

Turning Anger into Calm



Orana has developed individualised programs which aim to assist people to self-manage their anger.

The program enables people to explore potential triggers and reasons for their anger, as well as identifying the impact it has in different environments and on others. Individuals will be supported to identify appropriate anger management strategies, which are tailored specifically for them. Visual reminders can also be developed for the person 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. You can also self-fund if required.

Who delivers this training? Orana has Developmental Educators who will spend time with you one on one to help implement individualised strategies that work for you.

When can this training start? As soon as you are available. Our Developmental Educators can arrange a time that suits you.