



Windermere

*everyone is someone
in our community*

Change

An 8 week program for boys and their parents aimed at understanding strong emotions, especially anger

AIMS:

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



For Pre teen Boys aged between 9—12 and their parents. Parent and child sessions run concurrently. Eligible siblings are welcome

Sessions **Wednesday Afternoon:**
20 October to 8 December

Times **All 8 Sessions:** 4.00pm to 5.30pm

Venue Windermere
48 Webb Street, Narre Warren

Cost \$10.00 per week per family (total 80.00).
Discounted price of \$65.00 if paid in full before start of group.

To book please contact:
Julie Speirs — 9705 3200
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For more info www.windermere.org.au
