Anger Management for Men
7 week course

Anger is a natural and healthy emotion, but how we express it may be far from healthy. This is primarily because most of us have not been taught the skills to manage anger. This course aims to:

- Highlight the five fundamentals of anger and its physical and personal costs
- Look at myths around anger
- Identify patterns around anger and inappropriate and ineffective ways of expressing anger
- Stress the importance of emotions and the need to acknowledge our own and those of others
- Identify personal needs, rights and responsibilities, core values and core hurts
- Differentiate between aggressive, submissive and assertive attitudes and subsequent behaviours
- Highlight links between anger and fear
- Teach skills to bring anger to healthy resolution

This course is not suitable for people in a situation where there is domestic violence. Relationships Australia offer other programs and services that deal specifically with this issue.

Where: Relationships Australia
21 George Street, Mandurah

When: Tuesdays, 6 May to 17 June 2014, 6.30pm to 9pm

Fee: $120 per person ($60 for concession card holders)

Places are limited so book now on 9583 6090