

# Resources for Anger Management

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## Counselling

Catholic Social Services - *Mercy Counselling* ..... 780-391-3233  
Cornerstone Counselling Centre (*faith-based*) ..... 780-482-6215  
The Family Centre - Edmonton ..... 780-424-6103  
Psychologists' Association of Alberta  
*Psychologist Referral Service* ..... 780-424-0294  
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, stress management, and assertiveness; no cost*)

## Groups / Workshops: Men

The Family Centre – Edmonton  
*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 - Edmonton  
*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*)

## 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; a pre-entry screening interview is conducted to determine suitability; content is driven by group members' needs; no cost*)  
YMCA of Northern Alberta  
*Youth Transition Program* ..... 780-429-YMCA (9622)  
(weekly meetings; 13-19yrs; *voluntary program; runs on demand; teaches skills and techniques to gain control over anger*)

## Mixed Groups / Workshops

Cornerstone Counselling Centre  
*Anger Management Workshop* ..... 780-482-6215  
(2 Saturdays; *how to change destructive expressions of anger into positive behaviours; \$250*)  
Emotions Anonymous  
*Self-Help Group* ..... 780-690-3338  
(*Weekly support groups for individuals dealing with emotional issues.*)  
The Family Centre - Edmonton  
*Self-Esteem and Assertiveness* ..... 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*)  
Our House (Edmonton) Limited  
*Understanding One's Anger* ..... 780-474-8945 x221  
(4 weeks; *people with addiction issues who have been sober for 1 month+; develop skills to identify the impact of anger and conflict in recovery*)

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.*