



When you want to be in control of your behaviour

A **FREE** group program for men 18 years and over who want to change angry, violent or controlling behaviour

Are you:

- finding that your behaviour is getting in the way of who you would like to be?
- unsure about how to show your love or other strong emotions in an appropriate way?
- worried about losing your relationship?
- concerned that you might lose your relationship with your children?
- hurting the people you care most about?
- feeling like your anger is getting the better of you?
- making people frightened of you, including your family and friends?

If you answered yes to any of these questions then this is the group for you!

Participating in this group will help you learn:

- about yourself;
- how to communicate effectively;
- to express your emotions responsibly;
- how to resolve conflict;
- how your feelings and thinking shapes your behaviour;
- the impact of stress on your behaviour;
- to develop skills to manage challenging behaviours in an effective way; and to

become the man you want to be!

Details:

Day:	Wednesday Evenings
Commencing:	10 March 2010
Time:	5.30pm to 7.30pm
Cost:	No fee
Venue:	Centrecare Southwest 103 Clark Street Bunbury

If you require more information or would like to join this group, please telephone the Centrecare Southwest Administration Officer on:

(08) 9721 5177

