

# Understanding Angry Emotions

## Mandurah



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:** Wednesday 30 July, 2025

**Time:** 6.00pm – 8.30pm

**Where:** MANDURAH – 7 Anzac Place (Lotteries House)

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

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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