



Windermere[®]

everyone is someone
in our community



Women Managing Anger

A 7-week program for women who want practical strategies and support to take control of their anger.

AIMS:

- To recognise that anger is an emotion that can be expressed safely.
- To recognise personal anger triggers and strategies to assist with these.
- To learn communication, assertiveness and other skills to help manage anger.



For Women who want to understand what anger is, where it comes from, and how to safely and confidently manage this strong emotion.

Dates ***Every Tuesday***
18th October to 13th December 2011
(*excl. Melbourne Cup Day on 1 November*)

Time 9:30 am to 11:30 noon

Where Windermere,
48 Webb Street, Narre Warren

Cost \$10.00 per week (total of \$70.00) or
\$50.00 if paid in full in Week 1.

To Book or More info Contact Counselling Intake on (03) 9705 3200
or info@windermere.org.au.
Please note there will be a short assessment interview prior to acceptance into the group.

