Understanding Angry Emotions

Interactive Online via Zoom



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 9 December 2026
Time: 6:15pm – 9:00pm AWST
Where: Online via Zoom
Cost: $30 per person, $15 conc.

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

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