

# Resources for Anger Management

November 2021



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

Visit [www.edmonton.cmha.ca](http://www.edmonton.cmha.ca) to obtain a new copy if more than 6 months old.

## 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](http://www.kidshelpphone.ca)

## Counselling

Boyle Street Community Services  
*The Urban Counselling Network*..... 780-424-4106  
(18+; individuals with low or no income; support managing emotions such as anger; no cost)  
*Mental Health Support*..... 780-424-4106  
(Outreach, including support, information and referral, to individuals with chronic mental illness living in the inner city)

Catholic Social Services  
*Mercy Counselling*..... 780-391-3233  
Cornerstone Counselling Centre (faith-based)..... 780-482-6215  
Edmonton Mennonite Centre for Newcomers  
*Health and Well-Being Services*..... 780-423-9696  
(Immigrants who are permanent residents of Canada, Convention refugees, Canadian citizens, or refugee claimants)

The Family Centre - Edmonton  
*Drop-In Single Session Counselling*  
*Telephone Counselling*..... 780-424-6103  
*Mental Health Therapist* ..... 780-900-6274

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)

## Groups / Workshops: Women

Aboriginal Counselling Services Association of Alberta  
*Healing Anger for Women* ..... 780-448-0378  
(12 weeks; Aboriginal women, 18+ yrs; healing through discussion, expressive arts and traditional practices; no cost)

## Groups / Workshops: Youth

Covenant Health  
*Adolescent Group Program*..... 780-735-2731  
(September-June; 14-17 yrs; 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; 13-19 yrs; 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  
(10 hours; 18+; topics include anger and its relationship with self-esteem; 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](http://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.*