



Giving Hope Today

Anger Management One Day Workshop

LEARN ~ THINK ~ CHANGE

PROGRAM INFORMATION

This is a one-day workshop to raise awareness of the triggers and thinking patterns that can lead to aggressive behaviour. Using a cognitive approach it seeks to identify & replace problematic thinking and behaviour. The program is interactive and requires active participation.

- 7 hours of instruction in a one day of group session
- Confidential & non-judgmental atmosphere
- Saturdays 9 am – 4 pm (as scheduled)

Research indicates that changing irrational thinking is the most effective way to reduce anger and change aggressive behaviour. Therefore we offer a supportive and challenging environment in which to help you make changes to thinking and behaviour.

TOPICS COVERED

- Analyzing the costs and benefits of anger
- Identifying signs of increasing anger levels
- Learning ways to reduce anger arousal
- Identifying thinking that causes anger
- Disputing and replacing problematic thinking

PARTICIPANT EXPECTATIONS

- Arrive 15 minutes before class. **Late participants will not be allowed in class and must reschedule.**
- Attend all sessions in the program.
- Participate actively and attentively. Complete assignments and group work.
- Be respectful to the facilitator and other participants.
- Able to speak, read and write in English and contribute to the group discussion. **(If you plan to bring an interpreter please indicate this when registering.)**



**“Certificates of Completion”
are awarded to successful
participants**

WHO IS WELCOME TO ATTEND?

Men & women aged 18 years and older desiring a positive life change are welcome. Referrals may come from court, lawyers, crown attorneys, probation, parole, community justice worker, social workers, mental health workers or be self-referred.

REGISTRATION: \$150 **EXACT CASH OR MONEY ORDER** (No debit or credit cards)

Pre-registration is required to guarantee a spot. Registration fee must be paid in person by participant or a designate at the time of registration. Photo ID required at first session to check-in.

TRAVEL TO OUR LOCATION

The program takes place at The Salvation Army offices on the 2nd floor of 77 River Street (at Shuter St.) in downtown Toronto.

- Free parking available in The Salvation Army lot south of the building

DRIVING DIRECTIONS:

- Via Don Valley Parkway: South to Bayview Ave exit; south on Bayview to River St exit; south on River to #77
- Via Gardiner Expressway: exit at Jarvis; take Lakeshore Blvd to Parliament St; drive north to Shuter; turn right on Shuter; drive until it ends at River; we are at # 77 River St)

TTC STREETCAR:

We are on River Street between Dundas St. & Queen St.

The following streetcars stop at River Street:

- From Yonge Subway line: **“Queen 501”, “King 504”, or “Dundas 505”**
- From Broadview Subway Station **“King 504” or “Dundas 505”**

Salvation Army Personal Development Programs			
	Toronto	Barrie	Ajax
Anger Management 1 Day	✓	✓	✓
Anger Management 1 Day (Women only)	✓		
Anger Management 10 Sessions	✓		
Anger & Relationships	✓	✓	
Road Rage	✓		
Alcohol & Drug Awareness	✓		
Theft Intervention	✓	✓	



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To send an email visit www.salvationarmyjustice.ca