Understanding Angry Emotions
One night seminar for men & women

Because ‘anger’ is an unacceptable emotion for many, most of us have not been taught the skills to manage it. Rather than be a destructive force, anger can be our ally.

This one night seminar helps you understand anger and turn it to your advantage.

During the seminar, participants will:

- develop a better understanding of what anger is
- identify some common strategies for mismanaging anger
- learn about the five fundamentals of anger
- learn strategies for positive resolution of anger
- learn ways to deal with other people’s anger.

This seminar is a useful introduction to the more comprehensive exploration of anger offered in the eight-week Anger Management course.

Where: Relationships Australia
21 George Street, Mandurah

When: Thursday 19th June, 6.30pm to 9pm

Fee: $25 per person ($12.50 for concession card holders)

Places are limited so book now on 9583 6090

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