

Managing Anger And Stress For Women

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: Tuesdays, 8-29 June 2021
6.30pm - 9pm

Where: Relationships Australia WA
Lotteries House
7 Anzac Place, Mandurah

Cost: \$60 per person
Note: This fee can be paid in instalments over the course duration

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

