

Managing Anger

An eight 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.

Term 1 2021

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

When: Wednesday 3 February for eight weeks

Time: 10am to 11.30am

Location: Parkside Room, Fotheringham Park, Taree

Light refreshments will be provided

Registration essential. Please call Jason Murphy on

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 and Communication

Ph: 6551 1800

www.mssinc.org.au

Manning Support Services

