

ANGER Management CLASSES

BEGINS July 1 @ 1pm
8 Week Course (Every Tuesday)

Red Bud

10257 State Rt 3

Please call 618.282.6233 to register

*****If you have not already meet with our Same Day Assessment team,
please call or visit by June 1**

Click on the QR code for more information about the SDA program



You are likely taking this program because your anger has led to a negative situation. You are either being required to take this course by a third-party such as a judge, caseworker, counselor, employer, etc. Alternatively, you may have sought out this program to understand how to better manage your anger. Regardless of how you came to this program, you have taken an important step in seeking information on how to manage your anger in a healthier manner.