

Managing Anger and Stress for Women

A four week course for women

Do you feel stressed, tired and angry? Do you take these feelings out on the people you love? Or do you bottle up these emotions and end up feeling overwhelmed and ready to explode?



Relationships Australia is running a 4 week course for women, specifically designed to help you learn about managing these sometimes difficult feelings.

During this course, you will:

- Develop a better understanding of what anger is
- Learn to identify what is really underneath your stress and anger
- Learn how to communicate and manage your feelings
- Learn how to care for your own mental health
- Practice how to calm yourself and choose other ways to react when triggered

Join other women like you who want to start feeling more at peace with themselves and others.

Mondays 12 March to 9 April
9.30am – 12 noon

Don't miss out! Book by Thursday 8th March

Lotteries House, 7 Anzac Place, Mandurah

\$60 per person (\$30 for concession card holders)

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

Places are limited, so book now on 6164 0588 or
Email: Mandurah.Education@relationshipswa.org.au