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, Live Chat, Text and App .......... 1-800-668-6868
  Text ........................................................................ 686-868
  Online Chat ....................................................... www.kidshelpphone.ca

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; 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; $195)

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; 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.