



# Anger Management Skill Development

**So other people think that you are angry & out of control. Maybe you feel angry & it's affecting your relationships. Need Help?**

PoDDSS are offering an Anger Management skills development course that includes using picture-based resources, easy to understand written supports, role plays, & videos; things that will help you to manage your anger.

## Session Covers

- Differences between anger and aggression, & assertiveness
- Exploration of anger – is it helpful?
- Recognising getting angry
- What things may cause you to get angry?
- Ways to help stay relaxed and in control
- Ways to cope with thoughts & emotions
- Ways to recognise the thoughts & emotions of others
- Identifying ways to help achieve goals & solve problems

## Who Should Attend

- Come because YOU want to learn about things that are happening for YOU
- Bring a trusted person who you can talk to once you leave the session
- Commit to coming to every session

## Cost

- 10 x 1 Hour Sessions @ \$86.79

**Date** Tailored to your needs      **Time** Tailored to your needs

**Venue** PoDDSS 10-20 Cottell Street Hyde Park

## Contact

PoDDSS Admin for more details

Tel: (07) 4700 6854