

WHY

an iceberg on the cover

The old saying "THE TIP OF THE ICEBERG" is so true because most of the iceberg is under the surface. We as human being sometimes only see the "tip" in ourselves and others.

The Enough is Enough Stress and Anger Management Program will explore: "What lies Beneath".

Our Stress and Anger Management Program provides you with the opportunity to develop new strategies in dealing with your stress and anger.

You will be shown different ways of working through the main field of emotions and improve communications and relationships in all walks of life.

We discover what
really
can lie beneath!



ENOUGH IS ENOUGH

Anti Violence Movement Inc.

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HELPING PEOPLE - HELP THEMSELVES
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New South Wales Government
Department of Premier and Cabinet



ENOUGH IS ENOUGH

Anti Violence Movement Inc.

Background

Enough is Enough is a long term anti violence organisation which was formed in the belief that there is a need for a holistic community response to crime, violence and anti social behaviour.

Following the murder of 18 year old university student, Michael Marslew, the Enough is Enough Anti Violence Movement was formed.

Established on the highest ideals of human behaviour, in a positive and proactive way, the organisation goes about the important work of reforming society's attitudes to crime, violence and anti social behaviour through understanding and education.

Enough is Enough works with a range of government and non government agencies, schools and community groups to provide education, counselling and correctional programs, restorative justice, training and facilitation, understanding emotions, life skills and goal setting seminars.

Presenters

The Enough is Enough presenters have a wide range of experience. Our counselling unit staff are highly trained, fully qualified professional counsellors who will work in a non-discriminatory, non-judgemental and understanding way.

To find more about this course call
9542 4029

What is Anger?

- Anger is an emotion that creates a physical response
- Sometimes we have difficulty in expressing how we really feel and our responses are not what we would like
- Some anger is normal

Our Stress and Anger Management Program will show you how to:

 **STOP**

- Destructive behaviour to yourself and others

 **RECOGNISE**

- What is happening much earlier -
and understand you have a range of
strategies to use

 **DECIDE**

- Which strategy is best for the situation and
how to apply it

About The Course

Our Stress and Anger Management Program has been designed for those who experience stress and anger issues - an assessment session with our counsellors will determine suitability to work in a small group workshop. This allows personal attention for each person.

The course consists of 4 one-hour one to one counselling sessions and a one-day workshop. If you feel you don't need stress and anger management, this program is a powerful tool in self awareness and personal development. It will help you to gain a deeper understanding of the power of communication.

A certificate of attendance will be given to those who complete the course.

1 Day Workshop - on understanding stress and anger can be run separately from the course itself.

Proposed Outcomes

- The ability to be more self aware of our own physical responses to stressful/angry situations
- To recognise these responses and allow time to think about it before responding/reacting
- To have new ways of expressing how you feel whilst keeping yourself and others safe
- To be equipped to build positive relationships with yourself and others

Our Aim is to

- Provide clients with a thorough understanding of the dangers of 'emotionally' responding to feelings of anger
- Provide new skills in the management of stress and anger
- Provide positive outcomes for our clients