



TERM  
4

## ABOUT THE PROGRAM

The RAGE program is designed for young people of high school age, who have difficulty controlling their emotions. Created to help students to identify feelings of anger, along with triggers, and explore alternate strategies to coping with frustration. Our program leaders work with youth regularly and have a simple, fun and engaging style to encourage students to feel relaxed, supported and most importantly, to be seen.

## PARENT/CARER SESSION

- Parents must attend prior to young people commencing RAGE
- Wednesday 6 November 2024
- 5.30pm to 7.30pm
- Pizza type dinner provided
- Application & consent for young people to be completed at this session

When

### TERM 4

Wednesday afternoons  
3.45pm - 5.30pm  
from 13 November 2024  
Runs for 4 weeks

Where

### UNITING OFFICE

7 Sherwood Road  
Port Macquarie

Contact

### HOW TO BOOK

Phone: 65 816600  
OR Email:  
[burnsideadminpm@uniting.org](mailto:burnsideadminpm@uniting.org)

All materials are supplied, including yummy afternoon snacks. This program is **FREE**. Caregivers to attend the Information session with the intention to complete the course consents and receive information about the RAGE program. Please contact us if this creates a barrier for your young person to attend.