

# Introduction to Managing Anger

## - a Workshop for Men

Are your angry actions and words hurting you and others? It doesn't have to be that way.

This workshop will endeavour to help you understand the attitudes, thoughts and beliefs that take you down the path of anger. This short course has been designed for those who are not able to attend our 8 week course due to work, family commitments or those living outside of the metro area.

During this workshop you will be given the opportunity to:

- Explore the nuts and bolts of where anger comes from and its physical, emotional and relational costs.
- Learn skills to help regulate emotions so you can respond in a considered way rather than react unhelpfully.
- Learn how your thinking drives your emotions and how to challenge those thoughts.
- Develop some helpful skills to improve communication and conflict resolution.
- Become more aware of where your own behaviour originates from so as to be more understanding of the behaviour of others.

*This course is not suitable for people in a situation where there is domestic violence.  
We offer other programs and services that deal specifically with this issue.*

**Where:** ONLINE - Zoom  
**When:** Monday 15 22 29 March 2021  
**Time:** 6.30pm - 9.00pm AWST  
**Cost:** \$95 per person

Please phone **6164 0200** to start the enrolment process. Eligibility criteria apply.

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)