

# Resources for Anger Management

November 2023



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) ..... 780-310-1818  
Kids Help Phone, Live Chat, Text, and App ..... 1-800-668-6868  
Text (24/7) ..... Text Connect to 686-868  
Online Chat ..... [www.kidshelpphone.ca](http://www.kidshelpphone.ca)

## Counselling

Boyle Street Community Services  
The Urban Counselling Network (18+ yrs; individuals with low or no income; support managing emotions such as anger; no cost)  
..... 780-424-4106 x232  
Mental Health Support (outreach; support, information, and referral; individuals with chronic mental illness living in the inner city)  
..... 780-424-4106  
Catholic Social Services  
Mercy Counselling ..... 780-391-3233  
Cornerstone Counselling Centre (faith-based) ..... 780-482-6215  
Edmonton Mennonite Centre for Newcomers  
Therapeutic and Counselling Services (anyone born outside of Canada, including immigrants and refugees regardless of length of stay in Canada or immigration status, and minor children of parents born outside of Canada)  
..... 780-424-7709  
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 (6 weeks; 18+ yrs; skills related to obtaining and maintaining employment including managing stress and anger; no cost)  
..... 780-454-9656

## Groups / Workshops: Men

The Family Centre - Edmonton  
Men and Anger (10 hours; 18+ yrs; understanding triggers, stress management, and healthy coping strategies; costs vary; subsidies may be available)  
..... 780-497-7536

## Groups / Workshops: Women

Aboriginal Counseling Services Association of Alberta  
Holding Our Anger Bundle (12 weeks; Aboriginal women, 18+ yrs; understanding healthy and unhealthy anger, developing tools for coping with anger, and exploring emotions through expressive arts and traditional practices; no cost)  
..... 780-242-4357  
The Family Centre - Edmonton  
Women and Anger (10 hours; 18+ yrs; understanding triggers, stress management, and healthy coping strategies; costs vary; subsidies may be available)  
..... 780-497-7536

## Groups / Workshops: Youth

Covenant Health  
Adolescent Group Program (September-June; 14 to 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)  
..... 780-735-2613  
The Family Centre - Edmonton  
Understanding Anger for Youth (13 to 17 yrs; parental consent is needed; teaches children self-awareness skills to take back control of their emotions; costs vary; subsidies may be available)  
..... 780-497-7536  
Stop Abuse in Families (SAIF) Society (St. Albert)  
SAIF-ED Program (increases awareness about abuse and curbs violent and intimidating behaviours among elementary, junior high, and high school students in St. Albert and Sturgeon County; also available to community groups and organizations)  
..... 780-460-2195  
YMCA of Northern Alberta  
Youth Transition Program (11 weeks; 13 to 19 yrs; teaches skills and techniques to gain control over anger)  
..... 780-426-9265

## Mixed Groups / Workshops

Cornerstone Counselling Centre  
Anger Management Workshop (9 hours; Thursdays or Saturdays; help to change destructive expressions of anger into positive behaviours; \$195)  
..... 780-482-6215  
Family Futures Resource Network  
Count to Ten (8 weeks; 18+ yrs; adult education and support group to learn effective ways to deal with anger; \$25)  
..... 780-413-4521

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.