

Western Reconnect and Detour

School Group Program

Re–Navigating Angry and Guilty Emotions (RAGE)

Program Covers:

The Many Faces of Anger

Covers the topic of reflecting on anger, recognising anger symptoms and identifying the different faces of anger.

The 4 Ts of Anger

Identifying 4 aspects of Anger including triggers, thoughts, tantrums and trouble.

Healthy Expressions of Anger

Enables students to learn healthy expressions of anger and understand that anger is a normal emotion which can be expressed in appropriate ways.

Getting through the Guilt of Anger

To help students understand that guilt is an important part of the anger cycle, and provide students with ways to deal with and express guilt appropriately.

Contact Us to Book a Session

Western Reconnect Duty line **(03) 9977 0023**

The standard program is 6 x 2hr sessions, however we have flexibility to offer the program to meet the school's needs.

