

# Managing Anger and Stress for Women Bunbury



Are you feeling stressed, tired and angry? Do you take these feelings out on the people you love? Or do you bottle up these emotions and end up feeling overwhelmed and ready to explode? This is a four-week course for women specifically designed to help you learn about managing these difficult feelings. Join with other women like you who want to start feeling more at peace with themselves and others.

**When:** Tuesday evenings 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup> & 27<sup>th</sup> June 2023

**Time:** 6pm – 8.30pm

**Where:** BUNBURY FAMILY RELATIONSHIP CENTRE  
Corner Molloy and Symmons Streets, Bunbury  
Access from Symmons Street side of the building

**Cost:** \$ 95 per person



For information about our courses and workshops please call 6164 0566 or visit [www.relationshipswa.org.au](http://www.relationshipswa.org.au)

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