

Anger Management

Skills Building

Classes for Adults (18 years of age and older)

This Program was approved by the O.C. Dept. of Probation in 2012
and fulfills all Court requirements.

This Program is based on a 10-week curriculum of classes.
Complete all 10 lessons to earn a Certificate of Completion.
Continue attending classes for no-cost following graduation.
Continue to further develop newly learned coping skills.

Attend classes with other professionals for:

1. Personal development – feel better about yourself!
2. Improve your relationships!
3. Employer requirement
4. Court Order
5. Attorney recommendation due to a legal matter

Class Schedule: Classes are offered three days per week. Once enrolled, attend when your schedule allows!

Tuesdays	5:30p – 7:00p	1.5 hours
Wednesdays	5:30p – 7:00p	1.5 hours
Thursdays	11:00a – 12:30p	1.5 hours

Prices: \$75 one-time enrollment appointment is required **PRIOR** to attending classes
\$30 per class. Class size is limited to 15 participants. Reservations are required.
\$175 per individual session, if preferred, by appointment only.

Location: 4199 Campus Drive Suite #550 (fifth floor), Irvine, CA 92612
Comfortable conference room / office with complimentary coffee, tea, water, parking.

Andrea Keith LMFT CEAP CAMF
Executive and Program Director

Licensed Marriage and Family Therapist #MFC45708
Certified Adult Anger Management Facilitator (CAMF)

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Call this number for your enrollment appointment

(949) 650-2442

Enrollment is required prior to attending classes

You're not a "bad" person for getting angry. You simply need better coping skills.