

Anger Management for Men

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 are encouraged to learn what attitudes, thoughts and beliefs take them down the path of anger. Through weekly practice and group interaction, participants are given the opportunity to develop new skills to help them avoid the harmful effects of anger.

This course supports men to:

- Increase their level of Emotional Intelligence through gaining a deeper understanding of their own emotions and the emotions of others.
- Develop useful insights into anger and understand the difference between anger and domestic violence.
- Clarify their personal values and goals in respect to their relationships and reinforces the importance of staying true to those values.
- Identify the role 'stinking thinking' plays in creating and maintaining angry feelings.
- Offers practical communication and interpersonal skills aimed at enhancing the quality of a man's relationships.
- Consider what it means to be a Respectful Communicator and how we can remain respectful even when challenged.
- Respond to life's daily challenges in ways that strengthens their sense of personal pride and integrity rather than dealing with after-effects of regrets and shame that is familiar so many of us.

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

For those involved in the Family Court, please ring 6164 0270 (Option 5).

Where: WEST LEEDERVILLE - Level 1, 22 Southport Street
When: Wednesday 3 10 17 24 February 3 10 17 24 March 2021
Time: 6.30pm - 9.00pm **Cost:** \$130 per person

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

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