

# ALTERNATIVES TO AGGRESSION

This program is designed for men who would like assistance with managing their anger and aggression in their personal relationships.

The program includes information and strategies for managing potentially violent situations.

It invites men to learn new ways to improve the quality of their lives.



**FREE 8 Week program for  
MEN ONLY!!**

**Limited to 5 participants**

**2½ hours per week**

**10am—12:30 pm Thursday**

**Start 16/10/2014**

**Phone: 0438772329**

Or call in personally to  
**Relationships Australia  
Mount Morgan Hub**

63 Morgan Street

*Relationships Australia*