

Re-navigating

Anger &

Guilty

Emotions

RAGE is a strengths-based program that is practical and fun.

RAGE for 13-17 Yr olds

This RAGE course has been specifically designed for young people aged between 13-17 years.

It is run in unison with the MAAD program for parents. Both are evidence-based best practice endorsed programs.

Parents are asked to attend all four sessions to support their young person.

Four **Free** sessions include information about:

- the many faces of anger
- the *Anger Cycle*
- healthy expression of anger
- getting through the guilt of anger
- relaxation, exercise & diet
- fun activities

Where:

Uniting Burnside Office
7 Sherwood Road
Port Macquarie

When:

Wednesdays
23rd Oct – 13th Nov 2019

Time:

5:00pm-7:00pm

Get in Touch:

6581 6600

uniting.org

