



Northern Frontiers Counselling

Youth & Teenager

Anger Management Program

2026 Brochure

What can I talk about?

It's okay to talk about anything to do with Anger. That may include how it feels to become angry, when are we more likely to become angry, how has anger been handled in the past, what was the outcome?

How is the program offered?

The Child & Youth Anger Management Program is available right now from wherever you or your child reside in Australia. No wait time. No travel expenses. No need to take time off school, work, or study. Participants speak to the same counsellor for each session, and sessions are scheduled at a time that suits their schedule. This program is designed specifically to be delivered via videochat in the comfort of your home.



Northern Frontiers Mediation & Counselling's Anger Management Program is accessible Australia-wide. Choose from phone, or preferably FaceTime, Google Meet, MS Teams or Zoom. The four (4) session Youth & Teenager Anger Management Program is designed to benefit people who have been negatively impacted by anger-related issues and wish to make lasting change.

How To Enrol:

To enquire about, or enrol in, our Youth & Teenager Anger Management Program simply contact us direct on the below contact details.

CALL:	1300 90 81 70 or text 0419 531 269
EMAIL:	reception@northernfrontiers.com.au
WEB:	www.northernfrontiers.com.au



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The Child & Youth Anger Management Program is designed to help young people understand their Anger and how to manage it in a way that reduces risk of harm to themselves and others.

Because Anger is such a powerful emotion, we all need to learn how to maintain control, calm ourselves down and take time to consider the consequences of our actions. It's a skill that serves us well in adulthood.

Overview of Sessions

Individual 4 session Youth & Teenager Anger Management Program

Session	Topics	Duration	Cost*
1	Because the program will be tailored to suit you or your child's individual needs, the order in which each topic is covered may vary, however, the following will be explored: <ul style="list-style-type: none">• Your thoughts about Anger and what brought you to this program• The natural purpose of Anger – is it friend or foe?	Up to 45 mins	\$190
2	<ul style="list-style-type: none">• Different ways in which Anger may be expressed• Communication styles and how they impact Anger	Up to 45 mins	\$190
3	<ul style="list-style-type: none">• Assertive management of Anger	Up to 45 mins	\$190
4		Up to 45 mins	\$190
Report	The Counsellor can prepare a report within two business days of completion of Session 4, outlining their conduct and completion of this program. This report costs \$150.00 (inc. GST)		

The cost of each session in the Anger Management Program is \$190.00 and there is a \$150.00 fee to prepare a Letter of Completion (if required only). The total cost of the program is \$760.00 (including Letter of Completion it is \$910.00).

If you make full prepayment, you'll receive a 5% discount (total cost becomes \$722.00, or \$864.50 if you would like the Letter of Completion). Otherwise, feel free to pay for each session separately.