

r a g e

(Re-navigating Anger and Guilty Emotions)

RAGE is a free anger management program for young men aged 10 to 12.

This program will look at:

- ☁️ Types of anger
- ☁️ Consequences of uncontrolled anger
- ☁️ Recognising triggers
- ☁️ Thinking before you act
- ☁️ Taking responsibility for your actions

For more info or to
register, call the
Family Rural
Resilience Program
6738 7200

WHEN: TBA.
WHERE: Centacare NENW
150 Rusden St, Armidale
TIME: TBA
COST: FREE
Places are limited and
registration is essential.



All program participants will need to be registered for Holistic Family Support to access our free services including groups.

This course will be cancelled 7 days prior to the commencement date if there aren't enough registrations.

Centacare NENW acknowledges the traditional custodians of this land, and pays respect to the elders past and present.



An Australian Government Initiative



Centacare
New England North West
Rural Resilience