

# Taking Control



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A group for women wanting to deal  
with issues around anger

**Some of the topics we will cover during  
the 8 week program include:**

- Learn positive ways to express anger
- Awareness of the early signals of anger
- Assertiveness versus Aggression
- Coping with life's daily frustrations

**Where:** Family Life  
197 Bluff Road Sandringham Victoria 3191

**Time:** 10.00am to 12.00pm

**Dates:** Commencing Tuesday 13 April 2010  
running for 8 weeks

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To book your place or for more information please call  
Melinda at Family Life on 8599 5433  
[www.familylife.com.au](http://www.familylife.com.au)