

RECLAIM ANGER MANAGEMENT CLINIC

- 6-week Workshop Program •

Learn better ways to manage your anger and improve your communication with others.

Understand...

- How your belief systems and personal experiences influence your anger
- The different forms that anger can take including explosion, implosion, avoidance, deflection and cold anger
- The interaction between anger and shame

Learn...

- Different and more effective ways to communicate your feelings
- How to process your angry feelings and stand up for your rights
- Non-aggressive forms of communication
- How to express your emotions clearly and calmly

Discover....

- The positive impact that better anger management skills can have on your life and your relationships

Anger Management Clinic 6-week group program

2 hour evening session each week
Central location close to train station
Cost: from \$695

Anger Management Intensive 1-day program

Full day program (Saturday or Sunday)
Cost: from \$295 for full-day workshop

Call us for more information.

“This course is really helping me to be the person I want to be. Thank you.”

“I found the role-playing extremely helpful when it came to visualising inner problems and realising the solution is quite simple.”

Join our group

To register for our next
Anger Management Program, contact:

 **Associated Counsellors**
& Psychologists Sydney

t: 02 8205 0566

www.counsellingsydney.com.au