

# Introduction to Managing Anger – A Workshop for Men West Leederville



Anger management is not about never getting angry. It is about learning how to regulate and express those angry feelings in ways that won't damage our relationships with others, our health, output at work and other facets of your life.

During this 4-week workshop you will be given the opportunity to:

- Explore the nuts and bolts of where anger comes from, its physical costs emotional and relational costs.
- Learn skills to help regulate emotions so you can respond in a considered way rather than react unhelpfully.
- Learn how your thinking drives your emotions and how to challenge those thoughts.
- Develop some helpful skills to improve communication and conflict resolution.
- Become more aware of where your own behaviour originates from so as to be more understanding of the behaviour of others.

*This course is not suitable for people in a situation where there is domestic violence.  
We offer other programs and services that deal specifically with this issue.*

**Eligibility criteria apply for this course.**

**When:** Wednesday 19 26 Mar 2 9 Apr 2025

**Time:** 6.30pm – 9.00pm

**Where:** West Leederville – Level 1, 22 Southport Street

**Cost:** \$95 per person, \$47.50 concession



For information about our courses and workshops please call 6164 0200 or visit [www.relationshipswa.org.au](http://www.relationshipswa.org.au)

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