

# 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 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 is not suitable for men where domestic violence is an issue. Eligibility criteria may apply.

**When:** Wednesdays 1, 8,15, 22, 29, May 5, 12, 19 June 2024

**Time:** 6pm – 8.30pm

**Where:** Lotteries House – 7 Anzac Place, Mandurah

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

Note: This fee can be paid in instalments over the course duration.

For information about our courses and workshops please call 6164 0588, email [Mandurah.Education@relationshipsWA.org.au](mailto:Mandurah.Education@relationshipsWA.org.au) or visit [www.relationshipswa.org.au](http://www.relationshipswa.org.au)

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