

WHAT LIES BENEATH THE SURFACE

The common expression “just the tip of the iceberg” means we only see a small part of the problem—it’s what lies beneath that is more important. As human beings we often only see the “tip” of ourselves and others—and our problems

Enough is Enough has developed a Stress and Anger Management Program that lets you see “what lies beneath your surface”. The program gives you the opportunity to develop new and effective strategies for dealing with your stress and anger.

The program will teach you different ways of navigating the minefield of conflicting emotions that lead to stress and anger. It will show you how to improve your relationships, and your communication with everybody in your life.

**Discover what really lies
beneath – and how to deal
with it!**



ENOUGH IS ENOUGH

HEAD OFFICE

Suite 2, 10-12 Boyle St
SUTHERLAND NSW 2232

Tel (02) 9542 4029

Fax (02) 9542 4039

Email: team@enoughisenough.org.au

Web: www.enoughisenough.org.au

HELPING PEOPLE HELP THEMSELVES



ENOUGH IS ENOUGH

Anti Violence Movement Inc.

What is anger? And what can you do about it?

Managing anger

Anger is an emotion that creates a physical response. Sometimes we have difficulty expressing how we really feel – and our responses are not always what we want them to be.

Some anger is normal, and often helps us cope. But anger can be destructive and harmful to relationships. It often needs to be controlled and managed.

Our Stress and Anger Management



Stop

destructive behaviour to yourself and others.



Recognise

what is happening much earlier—and understand you have many strategies to use.



Decide

which strategy is best for the situation—and how to apply it.

About the course

The Stress and Anger Management Program is designed for anybody with stress and anger issues. An initial assessment session with our counsellor will determine your suitability for our small group workshop. This ensures personal attention and maximum focus on each individual.

The course consists of four one hour individual counselling sessions and a one day group workshop. Even if you don't feel you need help with stress and anger management, the program is a powerful tool for self-awareness and personal development. It will help you gain a deeper understanding of the power of communication.

What you will learn

- You will become more aware of your physical and mental responses to situations that cause stress and anger.
- You will be able to recognise those responses, which will give you time to think before responding or reacting.
- You will find new ways of expressing how you feel, while keeping yourself and others safe.
- You will be equipped to build positive relationships – with yourself and others.

What we do

- Provide our clients with a thorough understanding of inappropriate and over-emotional responses to situations that may cause anger.
- Provide new and practical skills in the management of stress and anger.
- Provide positive outcomes for our clients.

Who we are

Enough is Enough is a Sydney-based anti-violence organisation, formed in the belief that there is a need for a holistic community response to crime, violence and anti-social behaviour.

It was formed following the senseless murder of 18 year old university student Michael Marslew. Enough is Enough was established on the highest ideals of human behaviour. In a positive and proactive way, we go about the important work of reforming society's attitudes and the many forms of violence that are unfortunately far too common in today's society.

We work with a range of government and non-government agencies, schools and community groups to provide education, counselling programs, restorative justice, training and facilitation.

We help people understand their emotions and build life skills to help them deal with difficult situations. Our underlying philosophy is that all violence—physical and emotional—is unnecessary. Confronting violence and anger is an important aspect of building a better society.

Our people

Our highly qualified counsellors and presenters have a wide range of professional and practical experience. They are trained to be understanding, non-discriminatory, and non-judgemental.

To find out more about this course and our other work, call 02 9542 4029 or visit www.enoughisenough.com.au