

Communication & Dealing with Conflict & Anger



This group is for people who's lives have been affected by substance use. This group is also for partners, family members and friends of those affected by substance use.

The way in which we communicate affects our relationships and our ability to achieve our goals and get our needs met. This group will help you to communicate more effectively. The program will help group members to learn what triggers their anger and how to manage this emotion instead of it controlling you and impacting your relationships.

Topics Include: Communication Skills
Conflict Resolution
Fair Fighting
Developing Appropriate Assertiveness
Managing Anger
Relationships

Time: 6pm to 7.30pm

Venue: Bridges 119 Flushcombe Road Blacktown

Tuesday 9th March-Tuesday 13th April-Six Weeks

For more information or to book please contact Bev on 9622 7511

Bridges

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