

# Understanding Angry Emotions

Rather than being a destructive force, anger can be our greatest ally. This session helps 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

*This session is a useful starting point for a comprehensive exploration offered in the eight week Anger Management courses for men and women.*

<b>Where:</b>	Online - Zoom
<b>When:</b>	Monday 21 June 2021
<b>Time:</b>	6.30pm - 9pm AWST
<b>Cost:</b>	\$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](http://www.relationshipswa.org.au)