








# cooling the flames: managing your anger

-  Learn to understand your anger and why it happens.
-  Connect with other teens who get what you're going through.
-  Practice techniques like mindfulness to cool your anger.
-  Boost your communication skills for better relationships.
-  Have a blast while building your emotional superpowers!

## Who

12 – 16 years old

## When

Tuesday, 28th of November 2023

4.30 – 6pm

## Where

headspace Osborne Park

290 Scarborough Beach Road, Osborne Park

## Contact us

Call (08) 9208 9555 or

E-mail [info@headspaceospk.com.au](mailto:info@headspaceospk.com.au)

## Sign-up here!

<https://bit.ly/3qOGz3q>



headspace Osborne Park is on Whadjuk Noongar land.  
We acknowledge the Traditional Owners of this Country,  
and we pay our respects to their Elders past, present and emerging.

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