

One2Another



Anger Management for Adults

SPRING 2026

Skills to understand and manage
anger in healthy ways

2 ALBANY GROUPS TO CHOOSE FROM:

MON 1–3PM

APRIL
6
START

MON 6–8PM

📍 800 SE 34TH AVE.
CALVARY BAPTIST CHURCH

Groups are 12 weeks long.
No Child Activities provided.

TO REGISTER

call (541) 570-0284
one2another.net/register

