

Resources for Anger Management

May 2019



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

Counselling

- Catholic Social Services
Mercy Counselling 780-391-3233
- Cornerstone Counselling Centre (*faith-based*) 780-482-6215
- The Family Centre - Edmonton 780-423-2831
Drop-In 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 780-423-9922

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
(10 hours; 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
(10 hours; 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 780-426-9265
(weekly meetings; 13-19yrs; *voluntary program; teaches skills and techniques to gain control over anger*)

Mixed Groups / Workshops

- Cornerstone Counselling Centre
Anger Management Workshop 780-482-6215
(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
(18+ yrs; 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; \$25*)
- Our House (Edmonton) Limited
Understanding One's Anger 780-474-8945 x221
(4 weeks; 18+ yrs; *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.