

irate

women and anger

course registration

To enrol or for confidential information

Phone 09-360 4933

Fax 09-360 4934

Email icwg@xtra.co.nz

www.innercitywomensgroup.org.nz

Course begins _____

Time _____

Facilitators _____

Venue _____



Inner City Women's Group
PO Box 78-059, Grey Lynn, Auckland
Phone 09-360 4933
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Email icwg@xtra.co.nz
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women and anger

women's anger and
stopping violence programme



About Inner City Women's Group

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

Our aims are to:

- educate and empower women
- to break cycles of abuse
- to offer expertise in counselling and skills training.

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 provided a wider range of programmes.

- | | |
|---|--------------------------|
| 1 | Breaking the Cycle |
| 2 | Irate Women and Anger |
| 3 | Between Mother and Child |
| 4 | Reclaiming Myself |

Inner City Women's Group works across the Auckland region including Auckland City, Manukau East and Waitakere City. 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 & 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 courses include:

- understanding what anger is
- what lies beneath
- 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 so others will listen.

The Outcomes

You will achieve a positive move to understanding and managing your anger 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 (Court referred women sixteen weeks)
Times	Evening and daytime courses available
Numbers	Maximum of 15 women
Venue	Details on application
Cost by donation	\$80 waged women \$40 unwaged women We recognise women have differing financial circumstances so if necessary, donate according to your means.

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