

Media release

22 July, 2016

For immediate release:

## **Women get angry too**

### **Lifeline opens anger management to women as well as men**

In a first for Lifeline Harbour to Hawkesbury, the centre's men-only anger management program is being offered to women as well.

"It's an acknowledgement of feedback we've had from previous anger management groups as well as inquiries from women wanting to attend a mixed group," said Megan Andriessen, the program's co-facilitator.

Opening the group to men and women also acknowledges that anger is not a gendered emotion.

"While men and women go through different socialisation processes around appropriate ways of expressing anger, it's often overlooked that anger is a normal experience," Megan said. She believes the mixed group will offer a more balanced representation of anger, with dynamic discussion about the different ways in which men and women experience it.

Program facilitator, Peter Foster, believes many women will see the opportunity of being in a mixed group as a real bonus, though he cautions against couples coming to the group meetings.

"We would recommend they come one at a time," he said. "The ideal balance in the group is 50/50 – men and women as individuals, not as couples."

Lifeline Harbour to Hawksbury is currently taking bookings for the mixed anger management group which starts on Wednesday, 3 August. The group will meet for eight weeks on Wednesdays from 7pm to 9pm.

If anger is beginning to adversely impact your quality of life or the lives of those around you, Lifeline's anger management program could be for you.

For more information or to register for the program, phone 02 9498 8805 during office hours or email us at [appointments@lifelineh2h.org.au](mailto:appointments@lifelineh2h.org.au).

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