




Phone & Videochat
or Face-to-Face

Northern Frontiers Counselling Anger Management Program 2025 Brochure



*Has someone
expressed concern
about your behaviour?*

Northern Frontiers Mediation & Counselling provides an intensive four (4) session individualised Anger Management Program. This is suitable for those that have been instructed by the Criminal Court, their lawyer or simply off their own back to complete an anger management related program, and/or have a specific timeline they are working towards. Our Anger Management Program is provided over four (4) sessions and is tailored specifically to your situation.

One of the functions of Anger is to alert us to situations that are not quite right for us and need our attention. Everyday life issues can trigger our Anger. The car not starting; kids not doing as they're told; arguing with a loved one; job-hunting, inconsiderate drivers or being hit with an overpayment – any of these events may leave us feeling angry.

The human body is not designed to tolerate Anger indefinitely. Letting anger-related issues go unresolved can lead to serious problems.

When to Seek Help

If you or a loved one is experiencing any of the following, now is the time to seek help:

- A pattern of angry outbursts or erratic behaviour
- Struggling to remain calm in discussions or negotiations
- Obsessing about things: "I should be doing better." "You should be doing more . . ."
- Repeatedly blaming others when it is not their fault
- Using absolutes: "Everyone hates me." "You never listen to me."
- Frequent substance abuse
- Becoming violent under the influence of alcohol
- Difficulty expressing emotions in a calm manner
- Ignoring requests to speak about Anger
- Withdrawing from loved ones

CALL:	1300 90 81 70 or text 0419 531 269
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Because everyone's life experiences and reasons for becoming angry may differ, Northern Frontiers offers an individualised Intensive Anger Management Program.

The program consists of 4 sessions, completed either weekly or fortnightly, and conducted by an experienced Counsellor. Your needs will be carefully assessed and evaluated for the purpose of developing a customised program that may also involve referral to other specialist services.

Overview of Sessions *Individual 4 session Anger Management Program*

Session	Topics	Duration	Cost*
1	This is a tailored program that will cover the following topics throughout your sessions:	Up to 65 mins	\$195
2	<ul style="list-style-type: none"> Needs Assessment and your thoughts about Anger 	Up to 65 mins	\$195
3	<ul style="list-style-type: none"> The purpose and nature of Anger Identifying high risk situations 	Up to 65 mins	\$195
4	<ul style="list-style-type: none"> Communication styles and how they relate to Anger Managing Anger through assertiveness Development of a Maintenance Plan (by you and your Counsellor) 	Up to 65 mins	\$195
Report	The Counsellor can prepare a report within two business days of completion of Session 4, outlining their conduct and completion of this program. The cost of this report is \$150.00 (inc. GST)		
<p>^ Participants who pay individually for each session must make payment two business days prior to each session. No refunds are given for cancellations within two business days of session commencement.</p>			
<p>* A 5% discount is available for clients who choose to prepay the entire cost of the program prior to commencement.</p>			

How To Enrol

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

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