

# Managing Anger and Stress for Women

## 4 Week – Online via Zoom



Are you feeling stressed, tired and angry? Do you take these feelings out on the people you love? Or do you bottle up these emotions and end up feeling overwhelmed and ready to explode? This four-week course is specifically designed to help you learn about managing these sometimes-difficult feelings. Join with other women like you who want to start feeling more at peace with themselves and others.

During this course 4-week INTERACTIVE course you be encouraged to:

- Develop a better understanding of what anger is
- Learn to identify what is underneath your stress and anger
- Learn how to communicate and manage your feelings
- Learn how to care for your own mental health
- Practice how to calm yourself and choose other ways to react when triggered

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.

**When:** Tuesdays 27 February 5, 12 & 19 March 2024

**Time:** 6.30pm – 9.00pm

**Where:** Online – interactive via Zoom

**Cost:** \$95 per person, \$47.50 concession

Online sessions are interactive and have minimum requirements

For information about our courses and workshops please call 6164 0200 or visit [www.relationshipswa.org.au](http://www.relationshipswa.org.au)

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