

# 'Take a chill pill'

## Workshop

Anger management for young  
Muslim males  
-followed by-

## GO KART RACING



- Learn to control your anger
- Act assertively not aggressively
- React to discrimination without anger **Cost: only \$20.**

Registrations close Wednesday 25th February

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The prophet Muhammad said:  
"The strong one is not one who can  
overpower others. Rather, the  
strong one is one who can restrain  
themselves when angry." {Bukhari}

**When: Sat 7th, March**

**Time: 9am - 5pm**

**Where: Kingston Park  
Raceway, 20 Mudgee  
St, Kingston**