

Resources for Anger Management

May 2024



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) 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

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.

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.