

UNDERSTANDING ANGER

Join us for a two-day 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.

Wednesdays
22nd and 29th April, 2026
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.**
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