



ANGER MANAGEMENT PROGRAM

TWO 10-week Sessions

1. Understanding Your Anger

10-week skills group for understanding anger & developing skills to manage anger appropriately

Mondays 6-8pm Sept. 14th - Nov. 16th, 2026

2. Respond to Anger

10-week skills group for learning & practicing how to respond to anger in safe and acceptable ways

Mondays 6-8pm Jan. - Mar. 2027

Both sessions needed to meet court requirements.

Calvary Baptist Church
800 34th Ave SE
Albany

To register, get fee amount,
or for more information

Call the O2A office

541.570.0284

one2another.net/register

