

UNDERSTANDING ANGER

Join us for a two-day session workshop where you can learn to recognise anger, learn practical anger management skills and how to deal with anger in a healthy and constructive way.

Tuesdays
22nd and 29th July, 2025
9.30 am - 2.30 pm
225 Bolsover Street
Rockhampton

Registration required. Please bring a gold coin donation to attend; resources are provided.

**Women's Health Information and
Referral Service CQ Inc.**
225 Bolsover Street
(07) 4922 6585
reception@whccq.org.au

