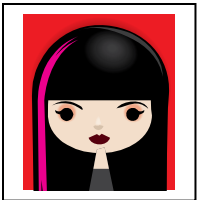


**Are you and your teenager
interested in dealing with anger in
a different way!!!!!!**



Rage

Addressing the 11-17 years of age group
RAGE (Re-Navigating Anger and Guilty Emotions)

A 6 session anger management course, for teenagers, that enables them to understand their anger and express it in healthy and positive ways.

RAGE is a strength based solution focused program that is hands on, practical and fun for kids. The sessions will cover: The many faces of anger, the anger cycle, healthy expression of anger, getting through the guilt of anger, relaxation, exercise and diet and celebration of finishing program successfully.

Session	Date	Time	Where
Session 1	Wednesday 2 nd June, 2010	3.30-5.30pm	Berkeley Vale Neighbourhood Centre
Session 2	Wednesday 9 th June, 2010	3.30-5.30pm	Berkeley Vale Neighbourhood Centre
Session 3	Wednesday 16 th June, 2010	3.30-5.30pm	Berkeley Vale Neighbourhood Centre
Session 4	Wednesday 23 rd June, 2010	3.30-5.30pm	Berkeley Vale Neighbourhood Centre
Session 5	Wednesday 30 th June, 2010	3.30-5.30pm	Berkeley Vale Neighbourhood Centre
Session 6	Wednesday 7 th July, 2010	3.30-5.30pm	Berkeley Vale Neighbourhood Centre

FREE COURSE FOR TEENAGERS AND ADOLESCENTS

Berkeley Vale Neighbourhood Centre
Heather Street
Glennings Valley NSW 2261

Contact: Joanne Murray or Gillian Holton

4388 5801

Or email bvnc.programs@idx.com.au

Please RSVP to reserve your place

