



Doing Anger Differently

9:30am - 4:30pm
17 - 18 September 2024
Melbourne, VIC
2 Day Program

Registration closes: 1 Sept 2024



Find out more or register your interest by contacting Open Arms – Veterans and Families Counselling on **1800 011 046** or visit **www.openarms.gov.au**.

Participants experiencing anger difficulties will develop a better understanding of anger, recognise the impact that anger can have on their life and relationships and make practical changes.

Topics include:

- how to manage thoughts and feelings that contribute to anger
- develop skills to reduce heightened physical anger responses.

Who can attend: Current and ex-serving ADF members, partners, adult children.