

<b>2023</b>	<b>16 Hour Anger Management Program</b> <b>Assessment &amp; Treatment Associates</b> <b>Phone: 425-289-1600 - Call to Pre-Register</b>
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**The Anger Management course is available conveniently via Zoom. It is offered in a two-day format 8-hours Saturday and 8-hours Sunday. The course content includes triggers of anger, coping skills, stress management, improved communication, as well as mindfulness exercises. There will be breaks throughout the day and a longer break for lunch. This course fulfils the requirement for a Level 2 Anger Management course.**

<b>Times:</b> Saturday: 9:00AM to 6:00PM  Sunday: 9:00AM to 6:00PM  <b>Price:</b> \$500.00 (Prepayment is required)
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<b>Program Schedule:</b>		
Month	Saturday	Sunday
February	4	5
April	1	2
June	3	4
August	5	6
October	7	8
December	2	3

Please Note: Rescheduling fee \$50.00. Splitting the weekend is not allowed. Working microphone & camera required. Must follow all rules to attend.
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<b>Participant Information:</b>
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Name:	
Phone Number:	
Birthdate Date:	
Email Address:	
Class Date:	

<b>Payment Information:</b>
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Credit/Debit Card #	Payment Amount:
	\$
Expiration	Security Code
Contact ID #	Facilitator notification date:

**NOTE: Once registered, you will receive a zoom link from the program facilitator.**