



Windermere[®]

*everyone is someone
in our community*

CHANGE

Managing strong emotions for boys aged 9 - 12 years



A 6-week program for boys and their parents to look at managing strong emotions, particularly anger.

AIMS:

For boys

- To explore positive ways of expressing their anger.
- To learn individual strategies that work for them.

For parents

- To explore anger in general and specifically for their son.
- To learn strategies to assist their son in managing his anger.



For: Boys aged 9 - 12 years old who are struggling to manage their anger **and** their parent/s. (Siblings are welcome if they are within the age group).

Dates: ***Every Thursday*** beginning 20th October to 24th November 2011

Time: 4:00pm to 5:30pm

Venue: Windermere Child and Family Services
48 Webb Street, Narre Warren

Fees: \$20 per family/per week (Total \$120) or
\$100 total if paid in full in week 1



To book & More Info: Contact Counselling Intake on 9705 3200 or
info@windermere.org.au