

Veterans and Veterans Families Counselling Service (VVCS)

VVCS plans to conduct an Anger Management Course in Canberra. However VVCS is experiencing difficulty in sourcing sufficient candidates to undertake the course in Canberra.

Details on the course are listed below.

If you feel undergoing this course will be beneficial to you, please contact the Office, on telephone, 02 6255 1599 or email: vvfact@vvfact.org.au

Doing Anger Differently

If you have concerns about your anger and the impact this is having on those close to you then this program may be for you.

The program will help you to recognise and manage your angry feelings and prevent aggressive behaviour. You will learn strategies to help you take responsibility for your anger and act in more appropriate ways.

Program structure

The full program consists of 11 x 2hr weekly sessions.