

ANGER MANAGEMENT

Join us for a five session workshop where you can learn to recognise what "normal" anger is, learn practical anger management skills and how to deal with anger in a healthy and constructive way.

WHERE: Women's Health Centre
cnr Bolsover & Derby St
Rockhampton

WHEN: 9.30am—11.30am
Starting Thursday 5th March

Please bring a gold coin donation to participate; resources are included

To book your place, or for further information, please call:
(07) 4922 6585

Or email: info@womenshealthrockhampton.com

ROCKHAMPTON WOMEN'S HEALTH CENTRE 

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