

*There is no such thing as “righteous”
or “justifiable” anger.*

-Sharmi Vivekananda

*Anybody can become angry – that is
easy, but to be angry with the right
person and to the right degree and at
the right time and for the right
purpose, and in the right way – that is
not within everybody’s power and is
not easy.*

-Aristotle

*“When you express your anger you
think that you are getting anger out of
your system, but that’s not true. When
you express your anger, either
verbally or with physical violence, you
are feeding the seed of anger, and it
becomes stronger in you.”*

-Thich Nhat Hanh

Caboolture Neighbourhood Centre

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PO Box 1667, Caboolture Qld 4510

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FaRSS

Family and Relationship
Support Service

Emerging From the Storm[©]

Anger Management Course
2021

Emerging From the Storm©

Anger Management Course

Is a 7 week course which targets people who are struggling to deal with anger in their lives.

Anger is a normal human emotion. But when it starts to control the person and their actions, it can be problematic, affecting all areas of life.

Our objective is to assist participants to identify the source of their anger and learn strategies for dealing with it and expressing it in a safe way.

Some of the subjects that will be covered are:

- What is Anger?
- Anger Signals
- Causes of Anger
- The Cycle of Anger
- Response VS Reaction
- Basic Communication
- Conflict Resolution
- Strategies for Dealing with Anger
- Relaxation and Mindfulness
- Keeping on Track

Certificate of Attainment will be provided at completion of course.

Light refreshments and course materials provided.

Where and When?

Caboolture Neighbourhood Centre
9 George Street, Caboolture

2021 Dates:

3rd February to 17th March

5th May to 16th June

14th July to 25th August

13th October to 24th November

Time:

6.00pm to 8.00pm Wednesday night

Cost:

\$80 per person per term*

(To be paid prior to commencement of course)

For bookings phone: 5495 2571

**Subject to change without notice*