



A Mental Health  
Resource Service for  
Cardiff & the Vale

FREE OF  
CHARGE

# Anger Management Course

**Delivered by 4Winds at Grangetown Hub and Library, Havelock Place, Cardiff, CF11 6PA** This is just off Penarth Road, Cardiff. A small car park and some on street parking is available, close to Grangetown Train station and numbers 1, 8 and X45 buses stop close by

**The course starts on 21<sup>st</sup> June 2022, taking place at 12.45 – 3.15pm every Tuesday for 3 weeks (June 21<sup>st</sup> to July 5<sup>th</sup>)**

(All sessions to include one or two short breaks)

**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](http://www.4winds.org.uk) or email [contact@4winds.org.uk](mailto:contact@4winds.org.uk)