Managing Anger and Stress for Women
A seven week course for women

Do you feel stressed, tired and angry? Do you take these feelings out on the people you love? Or do you bottle up these emotions and end up feeling overwhelmed and ready to explode?

Relationships Australia is running a 7 week course for women, specifically designed to help you learn about managing these sometimes difficult feelings. During this course, you will:

- Develop a better understanding of what anger is
- Learn to identify what is really underneath your stress and anger
- Learn how to communicate and manage your feelings
- Learn how to care for your own mental health
- Learn ways to deal with other people’s anger

Join other women like you who want to start feeling more at peace with themselves and others.

Where: Wanslea Family Services, 26A Anstruther Road, Mandurah

When: Mondays, 26 October – 1 December, 9.30am to 12 noon

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

Places are limited so book now on 9583 6090

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