



SARATOGA CENTER FOR THE FAMILY  
Building stronger families throughout Saratoga County

## Anger Management Educational Program

This 5-week program is designed to help participants learn to express strong emotions in a healthy, balanced way.

Learn how to stay in control, communicate, resolve conflicts and set personal goals in this group format program.

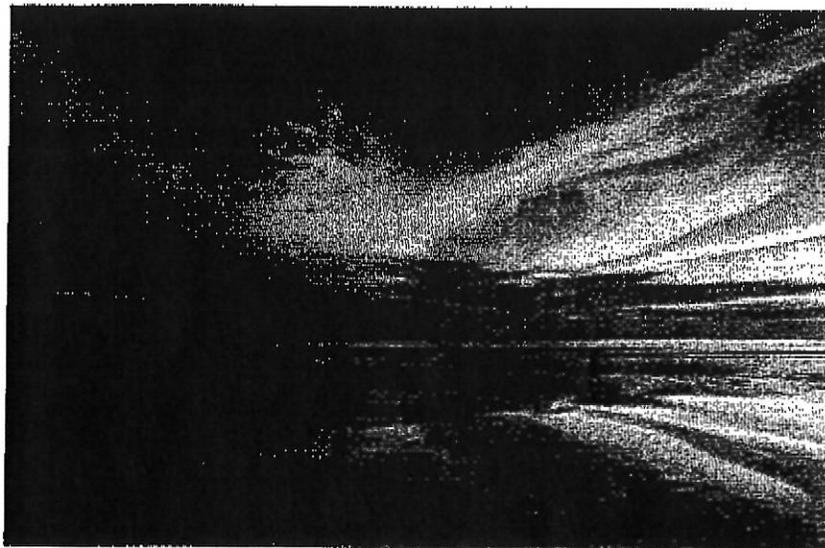
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Our next 5-week program is scheduled for:  
**Wednesday Nov. 5<sup>th</sup> – Wednesday Dec 3<sup>rd</sup>**  
**6:00 – 7:00 PM**

Classes are held at Saratoga Center for the Family  
359 Ballston Avenue, Saratoga Springs NY 12866

Registration fee is \$40.00

To register, please call Denise at 518-587-8008, ext. 314.



359 Ballston Avenue, Saratoga Springs, New York 12866 • Phone: 518-587-8008  
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