



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



PARENT AND TEEN

ANGER MANAGEMENT WORKSHOP



**“HELPING TEENS BUILDING
POSITIVE AND HEALTHY LIVES”**

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’ LIVES.

- PRE-REGISTRATION IS REQUIRED.
- TYPE MDAE.MDUSD.ORG/PROGRAMS/PE/PARENT-TEEN IN THE SEARCH BAR.
- 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.

**2025-2026 school
year schedule:**

**SATURDAYS,
NOVEMBER 15, 2025**

MARCH 21, 2026

MAY Date TBD*

9:00 AM- 12:30 PM

WHERE:

LOMA VISTA ADULT CENTER
ROOM C4
1266 SAN CARLOS AVE.,
CONCORD 94518

FOR REGISTRATION AND INFORMATION, CONTACT THE PARENT ED DEPARTMENT AT 925-685-7340 EXT 67490 OR EMAIL PARENTED@MDUSD.ORG. REFERRAL FORMS CAN BE FAXED TO EMAIL ADDRESS ABOVE VISIT OUR WEBSITE MDAE.MDUSD.ORG

