

RAGE

(Re-Navigating Anger and Guilty Emotions)

RAGE is an award winning six week anger management course for adolescents aged between 11 and 17. It was initially created by Kenneth Nathan and Carol Musgrave whilst working for Richmond Community Services Inc. Because of the success of the course it was later incorporated into a resource funded by the Department of Community Services' Strategy to Reduce Violence Against Women and called, "Breaking Point Breaking Through."

RAGE is a strength-based solution focused program that is hands on, practical and also fun for kids. Parents, teachers, carers and the like have commented on how this course has helped them and their children deal with the most misunderstood human emotion, anger.

The Session themes are:

- **The Many Faces of Anger**
- **The 4T's Anger Cycle**
- **Healthy Expressions of Anger**
- **Getting Through the Guilt of Anger**
- **Relaxation, Exercise and Diet**
- **Summary, Evaluation and awards**

Each session runs for approximately 2 hours

"Do not teach your children never to be angry, teach them how to be angry"

Lyman Abbott