Anger Management & Skills Developement

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 @ $156.16

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

PODDSS Pty Ltd
Professional Disability Development Supports & Services