH 13
DECEMBER 13	MAY 8



This is a **FREE** workshop designed to provide strategies and resources for parents and teens to communicate more effectively and have positive relationships. It also educates teens on how to address destructive behavior, stress, and anxiety due to school and peer pressure, and many other issues that affect and disrupt teens’ life.

- **Pre-registration is required.**
- Click [here to register now](#) or click **Register Now** at mdae.mdusd.org/programs/pe.
- This class is not appropriate for students with habitual violent behavior.
- Parents and students must be present for the entire workshop to receive attendance.
- Please arrive 10 minutes before class starts.

**For registration and information, contact the Parent Education Program
(925) 685-7340 ext. 6720 or email parented@mdusd.org.
Referral/Registration forms can be faxed to (925) 687-8217
Visit our website mdae.mdusd.org**