



GROUP PROGRAM

## Women Managing Anger

**A 6 week program for women seeking practical strategies to take control of their anger.**

**Feeling overwhelmed by your emotions? Do you want to feel more in control of your responses?**

**We are here to help.**

**Where:** Windermere Office- 48 Webb Street, Narre Warren 3805

**When:** Starting Thursday 5th February

**Time:** 10.30am-12pm

**Cost:** FREE

**Scan here to enrol**

*Bookings essential to reserve your place.*



Windermere is committed to equity, inclusion and belonging for consumers and employees, by building diverse and inclusive services and work environments.

We are located at a number of sites in Victoria and offer services state-wide.

If you require an interpreter, we can arrange for one to be provided.

**This group program is designed for women who want to gain control, find balance, and learn healthier ways to express their feelings.**

**What you will gain from our group program:**

- ✓ Practical strategies to manage anger effectively.
- ✓ Insights into personal triggers behind your feelings of anger.
- ✓ Confidence to respond to challenging situations.
- ✓ A safe, respectful and supportive learning environment.

**This isn't just another workshop.**

It's a space to be heard, understood, and empowered – guided by our compassionate family services practitioners and counselling team.

If you live in Cardinia, Casey or Dandenong, this group program is for you.

**For more information:**

**This program**

[www.windermere.org.au/group-programs/women-managing-anger/](http://www.windermere.org.au/group-programs/women-managing-anger/)

**Current and future programs**

 [IFSGroups@windermere.org.au](mailto:IFSGroups@windermere.org.au)

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