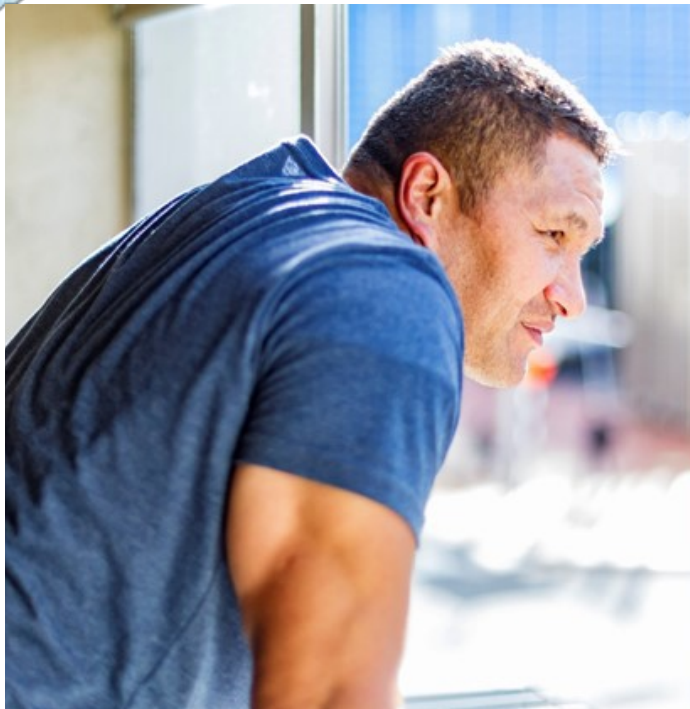


Managing Anger

An 8-session group for men aged 16 and older who need help and support for their anger-related issues



Through the group, participants will gain an understanding of the feelings and thoughts connected to anger and learn effective strategies for dealing with conflict.

From 12 February to 9 April 2019

A pre-group intake interview is held to ensure the group is right for you

When: Every Tuesday for 8 weeks

Time: 11.30am – 1.00pm

Location: Parkside Room, Fotheringham Park, Taree

Morning tea provided.

Registration essential— please call Luke Collier or Jason Murphy

To register please phone: 02 6551 1800

Topics include:

The experience of anger

Things that affect our ability to manage anger

Alternative ways to deal with anger

Self-esteem

Patterns in Relationships

Anger & Communication



Ph: 6551 1800

www.mssinc.org.au

Manning Support Services