
MAKING CHOICES

Making Choices is an emotion regulation program that focuses on anger. It is designed for people who identify with using unhelpful behaviours in response to their emotions.

Throughout this program, participants will:

- Increase their knowledge of emotions, particularly of anger as a healthy and normal emotion.
- Improve self-awareness of the body's response to different emotions.
- Increase their understanding of family of origin and attachment.
- Identify personal values, beliefs and strengths.
- Increase knowledge of healthy relationships, and effective communication.
- Increase their self-awareness of personal communication styles and barriers to communication
- Develop a personalised support plan with achievable goals for positive behaviour change
- Increase their emotional intelligence and improve self-esteem.



**Bookings essential
call 1300 473 528**

WEDNESDAYS

10:00 AM - 12:00 PM

**from 23 October to
27 November 2024**

6 sessions to be attended
facilitated via ZOOM

COST

\$25 per session (or \$15 concession)
Total \$150 (or \$90 concession)
Pre-payment requested