



OUTRAGE

A Course for Men: Dealing Positively with Anger and Aggression.

The Multicultural Men and Family Relationships Program is starting an 8 week course for men who acknowledge that the expression of anger through hostility and/ or violence is a problem.

- WHEN:** start date and time to be confirmed
- DURATION:** 3 hours per week for 8 weeks
(during business hours)
- FEES:** a sliding scale applies
- WHERE:** Mercy Family Services
15 Church Street, Goodna

We look at the causes of anger and what can be done to provide you with the tools to manage and not let anger cause problems at home, at work and out in public. The group offers confidentiality, safety and support, and appropriate referral to ongoing counselling. There will be a fee attached to the course depending on circumstance.

An individual meeting with a facilitator is necessary before attending the course.

For more information or registration:

Telephone 3818 2622