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## Registration Form

Please complete and return to:  
**The Salvation Army Counselling Service**  
Mail: PO Box 3096, Rhodes NSW 2138  
or Fax: 02 9743 4180

**RSVP: Tuesday, October 2nd, 2012**

**Name (s)**.....

**Address**.....

.....**P/Code**.....

**Phone no.**.....

**Occupation** .....

I have enclosed:

☐ \$..... Deposit of \$30 to  
reserve my place

☐ \$..... Full payment required for  
completion certificate (\$120 Single or  
\$200 for a couple)

Cheques made payable to:

**The Salvation Army Counselling Service**

(Cancellations will incur a \$30 Admin Fee)



**COUNSELLING SERVICE**  
**15—17 Blaxland Road, Rhodes**  
**2138 Sydney NSW**

Telephone: (02) 9743 2831 / Facsimile: (02) 9743 4180

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## Learning to live without Destructive Anger

A program  
for enhancing  
relationships



**Tuesday Nights**  
**Oct 16th to Nov 20th, 2012**  
**(6:30 pm– 9:00 pm)**

At The Salvation Army Counselling Service  
15—17 Blaxland Road, Rhodes  
Sydney NSW 2138  
Phone: (02) 9743 2831

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# Program Outline:

<b>Session One:</b> October 16 2012	6:30-9:00 pm	<b>Learning to live without destructive Anger</b>
<b>Session Two:</b> October 23, 2012	6:30-9:00 pm	<b>Recognising and controlling destructive Anger</b>
<b>Session Three:</b> October 30, 2012	6:30-9:00 pm	<b>Learning to listen to others helps manage destructive Anger</b>
<b>Session Four:</b> November 6, 2012	6:30-9:00 pm	<b>Stress reduction lessens destructive Anger</b>
<b>Session Five:</b> November 13, 2012	6:30-9:00 pm	<b>Changing relationship patterns</b>
<b>Session Six:</b> November 20, 2012	6:30-9:00 pm	<b>Where to go from here?</b>

This course offers the opportunity to develop interpersonal skills that will assist you in your relationships at home, at work and with friends. It will give you the chance to learn from others struggling with similar issues and facilitate personal growth. Discover allowing you the chance to discover practical ways for dealing with your frustration and concerns. This will help you engage in more supportive and productive relationships with others.

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Sponsored by  
**The Salvation Army  
Counselling Service**

## Course Facilitators

**Warren Draney, M.Couns, B.Th, Dip Min.**

Warren is trained and has worked in the area of destructive anger. He is a counsellor and Group Facilitator at the Salvation Army Counselling Service (S.A.C.S.) at Rhodes, Sydney.

**Sue Stephenson, Counselling Psychologist**

Sue is a group leader, trainer and MAPS therapist with many years experience helping people manage their emotions. She is the Manager of the Salvation Army Counselling Service (S.A.C.S.) at Rhodes, Sydney.

**Sharon Searle, M. Human Serv. (Hons)**

Personal and relationship counsellor for over 15 years including experience in working with children. She is a full-time counsellor at Salvation Army Counselling Service (S.A.C.S.) at Rhodes, Sydney.

**Jenny Perchman**

Completing her Master of Counselling, Jenny is on team, providing counselling for Couples and Individuals at Salvation Army Counselling Service (S.A.C.S.), Rhodes, Sydney.