

# 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:** Tuesday 10 March 2026

**Time:** 6.30pm – 9.00pm

**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)



*Relationships Australia*  
WESTERN AUSTRALIA