

Understanding Angry Emotions

Rather than being a destructive force, anger can be our greatest ally. This session aims to help you understand anger and turn it to your advantage. It includes how we mismanage anger and how we can learn to respond and not react in an unhelpful way.

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

Where: Online - Zoom
When: Wednesday 1 December 2021
Time: 6.30pm - 9pm AWST
Cost: \$30 per person

Bookings are required. Please phone (08) 6164 0200 to enrol

Online sessions are interactive and have minimum requirements including:

- Computer/Laptop/Tablet with webcam and microphone
- Private space to attend
- Pre-registration and payment required prior to course

For more information about our courses and workshops, please click [here](#) or visit www.relationshipswa.org.au