

“Before You Explode”



Anger Management Workshop

This six week skills building workshop will:

- Help you explore the effects of anger on your relationships
- Enable you to understand the reasons why you get angry
- Teach practical and effective ways to manage your anger and other emotions
- Improve your communication

FREE!

Workshop Details

When: Wednesday(s) - commencing 13 November 2019 - for 6 weeks

Time: 9.30am to 11.30am

Where: Centrecare, 168 Egan Street, Kalgoorlie

Bookings are essential and registration closes 4 November 2019.



If you are interested in attending this workshop, or have any questions, please call Centrecare Goldfields on: (08) 9080 0333 or email: kalgoorlie@centrecare.com.au