

# Understanding Angry Emotions

## Bunbury



Rather than being a destructive force, anger can be our greatest ally. This session helps you understand anger and turn it to your advantage.

We also look at:

- identifying common patterns while feeling anger
- understanding anger as a constructive power and learning the five fundamentals of anger
- learning strategies for positive resolution of anger
- ways to deal with other people's anger.

This session is a useful starting point for a comprehensive exploration offered in the longer Anger Management courses.

**When:** Thursday 26 March 2026

**Time:** 6.00pm – 8.30pm

**Where:** BUNBURY FAMILY RELATIONSHIP CENTRE  
Corner of Molloy and Symmons Streets, Bunbury

**Cost:** \$30 per person / \$15 concession



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