

Resources for Anger Management

May 2022



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.

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

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..... 780-423-2831
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: 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 women, 18+ yrs; healing through discussion, expressive arts and traditional practices; no cost)
- The Family Centre - Edmonton
Women and Anger780-497-7536
(10 hours; 18+ yrs; understanding triggers, stress management, and healthy coping strategies; costs vary; subsidies may be available)

Groups / Workshops: Youth

- Covenant Health
Adolescent Group Program.....780-735-2613
(September-June; 14-17 yrs; referral required from a physician; a pre-entry screening interview is conducted to determine suitability; no cost; program is continuing virtually at this time due to COVID-19)
- YMCA of Northern Alberta
Youth Transition Program780-426-9265
(11 weeks; 13-19 yrs; voluntary program; teaches skills and techniques to gain control over anger)

Mixed Groups / Workshops

- Cornerstone Counselling Centre
Anger Management Workshop780-482-6215
(9 hours; Thursdays or Saturdays; how to change destructive expressions of anger into positive behaviours; \$195)
- Family Futures Resource Network
Count to Ten780-413-4521
(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.