

Understanding Angry Emotions

For Men and Women

- Do you...* sometimes feel that anger gets the better of you?
Would you... like information and knowledge to help understand your anger?
If so... this evening workshop is for you!

Rather than being a destructive force, anger can be our greatest ally.

This session helps you understand anger and turn it to your advantage.

We also look at

- identifying common patterns while feeling anger
- understanding anger as a constructive power and learning the five fundamentals of anger
- learning strategies for positive resolution of anger
- ways to deal with other people's anger.

When: Thursday 4 November 2021

Where: Bunbury Family Relationship Centre
Corner Molloy and Symmons Streets
Access Symmons Street side of the building

Time: 6pm-8.30pm

Fee: \$30.00 per person



*It would be
great to
see you*

Places are limited - contact (08) 6164 0566 or email Bunbury.Education@relationshipsaustralia.org.au to register today!