

TURNING ANGER INTO CALM



Would you like to understand your feelings better, and learn new ways to feel calm and safe?

Orana's Turning Anger into Calm program enables people to explore potential triggers and reasons for their anger/frustration, as well as identifying the impacts behaviour has in different environments.

Individuals will be supported to identify appropriate self-regulation strategies, which are tailored specifically for them. Visual reminders can also be developed if required.

This program is suited to people of all levels of literacy. You will receive a workbook and a certificate upon completion.

Who can participate?

Anyone with appropriate NDIS funding, or you can self-fund if required.

Who delivers this training?

Our team of Developmental Educators are experienced in helping people to implement strategies to regulate their own emotions.

When can this training start?

Our team can work with you to arrange a time that suits you.

Want to take part?

Contact our Customer Care Team Leader, Merisa on 8375 2021 or intake@orana.asn.au