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# managing ANGER

online

**Discover easy ways to manage anger and create a calmer home.**

This event helps parents and caregivers understand anger in children and themselves. You will learn practical skills and easy strategies to manage anger which will help create a calmer home.

## WEDNESDAY
## NOVEMBER 22
## 6 - 8 PM

All Livable events are FREE

**Livable Family and Relationship Services is funded by the Department of Social Services.**

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**BOOKINGS ESSENTIAL**
**1800 289 927**
**LIVABLE.ORG.AU**/EVENTS