



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



# Parenting & Anger Management Classes for Adults

## Parenting Certificate Class

Ten-Week In-Person Series

**TUESDAY** Evenings 7:00-9:00 p.m.  
Loma Vista Adult Center, Room C-4  
1266 San Carlos Ave., Concord

This is a ten-week in-person ongoing series designed to provide tools, strategies, and resources for parents to build strong family values, positive relationships, and effective communication with their family members. Students will learn how to improve their mental health, well-being, and become decisive, confident individuals.

## Anger Management Class

Ten-Week In-Person Series

**THURSDAY** Evenings 7:00-9:00 p.m.  
Loma Vista Adult Center, Room C-4  
1266 San Carlos Ave., Concord

This is a ten-week in-person ongoing series 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.

Childcare available for children ages 3-12 years old, room E2. Please arrive 15 minutes before class starts if you need childcare services.

### 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 credit for attendance.
- You must complete all ten classes within six months to receive a certificate of completion.



For information regarding this class and other classes email the Parent Education Program at [parented@mdusd.org](mailto:parented@mdusd.org), call (925) 685-7340 ext. 6720 or visit our website [www.mdae.mdusd.org](http://www.mdae.mdusd.org).

*See reverse for  
registration information  
and class schedules*

# Parenting & Anger Management Classes for Adults

## Parenting Certificate Class

Ten-Week In-Person Series

**TUESDAY** Evenings 7:00-9:00 p.m.

Loma Vista Adult Center, Room C-4  
1266 San Carlos Ave., Concord

Date	Unit
Tuesday, June 3, 2025	9
Tuesday, June 10, 2025	10
Tuesday June 17, 2025	1
Tuesday, June 24, 2025	2
Tuesday, July 1, 2025	3
Tuesday, July 8, 2025	4
Tuesday, July 15, 2025	5
Tuesday, August 5, 2025	6
Tuesday, August 12, 2025	7
Tuesday, August 19, 2025	8
Tuesday, August 26, 2025	9
Tuesday, September 2, 2025	10
Tuesday, September 9, 2025	1
Tuesday, September 16, 2025	2
Tuesday, September 23, 2025	3
Tuesday, September 30, 2025	4
Fall Break	
Tuesday, October 14, 2025	5
Tuesday, October 21, 2025	6
Tuesday, October 28, 2025	7
Tuesday, November 4, 2025	8
No Class	
Tuesday, November 18, 2025	9
Thanksgiving Break	
Tuesday, December 2, 2025	10
Tuesday, December 9, 2025	1
Tuesday, December 16, 2025	2

Classes will resume January 6, 2026

## Anger Management Class

Ten-Week In-Person Series

**THURSDAY** Evenings 7:00-9:00 p.m.

Loma Vista Adult Center, Room C-4  
1266 San Carlos Ave., Concord

Date	Unit
Thursday, June 5, 2025	4
Thursday, June 12, 2025	5
Thursday, June 26, 2025	6
Thursday, July 3, 2025	7
Thursday, July 10, 2025	8
Thursday, July 17, 2025	9
Thursday, August 7, 2025	10
Thursday, August 14, 2025	1
Thursday, August 21, 2025	2
Thursday, August 28, 2025	3
Thursday, September 4, 2025	4
Thursday, September 11, 2025	5
Thursday, September 18, 2025	6
Thursday, September 25, 2025	7
Thursday, October 2, 2025	8
Fall Break	
Thursday, October 16, 2025	9
Thursday, October 23, 2025	10
Thursday, October 30, 2025	1
Thursday, November 6, 2025	2
Thursday, November 13, 2025	3
Thursday, November 20, 2025	4
Thanksgiving Break	
Thursday, December 4, 2025	5
Thursday, December 11, 2025	6
Thursday, December 18, 2025	7

Classes will resume January 8, 2026

Both Classes are ongoing and repeat on a 10 week cycle - they can be joined any week/ any session



To register:

- Register Now at <https://mdae.mdusd.org/programs/pe> (or scan qr code) click on "adult anger management" or "parenting certificate class"
- Log in if you have an account. If you do not have an account, create an account to register.
- Select the class in which you want to enroll. If you want to register for more than one class, click "Continue Shopping" and select any additional classes.