



A Mental Health
Resource Service for
Cardiff & the Vale

FREE OF
CHARGE

Anger Management Course

Delivered by 4Winds at Central Hub and Library This is based in the city centre - The Hayes, Cardiff CF10 1FL

The course starts on **Monday 17th June 2024**, taking place from 10.45am – 1.15pm every Monday for 3 weeks (**June 17th, 24th and 1st July**)

(All sessions to include a short break)

Anger is a natural emotion that we all experience at times, but how we respond to it varies greatly.

If managing anger is a problem for you this course will give you increased understanding, tools and techniques to deal with it. For further information or to book a place, please contact us.

Spaces are limited and advanced **booking is essential** – to secure your space please contact 4Winds on 029 20388144 or use the contact us form on our website www.4winds.org.uk or email admin@4winds.org.uk