

Anger Management for Women

Supporting Women with Anger and Strong Emotions



Our Anger Management for Women program is for women who want to feel more in control of their emotions, improve communication and respond to challenging situations in healthy ways. Whether anger is impacting your relationships, daily life or sense of self, this small, online group will provide a space for you to begin to understand your anger and develop healthier strategies for managing it.

Please contact the Access and Referral team at SEMPHN during business hours on 1800 862 363 to confirm your eligibility.

ELIGIBILITY

- Women who experience mild to moderate mental health issues
- Women who want to better understand the role of anger in their lives and express emotions in healthier ways
- You are able to attend all six, two-hour, online sessions (held weekly)
- You have access to a computer or tablet with a camera, microphone, headphones, a stable internet connection and a private space to attend online.
- Subject to a 50 minute telephone intake assessment

This program is not suitable for people with severe or uncontrolled mental health conditions

WHEN: Tuesdays from 11th November 2025 to 18th December 2025 (No session 2/12)
TIME: 5:30pm - 7:30pm
WHERE: Online
COST: Free for eligible clients (such as those with a health care card)
BOOK: To book or make a referral telephone the SEMPHN Access and Referral Line during business hours on 1800 862 363
QUESTIONS: If you have any questions please call Relationship Matters on 1300 543 396

This program is supported by funding from the South Eastern Melbourne Primary Health Network through the Australian Government's PHN program

For more information visit relationshipmatters.com.au
or telephone 1300 543 396