



Join us for this **free** course!



Anger Management

Starts Thurs 9th October 10.30am – 1pm

Every Thursday for 3 weeks (Oct 9th, 16th and 23rd)

Each session includes a short break.

Delivered by 4Winds at Central Hub & Library - The Hayes, Cardiff CF10 1FL

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.

Contact 4Winds to register:

 02920388144

 contact@4winds.org.uk

 www.4winds.org.uk

Free!

Charity Number: 1071770