

Resources for Anger Management

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Visit www.edmonton.cmha.ca to obtain a new copy if more than 6 months old.

Counselling

Catholic Social Services 780-420-1970
Cornerstone Counselling Centre (faith-based) 780-482-6215
The Family Centre - Edmonton 780-424-6103
Psychologists' Association of Alberta
 Psychologist Referral Service 780-428-TALK (8255)
University of Alberta - Faculty of Education
 Clinical Services (September-April) 780-492-3746
YWCA Edmonton 780-970-6501

Disabilities

Chrysalis: An Alberta Society for Citizens with Disabilities
 Personal Development Course 780-454-9656
 (6 weeks; problem solving skills including anger management, self-esteem, and assertiveness; no cost)

Mixed Groups / Workshops

Cornerstone Counselling Centre
 Anger Management Program 780-482-6215
 (2 Saturdays; how to change destructive expressions of anger into positive behaviours; \$250)
The Family Centre - Edmonton
 Raising Self-Esteem and Building Assertion Skills
 780-497-7536
 (10 hours; healthy boundaries, building self-esteem, resolving conflict; costs vary; subsidies may be available)
Family Futures Resource Network
 Count to Ten 780-413-4521
 (8 weeks; 18+ yrs; adult education and support group to learn effective ways to deal with anger; no cost; refundable deposit required)

Crisis (Call 911 if in immediate danger.)

Canadian Mental Health Association (CMHA)
 Distress Line (24/7) 780-482-HELP (4357)
Government of Alberta
 Family Violence Info Line (24/7) 310-1818
Kids Help Phone (24/7; 5-20yrs) 1-800-668-6868

Groups / Workshops: Youth

Covenant Health
 Adolescent Group Program 780-735-2981
 (September-June; 14-17yrs; referral required from a physician or other professional; a pre-entry screening interview is conducted to determine suitability; content is driven by group members' needs; no cost)
YMCA of Northern Alberta
 Youth Transitions Program - Anger Management
 780-429-YMCA (9622)
 (11 weeks; 13-19yrs; voluntary program; runs on demand; teaches skills and techniques to gain control over anger)

Groups / Workshops: Men

The Family Centre
 Men and Anger 780-497-7536
 (2 days; 18+ yrs; understanding triggers, stress management, and healthy coping strategies; costs vary; subsidies may be available)

Groups / Workshops: Women

Aboriginal Counselling Services Association of Alberta
 Healing Anger for Women 780-448-0378
 (12 weeks; Aboriginal; 18+ yrs; healing through discussion, expressive arts and traditional practices; no cost)
The Family Centre
 Women and Anger 780-497-7536
 (2 days; 18+ yrs; understanding triggers, stress management, and healthy coping strategies; costs vary; subsidies may be available)
YWCA Edmonton
 Towards Balance 780-423-9922 x222
 (weekend; sliding scale; exploring the roots of anger, learning and practicing constructive conflict resolution techniques)

Dial 2-1-1 within Edmonton for more information or if you cannot find the particular service you are looking for.

If 211 is not yet available in your area call 780-482-INFO (4636).

Inclusion of an agency or service on this list does not constitute an endorsement by 211.