



Anger Management for Young Men

ACT Group Program

This is a 4 week group program (6-10 participants) for the treatment of mood regulation and anger management for young men aged 18 to 35 years old. We will explore the foundations of emotions and what is important to you with Acceptance and Commitment Therapy (ACT).

This program aims to empower young men to learn skills to better cope with emotions and life's challenges.

- Build your 'toolbox' with powerful and practical behavioural strategies
- Learning evidence based tools to regulate your feelings and mood.
- Exploring what is important (values) to you and who you are
- Move towards a life that is meaningful for you
- Understand emotions and mood

This group can be accessed on its own, or with the possibility of individual counselling under the Psychological Strategies program through EACH.

What to bring: Yourself and an open mind!

Where:	EACH 46 Warrandyte Road Ringwood 3134
Starting Dates:	Tuesday 23 January 2018 Tuesday 27 February 2018
Commitment:	4 weeks
Cost:	FREE*
How to Refer:	contact Psychological Strategies team on (03) 8892 4200 or Email psintake@each.com.au

*Please note – in order to attend this group, all participants will need to have a Mental Health Care Plan from their GP

This service is supported by funding from the Australian Government under the PHN Program.