

# FREE LIFE SKILLS PROGRAM



5 session program

## UNDERSTANDING AND MANAGING ANGER AND CONFLICT

This five week program teaches you about anger - what it is, its impact on our lives and relationships, strategies about how to manage anger and how to successfully navigate conflict resolution.

Topics covered include:

Understanding and Managing Anger,  
Why anger reduction is important, Different communication styles,  
Recognising Anger Triggers, Real-time Strategies and  
Conflict Resolution tools.

**"Holding on to anger is like grasping a hot coal with the intent of throwing it at someone else; you are the only one who gets burned."**

**Gautama Siddharta**

**Wednesdays, 26 October - 23 November,  
9.30 am -12 pm**

Proudly funded by



Delivered at the

**Oxenford/Coomera Community & Youth Centre  
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