



DO YOU NEED HELP TO BETTER MANAGE ANGER?

If you are currently experiencing anger problems and want the skills to manage your anger, this group program could help you!

9:30am – 4:30pm

Friday 27th March

Friday 3rd April, Hobart,

All current and former ADF personnel, as well as anyone in their immediate families, are able to attend this free program.

"I got a lot of helpful strategies and a better understanding of why negative behaviours develop."

- 2018 program attendee

To register for this program call 1800 011 046 or visit OpenArms.gov.au and search for *"Doing Anger Differently"*
Registrations close 20th March

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