

I am interested in the Basics of Understanding and Handling Anger Program.

Name: _____

Address: _____

Phone: _____ (H)

(Mobile)



Maryborough

140 Wharf Street

MARYBOROUGH QLD 4650

Phone: (07) 4121 6410

FAX: (07) 4121 0123

E-mail: c-caremb@bigpond.net.au

www.centacarefrasercoast.com.au

Hervey Bay

6/152 Boat Harbour Dve

PIALBA QLD 4655

Phone: 4194 0172

FAX: 4194 0175

Postal Address for enrolment:

P O Box 204,

MARYBOROUGH QLD 4650

OR

For further information, please CONTACT:

Elizabeth at our Maryborough Office,
(Tuesday to Thursday, 9 am to 4 pm).



Family and Community Support Services



Some Frequently Asked Questions:



- Q. Will there be men and women at this course?
- A. Separate courses are offered for men and women.
- Q. How much will it cost?
- A. \$15 to cover basic costs.
- Q. Is this course offered on a one-to-one basis?
- A. Yes, arrangements can be made with the Facilitator.
- Q. Will I be under pressure to tell my story and share if in a group?
- A. No, it is entirely up to you if you choose to share and how much you wish to share in any activities.
- Q. Is it important to attend all sessions?
- A. Yes, what is covered in each of the sessions is built upon in the next session.

COURSE CAN BE OFFERED AT:

Centacare Fraser Coast offices at:

Maryborough:

140 Wharf Street

Hervey Bay:

6/152 Boat Harbour Dve

Centacare Family and Community Services is an agency approved by the Department of Family and Community Services.

All our educators are trained and accredited in relationship education.

We also have a Privacy Policy that manages any personal information you give us. For any queries, please contact the numbers listed on the back of this brochure.

“Anger” Destructive or Constructive?

What is the difference between anger, aggression, hostility and assertiveness? How can you use anger to be empowered without being aggressive or hostile? What is assertion?

This course aims to provide participants with skills and resources for responding to anger in a more helpful way, to be more assertive rather than aggressive or passive and to therefore assist participants to be better equipped in dealing with conflict situations.