



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, Room C4
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.

For residents outside the district, the fee is \$10.00 per class.

Childcare is available in room E2 for children ages 3-12. If you need childcare, please arrive 15 minutes before class starts.

Steps to register online:

- You must pre-register to attend the class.
- Click [here to register now](#) or click on [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 you 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



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



Anger Management Series Ten-Week In-Person Series

**Thursdays, 7:00-9:00 p.m.
Loma Vista Adult Center, Room C-4**

CLASS TOPICS	
Unit 1	Anger Awareness
Unit 2	Anger, Hostility, And Your Health
Unit 3	Anger Triggers And Expressions
Unit 4	Positive Communication
Unit 5	Family Conflict
Unit 6	Stress Management
Unit 7	Conflict Resolution
Unit 8	Survival Skills
Unit 9	Coping Strategies and Self-Care
Unit 10	Individual Master Plan for Anger Control

CLASS SCHEDULE December 2024 - June 2025			
DATE	UNIT	DATE	UNIT
December 12	2	March 27	5
December 19	3	April 3	6
Winter Break		Spring Break	
January 9	4	April 17	7
January 16	5	April 24	8
January 23	6	May 1	9
January 30	7	May 8	10
February 6	8	May 15	1
February 13	9	May 22	2
February 20	10	May 29	3
February 27	1	June 5	4
March 6	2	June 12	5
March 13	3	June 26	6
March 20	4		

For information, email the Parent Education Program at parented@mdusd.org
Or call (925) 685-7340 ext. 6720