

Anger Management Skill Development

So other people think that your angry & out of control or maybe you feel angry & its affecting your relationships, need help?

PoDDSS are offering an Anger Management skill development education course that includes using picture-based resources, easy to understand written supports, role plays, videos, things that will help you to manage your anger.

Subjects that are covered includes:

- Differences between anger and aggression & assertive
- Exploration of anger – is it helpful?
- Recognising getting angry
- What things may cause you to get angry?
- Ways to help stay relaxed and in control
- Ways to cope with thoughts and emotions
- Ways to recognise the thoughts & emotions of others
- Identifying ways to help achieve goals and solve problems.

It is important that you:

- Come because YOU want to learn about things that are happening for YOU
- Bring a trusted person who you can talk to once you leave the session
- Commit to coming to every session



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