

# irate

women and anger

## course registration

To enrol or for confidential information:

Auckland Phone 09-360 4933

Manukau Phone 09-279 8727

Email [icwg@xtra.co.nz](mailto:icwg@xtra.co.nz)

[www.innercitywomensgroup.org.nz](http://www.innercitywomensgroup.org.nz)

## course details



preventing violence against women



Inner City Women's Group

PO Box 78-059, Grey Lynn, Auckland 1245

Auckland Phone 09-360 4933

Manukau Phone 09-279 8727

Email [icwg@xtra.co.nz](mailto:icwg@xtra.co.nz)

[www.innercitywomensgroup.org.nz](http://www.innercitywomensgroup.org.nz)

© The design and text on this brochure is copyrighted  
by Inner City Women's Group.

Design: [design@urbancanvas.co.nz](mailto:design@urbancanvas.co.nz)

# irate

women and anger

Greetings • Kia ora • Bula Vinaka  
Talofa lava • Malo e lelei • Kia orana



te araitanga tukino whare tangata

## About Inner City Women's Group

Our women facilitators are qualified, trained and experienced in working with issues that affect women's lives.

Our aims are to:

- support and empower women
- break cycles of abuse
- provide prevention and education services through group programmes.

Inner City Women's Group was established in 1988 to support women experiencing family violence, initially running Breaking the Cycle. Since then we have responded to women's requests and now provide a wider range of programmes and support services.

### Group Programmes

- Breaking the Cycle
- Irate Women and Anger
- Between Mother and Child
- Reclaiming Myself

Inner City Women's Group works across the Auckland region including Auckland, Manukau and Waitakere cities. Our courses have been approved by the Ministry of Justice and Child, Youth & Family. We are a member of the National Network of Stopping Violence Services, the Auckland Coalition for the Safety of Women & Children, SAFTINET, SAFVPN, MECOSS, FVIP and WAVES.

*Freedom from abuse  
and violence*

## Purpose of the Programme

Anger is a signal and one worth listening to. The message may be that:

- we are being hurt
- our rights are being violated
- our needs are not being met
- simply put - something is not right.

The purpose of this course is to enable you to move away from ways of managing anger that do not work. These include silent submission, ineffective fighting, blaming and emotional distancing.

The course provides opportunities for you to observe and recognise everyday conflict patterns in your families, relationships and work situations.

As you gain understanding and learn new skills, you will learn how to move beyond these limiting patterns and improve communication to have a new and empowered position in relationships.

## Programme Content

Topics covered in the course include:

- Understanding what anger is
- What lies beneath anger?
- Cool down toolkit
- Understanding family conflict roles
- Learning safe ways to express anger
- Developing new skills and strategies
- Effects of anger on self and others
- Learning to communicate clearly

## The Outcomes

You will gain an awareness and understanding of your anger and learn skills to manage and deal with everyday situations in non-violent ways.

## Who Attends

- Women are welcome from all ages, cultural backgrounds and walks of life.
- Women who have attended other Inner City Women's Group courses.
- Women who want to discover more about themselves.

### The Irate, Women and Anger Course

Duration Eight weeks

Times Evening and daytime courses available

Numbers Maximum of 16 women

Venue Details on application

Cost by \$80 waged women

donation \$40 unwaged women

We recognise women have differing financial circumstances so if necessary, donate according to your means.

**irate**  
women and anger