

Anger Management FOR MEN

This 8 week course is for men who are concerned their angry actions and words are hurting themselves and others. It doesn't have to be that way. The participants learn what attitudes, thoughts and beliefs take them down the path of anger. Through weekly practice and group interaction, participants develop new skills to help them avoid the harmful effects of anger.

When: Mondays, 3 May – 28 June 2021
6pm – 8.30pm

Where: Dudley Park Child & Parent Centre
Kooljack St, Dudley Park

Cost: \$130 per person (\$65 for concession card holders)
Note: This fee can be paid in instalments over the course duration

Places are limited - contact (08) 6164 0588 or
email Mandurah.Education@relationships.org.au to register today!
For more detail about our courses and workshops, click [here](#) or visit www.relationships.org.au

