

Court-Approved Anger Management Program

Take Control, Make a Change



If you've been court-ordered to complete anger management, our **40-hour, 10-week program** is designed to help you develop healthier coping mechanisms, improve emotional regulation, and make positive changes in your life. Our program provides the support and skills you need to manage anger effectively and build better relationships—both personally and professionally.

Program Overview:

- **Duration:** 10 weeks, (2 hours x 2 days/week) = 40 hours total
- **Format:** Online/Zoom
- **Certified Instructors:** Experienced, compassionate facilitators who specialize in anger management and conflict resolution
- **Structured Curriculum:** Evidence-based strategies and techniques designed to help you understand the root causes of anger, prevent outbursts, and foster emotional intelligence

Key Benefits:

- **Learn Practical Tools for Anger Control:** Discover proven techniques to defuse tension, manage strong emotions, and communicate calmly under pressure.
- **Build Better Relationships:** Improve your interactions with family, friends, colleagues, and others by learning how to approach conflict with understanding and respect.
- **Court-Approved:** This program meets the requirements of your court order, ensuring that you complete your mandate efficiently and effectively.

Who Should Enroll?

This program is for individuals who have been mandated by the court to attend anger management sessions. Whether you're facing legal requirements due to a personal situation or looking to gain control over emotional reactions, our program is a supportive, non-judgmental environment where you can make meaningful changes.

- **Court-Ordered Participants:** Those required by law to complete an anger management program.
- **Individuals Seeking Personal Growth:** Anyone looking to gain better emotional control and enhance their interpersonal skills.
- **Those Looking for Conflict Resolution Skills:** If you're struggling with frequent outbursts or have difficulty managing anger, this program will equip you with the strategies you need to respond more calmly and constructively.

Why Choose Our Program?

- **Confidential & Supportive:** We provide a safe, judgment-free space to explore anger triggers and learn healthier behaviors.
- **Affordable:** We provide a safe, judgment-free space to explore anger triggers and learn healthier behaviors.
- **Flexible Schedule:** Complete the program on your terms with our online program suitable to fit your lifestyle.
- **Court Recognition:** Our program is fully recognized by courts, providing you with the certification you need to fulfill legal requirements.

Program Details:

- **Duration:** 10 weeks
- **Format:** Online
- **Cost:** \$50/session (pay as you go, discount for payment in full)

Take the first step toward transformation and demonstrate your commitment to positive change. Enroll today in our 40-hour, 10-week court-mandated anger management program and start your journey toward a calmer, more controlled you.