

*REFERRALS CAN BE MADE VIA  
SUPPORTLINK, ONE-LINK OR  
BY CONTACTING OUR  
REFERRALS MANAGER ON*

*PH: 0262967822*

*E: [referral@pcyc.net.au](mailto:referral@pcyc.net.au)*

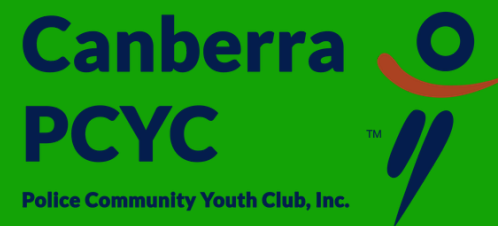


Supported by;



## PROJECT FIREBELLY

An anger management  
program for young people  
aged 12-18 years who are  
struggling to manage their  
emotions



## PROJECT FIREBELLY



*Our staff are passionate  
about helping young people  
make changes for a positive  
lifestyle*

## OUTCOMES

Outcomes include:

- ✓ A reduction in family violence and violent behaviours
- ✓ Strategies for dealing with challenging situations
- ✓ Improved communication techniques
- ✓ Improvement in family relationships



Participants on **Project Firebelly** 3 day program are placed in groups appropriate to their age and maturity level. Participants address topics of anger and aggression in a group environment supported by their peers.

Canberra PCYC facilitates the 'Project Firebelly' program for participants from across the ACT, with convenient transport options available for Northside and Southside participants.

This program runs throughout the year and referrals are accepted at all times.

Topics include:-

- Identifying anger-
- Understanding and managing anger-
- Aggression and Domestic Violence cycles-
- Respond vs. React-
- Values,
- Roles and stereotypes