

# Managing Anger

An 8-session group for women 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:** 9.30am – 11.00am

**Location:** Parkside Room, Fotheringham Park, Taree

**Morning tea provided.**

**Registration essential— please call Kira Knight or Jason Murphy**

**To register please phone: 02 6551 1800**

**Topics include:**

**The experience of anger**

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**Things that affect our ability to manage anger**

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**Alternative ways to deal with anger**

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**Self-esteem**

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**Patterns in Relationships**

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**Anger & Communication**



**Ph: 6551 1800**

**[www.mssinc.org.au](http://www.mssinc.org.au)**

Manning Support Services