

# Mens Anger Management

## **An 8-week Anger Management course for men who are experiencing difficulties controlling their anger**

Lifeline Harbour to Hawkesbury offers an 8 week Anger Management course for men who are experiencing difficulties controlling their anger.

This course provides an opportunity for men to gain an understanding of anger and their own personal triggers which set off those hurtful and regretted painful spirals that typify angry outbursts. The course stimulates self-awareness and provides practical skills in expressing anger constructively. It also provides skills around engaging in close relationships and conflict situations.

### **Course Details**

**Date:** Next Group begins on 19th February 2014

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**Location:**Lifeline Harbour to Hawkesbury Centre  
4 Park Avenue, Gordon

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**Duration:**8 consecutive sessions (one session per week)

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**Cost:**\$240

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**Facilitator:** [Peter Foster](#)