



The Parenting Center
Providing Families the Tools to Succeed

Please Initial

ANGER MANAGEMENT CLASS UNDERSTANDINGS

- ____1. During the class, I understand that I have a right to my anger and an obligation to express it only in an appropriate, constructive manner.
- ____2. I understand that in order to learn, to honor myself and my fellow classmates, I must be on time, **alcohol and drug free**.
- ____3. I understand that in order to enter the class **I must be in the office of The Parenting Center by the designated start time**; and for credit I must **stay the duration** of the class.
- ____4. For proper certification of attendance for this class, I need to sign-in each evening with the receptionist *before class begins*.
- ____5. I understand this is a six part seminar series. **I must attend all 6 sessions consecutively**. If I miss a part of the series or I am late to class, I will need to repeat the entire series and pay the total cost for the entire series.
- ____6. I understand I cannot switch between other Anger Management classes.
- ____7. I understand my cell phone or pager, or other electronic instruments that may disrupt the class, must be turned off during the class.
- ____8. I understand I may not leave the class to answer phone calls at any time other than breaks.
- ____9. I understand I am to return to class from a break at the time indicated by the instructor, or I will not receive credit for the class.
- ____10. I understand **I will not bring other adults or any children to the center** during the hours of the course.
- ____11. I understand that if I need a letter showing proof-of-attendance, I will need to advise the receptionist *at least one week in advance*.
- ____12. I understand **photography, audio recording, and/or video recording** in the offices of The Parenting Center **are not permitted** without prior consent of the staff.
- ____13. This class format is designed to be for general learning of new techniques and strategies of anger management. I understand that it does not take the place of individual or family therapy.

- ____14. There is an abundance of material to cover. I understand that the focus is on **the entire class being able to learn the material**, not on any student in particular. **I understand I am restricted from discussing the specifics of my case unless directed by the instructor.**
- ____15. I understand homework will be given at the end of some classes, and I am to have that homework fully completed for the next class. I understand that homework is included in the final grade which will be posted on my certificate of completion.
- ____16. I understand a test will be given at the end of class and my score, combined with my homework completion, will be included on my certificate.
- ____17. I understand I am to bring my workbook to each class. The first workbook is included in the price of the class, any replacement workbooks are \$5.00 each.
- ____18. This class is about **learning and practicing** new behavior. I understand that my voice must remain at a **normal, speaking level** and my actions must be that of any **reasonable competent adult.**
- ____19. I understand that I may be permanently expelled from the class without a refund if my behavior warrants it.
- ____20. I understand that I cannot control other's action or reactions, but **I am responsible for my own behavior.**

I understand and agree to abide by the above class guidelines as indicated by my signature below.

Signature

Date



www.TheParentingCenter.org
2928 West Fifth Street • Fort Worth, Texas 76107 • (817) 332-6348 • (817) 332-6489 FAX
Arlington • (817) 275-7576 • (817) 276-9916 FAX
100 East Broad Street • Mansfield, Texas 76063 • (817) 477-1010 • (817) 453-9661 FAX