



## Purpose

Women empowering women to be free from family violence.

## Values

Mana wāhine  
*Empowering all women.*  
Mana motuhake  
*Control over one's own destiny.*  
Pono  
*Respect.*  
Whanaungatanga  
*Connection through shared experiences.*

## Contact Us



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Facebook: Inner City Women's Group | Auckland

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## IRATE Women and Anger

Understanding anger  
and skills to manage

## QR Code

SCAN ME



## About the Programme

### Purpose

Anger is a signal and one worth listening to. This programme will support you to move away from ways of managing anger that do not work. You will learn to observe and recognise patterns and triggers in your daily life. You will gain understanding and learn new skills and strategies which will improve your communication and responses.

### Content

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

### Outcomes

This programme will assist you in understanding anger and learning new skills to manage and deal with situations in your daily life in non-violent ways.

## More Details

### Duration

EIGHT WEEKS

### Times

MORNING, AFTERNOON OR EVENING  
(MONDAY TO FRIDAY)

### Locations

GREY LYNN  
PAPATOETOE

### Donations

*All donations are welcome. These support us to continue delivering services for women.*

ICWG offers flexibility on times, locations and group sizes for our programmes. Call us to discuss your options!

## Other Programmes

- Reclaiming Myself
- Breaking the Cycle
- Between Mother and Child
- PAVE (self-referrals unavailable)