

CHANGE



An 8 week program for pre-teen girls and their parents aimed at understanding strong emotions, especially anger

www.windermerecfs.com.au

TARGET: **GIRLS** aged between 9—12 **and** their parents

AIMS:

- * *To learn constructive and safe ways of expressing anger and other strong emotions*
- * *To practice expressing and dealing with anger in a supportive environment*
- * *To help parents realize there are other families with similar issues*

STARTS: Wednesday 5 May 2010
4.00pm - 5.30pm

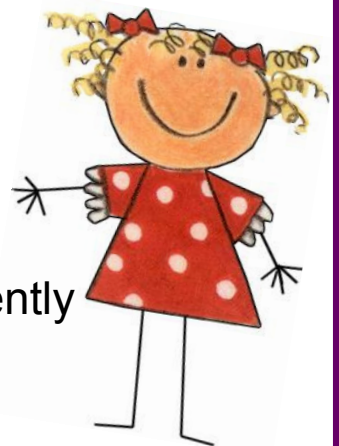
SESSIONS: 8 weeks: 5 May to 23 June 2010
Parent and child sessions run concurrently

WHERE: Windermere,
48 Webb Street, Narre Warren

COST: FREE



Windermere™
*everyone is someone
in our community*



TO BOOK IN, CONTACT
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