

Anger Management for Men Mandurah



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.

This course is not suitable for men where domestic violence is an issues. Eligibility criteria may apply.

When: Wednesdays, 16 October – 4 December 2024

Time: 6.00pm – 8.30pm

Where: Lotteries House,
7 Anzac Place, Mandurah

Cost: \$150 per person (\$75 concession)



For information about our courses and workshops please call 6164 0200 or visit www.relationshipswa.org.au

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