

About Relationships Australia

Relationships Australia has been a leading provider of relationship support services for over 60 years. We are a national network of Relationships Australia organisations, operating out of 200 centres nationwide.

Our services include:

- Counselling for individuals, couples and families
- Online and telephone counselling
- Relationship and parenting skills education
- Children and adolescent services
- Services for separating families through Family Relationship Centres
- Family dispute resolution
- Children's contact services for separated parents
- Family safety programs
- Specialist services for people who have been in out of home care
- Humanitarian entrants program
- Community development activities to build social inclusion
- Aboriginal Counselling Service and partnership programs for Indigenous communities
- Employee Assistance Programs for companies
- Training, seminars and supervision for family support professionals
- Accredited Professional Training courses.



Relationships Australia NSW has services in:

Metro:

- Blacktown
- Campbelltown
- Dee Why
- Hurstville
- Lane Cove
- Neutral Bay
- North Ryde
- Parramatta
- Penrith
- Sydney City
- Westmead

Regional:

- Bathurst
- Bowral
- Gosford
- Lithgow
- Maitland
- Newcastle
- Raymond Terrace
- Wollongong
- Cowra
- Forbes
- Oberon
- Orange
- Wyong

Relationships Australia®

NEW SOUTH WALES

1300 364 277

www.nsw.relationships.com.au

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NEW SOUTH WALES

MANAGING ANGER COURSE



About Managing Anger

The Relationships Australia 'Managing Anger' course is a multi session format designed to help you learn to manage anger instead of allowing anger to control you.

The course can help you identify the signs of anger and the skills needed to express anger safely. It can also help you to manage your own reaction to the strong emotions of others.

This course is not suitable where anger has led to violence.

Relationships Australia offers other programs where violence or abuse has occurred.

Information on these alternate programs is available by contacting **1300 364 277** or visiting www.nsw.relationships.com.au



Managing Anger Course

This multi session course focuses on the feelings, emotions and thoughts that we connect to anger.

An individual meeting will be held with you to ensure the group is suitable before you enrol.

The course will focus on:

- Past experiences of anger
- Identifying the range of emotions and experiences associated with anger
- Awareness of physical and behavioural responses to anger
- Identifying factors which affect your ability to manage anger
- Finding alternate strategies to deal with your anger and the anger of others
- Understanding and taking responsibility for the issues and feelings behind your anger.

Relationships Australia services are available to people of all cultural backgrounds, family structure, gender and sexual orientation.

Our staff

We have a skilled team of counsellors and group facilitators with qualifications and experience in Social Work, Psychology, Counselling, Group Work, Community Work, Mediation and Family Dispute Resolution.

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Booking a Course

No referral is required.

To make a booking, or for more information call **1300 364 277** or go to www.nsw.relationships.com.au and key in 'Managing Anger' to find the course offered closest to you.

You can also email us at: enquiries@ransw.org.au.

Course fees are subsidised by the Federal Government, clients pay a part fee based on family income.

Related services

Relationships Australia NSW offers a range of services including face to face, online and telephone counselling.

For online counselling, go to RelationshipHelpOnline www.relationshiphelponline.com.au For telephone counselling call **1300 364 277**

Emergency counselling sessions are not available with Relationships Australia

Contact details

To find out more please call us on **1300 364 277** and you will be connected to your local Relationships Australia service. You can also email us at enquiries@ransw.org.au.