

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

When: Starts Thursday 30th October

Time: 10:30am - 12:00pm

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/

Current and future programs

 IFSGroups@windermere.org.au

 1300 946 337