

# Managing Anger and Stress for Women

## 4 Week – West Leederville



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 four-week course is specifically designed to help you learn about managing these sometimes-difficult feelings. Join with other women like you who want to start feeling more at peace with themselves and others.

During this course 4-week course you be encouraged to:

- Develop a better understanding of what anger is
- Learn to identify what is underneath your stress and anger
- Learn how to communicate and manage your feelings
- Learn how to care for your own mental health
- Practice how to calm yourself and choose other ways to react when triggered

*This workshop is not suitable as a behaviour change program for family & domestic violence.*

*Please refer to our FAIR Program or other behavioural change programs.*

**When:** Tuesdays 11 18 25 November & 2 December 2025  
**Time:** 6.30pm – 9.00pm  
**Where:** WEST LEEDERVILLE – Level 1, 22 Southport St  
**Course 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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