



# MI SC Anger Management Course 2006

## What is Anger Management?



Anger management is more than learning to manage your anger.

It is a forum where you can learn about yourself and how to change what isn't working.

It is also a valuable opportunity to learn **strategies** and models that give you alternatives to your current ways of dealing with difficult issues.

This course teaches you **techniques** and **methods** that can change your present beliefs.

Anger management is about developing a better life for yourself and those around you.

## The 8 Week Course

### Includes:

- *How to recognise and then acknowledge anger*
- *Learning techniques for resolving conflict*
- *Developing skills to manage anger*
- *Learning ways to help understand yourself better*
- *Ideas on how to build relationships*
- *Tools for dealing with your anger*
- *Developing an understanding of alternatives to what is happening now.*

### Course Facilitator: Richard Lech

Richard Lech has 10 years experience counselling, specialising in men's issues in recent years. Richard also has 25 years experience as a TAFE and Secondary School Teacher.



## Anger Management Course 2006

### Schedule

**Course 1** February 1 to March 22

**Course 2** April 19 to June 7

**Course 3** June 21 to August 9

**Course 4** August 23 to October 11

**Course 5** October 25 to December 13

**Course Duration:** Courses run over 8 weeks on Wednesday evenings

**Time :** 6-8pm.

**Location :** Torrens Building,

220 Victoria Square Adelaide

**Parking:** is available on Wakefield St adjacent to the building



## Men's Information & Support Centre

The Men's Information and Support Centre (MISC) was formerly known as the Men's Contact and Resource Centre, has been assisting the South Australian community since 1982.

*Telephone helpline for men*

*In-house Psychologist*

*Workshops*

*Information database of resources for men*

The Men's Information and Support Centre is located at Level 1, Room 9 in the Torrens Building. The Torrens Building is situated on the corner of Wakefield St and Victoria Square.

Input and involvement by women and women's organisations is both welcomed and appreciated by the Men's Information and Support Centre.

As a non-profit body, funded by donations, grants and members subscriptions, The Men's Information and Support Centre relies on its dedicated volunteers. Your involvement in our organisation would be appreciated.

### For further information contact:

The Men's Information & Support Centre  
220 Victoria Square Adelaide SA 5000



Phone: 8212 0331

Fax: (08) 8231 1752

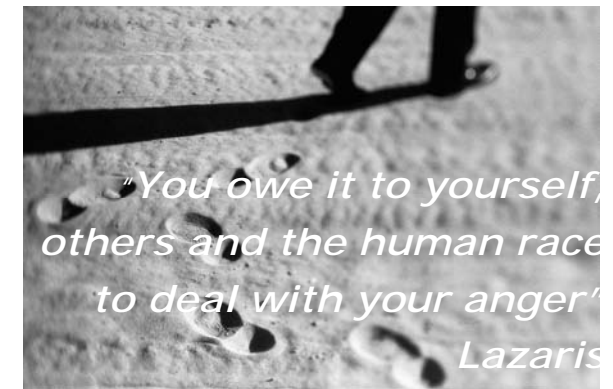
Email: [contact@misc.com.au](mailto:contact@misc.com.au)

[www.misc.com.au](http://www.misc.com.au)

## Anger Management Courses For Men

2006

Helping Men to Help Themselves



**Phone: 8212 0331**

220 Victoria Square Adelaide 5000

**Office Hours: 9am-5pm Monday – Friday**