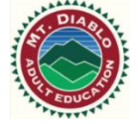




Mt. Diablo Adult Education/Parent Education Program
A Division of Mt. Diablo Unified School District



Anger Management Class

Ten-Week In-Person Series

Thursday Evenings 7:00-9:00 p.m.
Loma Vista Adult Education, Rm C-4
1266 San Carlos Ave., Concord

This is a ten-week in-person series of ongoing classes, designed to provide individuals with techniques, strategies, and tools on how to address their anger, stress, and anxiety. Students will also learn conflict resolution techniques on how to make productive decisions, communicate effectively, and have positive relationships with their family members and others.



FREE for Mt. Diablo Unified School District Residents with proof of address.
If you live outside of the district area, the fee is \$10.00 per class.

Steps to register online:

- You must pre-register to attend the class.
- Click [here to register now](#) or click **Register Now** at mdae.mdusd.org/programs/pe
- If you intend to attend a class offered on the day you registered, you must complete enrollment before 3:00 p.m.
- Log in if you have an account. If do not have an account, create an account to register.

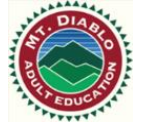
Class Attendance Information:

- Class starts at 7:00 p.m. **No late admittance.**
- Students need to stay the entire class and follow the class guidelines to receive attendance.
- You must complete all ten classes within six months to receive a certificate of completion.

For information email the Parent Education Program at parented@mdusd.org,
call (925) 685-7340 ext. 6720 or visit our website mdae.mdusd.org



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Anger Management Series Ten-Week In-Person Series

Thursdays, 7:00-9:00 p.m.
Loma Vista Adult Education, Room C-4
1266 San Carlos Ave., Concord

CLASS TOPICS

<p>Class 1 Anger Awareness</p> <p>Class 2 Anger, Hostility, And Your Health</p> <p>Class 3 Anger Triggers And Expression</p> <p>Class 4 Positive Communication</p> <p>Class 5 Family Conflict</p>	<p>Class 6 Stress Management</p> <p>Class 7 Conflict Resolution</p> <p>Class 8 Survival Skills</p> <p>Class 9 Coping Strategies and Self-care</p> <p>Class 10 Individual Master Plan For Anger Control</p>
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CLASS SCHEDULE WINTER 2024		CLASS SCHEDULE SPRING 2024	
Day Class Meets	Session Number	Day Class Meets	Session Number
January 11	10	April 11	2
January 18	1	April 18	3
January 25	2	April 25	4
February 1	3	May 2	5
February 8	4	May 9	6
February 15	5	May 16	7
February 22	6	May 23	8
February 29	7	May 30	9
March 7	8	June 6	10
March 14	9	June 13	1
March 21	10	June 20	2
March 28	1	June 27	3
NO CLASS APRIL 4		MORE CLASSES IN JULY 2024	

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