

Resources for Anger Management

May 2021



Service delivery may be affected by COVID-19. Please contact the agency to confirm availability of the service.

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
(Intake ongoing. Service space / office closed to the public. Offering limited in-person services; offering services by phone, e-mail, and / or video. Visit website for more information.)
- 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

Disabilities

- Chrysalis: An Alberta Society for Citizens with Disabilities
Personal Development Course 780-454-9656
(6 weeks; 18+; problem solving skills including anger management, stress management, and assertiveness; no cost)

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 780-735-2731
(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
(11 weeks; 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
(9 hours; Thursdays or Saturdays; how to change destructive expressions of anger into positive behaviours; \$195)
- The Family Centre – Edmonton
Men / Women and Anger 780-497-7536
(10 hours; 18+; healthy ways to express anger and resolve conflict; costs vary; subsidies may be available)
- 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)

211 is now available province-wide by dialing 2-1-1, texting INFO to 211, or through live chat at www.ab.211.ca.

Contact 211 for more information or if you cannot find the particular service you are looking for.

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