

# Frequently Asked Questions: Sea Change Anger Management for Women

## **What is the purpose of this program?**

This program is designed to support women to explore issues and concerns around how they express strong emotions such as anger.

## **How long is the program?**

This program takes place over six weeks, with two-hourly sessions held weekly.

## **How many participants are in each group?**

Groups are capped at 8 participants.

## **What topics are covered?**

Topics will include understanding the causes and triggers of anger; finding healthy ways to express anger; emotional regulation as well as self-care and boundary setting.

## **Who can attend?**

This course is open for women who are concerned about how they express their anger to friends, family members or work colleagues. Participants need to be ready and able to discuss issues around their anger in a group setting. This program is not intended for women who are currently experiencing safety issues or current family violence.

## **Are programs offered online or face to face?**

We offer both types of programs. If the program is online, participants need to have access to a device such as a laptop or a computer and have stable internet and be able to have privacy for the duration of the session (no children or adults present).

## **How do the sessions work?**

The sessions will be a combination of presentations via PowerPoint, online videos, group discussions and skills practice. Participants will be invited to try skills at home.

## **Are participants expected to discuss personal issues?**

Participants are expected to participate in group discussions and skills practice, but they only share what they feel comfortable with. We set group agreements at the start of the program to ensure participants

feel safe to open-up and that they are given a confidential, non-judgmental and respectful space in which to do so.

### **How do you enrol?**

Participants can enrol via our website or by contacting us on 1300 543 396. All participants are required to attend an intake appointment prior to the program start date to ensure this is the correct program for their needs, and to answer any questions about the program.

During the intake assessment, the participant will be asked a series of questions about their current circumstances, which they are expected to answer to ensure their suitability for the program. Intake appointments are conducted by phone with the program facilitator or with one of our counsellors (depending on availability) and are for approximately 60 mins.

### **Do you get a certificate at the end?**

Yes. Participants who attend every session receive a Certificate of Completion. If a session is missed, participants will receive a Certificate of Attendance with the number of sessions completed. Participants who are court-ordered will need to attend every session or provide a medical certificate to explain their absence to the court.

### **Does Relationship Matters provide a report for court at the end?**

No. Participants may provide a copy of their Certificate, but we do not provide any other information on participation.

### **Can Relationship Matters provide additional support at the end of the program?**

Participants who need additional support will be offered fee for service counselling.

### **What is the cost of the program?**

The cost of this program is \$250 per participant (\$200 for concession card holders). Participants who are experiencing financial hardship should discuss fee options with the Relationship Learning Coordinator by phoning us on 1300 543 396 or sending an email to [contact@relationshipmatters.com.au](mailto:contact@relationshipmatters.com.au)

### **Will NDIS cover the program fee?**

Participants who have NDIS funding will need to check with their relevant NDIS Coordinator to discuss whether the Sea Change program meets the goals within a participants NDIS plan.

### **For more information visit:**

<https://relationshipmatters.com.au/programs/sea-change-anger-management-for-women-2/>