Metis Counseling & Wellness

Anger Management

(8 hours)

Dates	
July 18 Monday, 07/13/26	**Oct 17** Monday, 10/12/26
August 8 Monday, 08/03/26	**Nov 14** Monday, 11/09/26
Sept 19 Monday, 09/14/26	**Dec 05** Monday, 11/30/26

Must: * Fee: $100.00 * In-person class **Fee includes materials & supplies	8:00 am to 5:00 pm Registration Docs filled out, signed, returned & payment due no exceptions

Instructor: Lourdes Perez

Email: doep.lp@gmail.com

REVISED 06/29/2026