

# 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.*

**Where: Relationships Australia, Lotteries House, 7 Anzac Place, Mandurah**

**When: Tuesdays 6 – 27 June, 9.30am to 12noon**

**Fee: \$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**