



Transitional Psychology & The Men's Information and Support Centre

Anger Management Courses for Couples - 2006

The anger management course for couples is designed to transform the way we experience and view anger in relationships. The impact of anger does not need to be devastating and having mastery and choice about how anger effects us and our lives is an empowering experience. We will be inquiring into things that we cannot already see about ourselves and the dynamics in our relationship that lay hidden from view. The course content is not only applicable to anger in our closest relationships, it can also be applied to all areas of life and to all relationships.

Focus of the Course:

Getting to the source of anger

Inquiring into our view of anger and our partner's anger

Transforming the impact of anger in relationships

Managing our own anger & dealing with anger in others

*Facilitated by psychologist, Gordon Wagner (B.Psych.Hons) and counsellor
Michelle Gorgula (B.Psych.Hons).*

Individual/couples sessions with are also available by phoning 8212 3908 (fees apply).

Course 1: 6th February	Course 2: 1st May
13th February	8th May
20th February	15th May
27th February	22nd May
6th March	29th May

Location:

The Torren's Building
220 Victoria Square Adelaide

Course fees:

\$ 137.50 per person (incl. GST)
Payable by 6th February 2006

Monday Evenings 6:30- 8:30 pm Cash/Credit Card Accepted

To register and for information contact:

The Men's Information & Support Centre

Ph: 8212 0331

 **Transitional
Psychology**



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