

WILSONA SCHOOL DISTRICT/COMMUNITY ANGER MANAGEMENT CLASS SCHEDULE

TEN-WEEK CALENDAR

English class only

10:00- 11:00AM

October 13, 2022 <ul style="list-style-type: none"> • Introduction Class 	November 17, 2022 <ul style="list-style-type: none"> • Emotional Intelligence
October 20, 2022 <ul style="list-style-type: none"> • Anger 101 	December 01, 2022 <ul style="list-style-type: none"> • Relationships and Healthy Boundaries
October 27, 2022 <ul style="list-style-type: none"> • My Anger Patterns, Thoughts, and Triggers 	December 08, 2022 <ul style="list-style-type: none"> • Stress Management
November 03, 2022 <ul style="list-style-type: none"> • Working Through MY Anger 	December 15, 2022 <ul style="list-style-type: none"> • My Patterns, Beliefs, and Behaviors
November 10, 2022 <ul style="list-style-type: none"> • Communication and Listening Skills 	December 15, 2022 <ul style="list-style-type: none"> • Getting to The Core

Participants are required to complete and return intake forms for this class. Forms include:

1. Participant Registration
2. Participant Intake
3. Authorization for Release

This seminar is presented by Parenting Instructor: Regina Thomas

Classes are limited to 10 attendees per class. Please call Wilsona School District Office at (661) 264-1111 to register. Classes will be held at our parents' center located 41625 170th St. E. Lancaster, CA 93535

CHILDCARE IS PROVIDED