

ANGER MANAGEMENT

Join us for a four 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 Thursdays
Starting Thursday 4th February*

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

