



www.familycare.net.au

Women's Anger Management Group



TERM 1 2019

**WEDNESDAYS 10:00am —
12:00 noon
@ FamilyCare, 19 Welsford
Street, Shepparton**

**Feb 6,13,20,27 March
6,13,20,27**

This course is designed to:

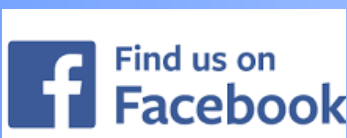
Assist women with anger issues.

**Recognize and overcome
frustration, anger, and violent or
abusive behaviours.**

**Equip Women with new
strategies to improve their
relationships with family and
others.**

**All participants will receive a
certificate of attendance on
completion of all sessions.**

“ Women’s anger management group helped me understand how to manage anger and strong emotions and acknowledge myself in the process as being a partner, mother, or single parent and to take time out for ME. It was also great to know I am not the only one dealing with these issues and struggles in my life”



For more information or to book contact Us

19 Welsford Street, Shepparton

Child FIRST

Phone: Shepparton 1300 854 944

This is a free and confidential service.