



Giving Hope Today

# Anger Management

*One Day Workshop  
for Women Only*

**LEARN ~ THINK ~ CHANGE**

## **P**ROGRAM INFORMATION

This is a one-day workshop for **women**, facilitated by women 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
- Call for schedule information (416-304-1974)
- Confidential & non-judgmental atmosphere

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.

## **T**OPICS 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

## **P**ARTICIPANT 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?**

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

**REGISTRATIONS:** \$150.00 - Pre-registration is required to guarantee a spot.

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

**IN-PERSON: CASH, MONEY ORDER, DEBIT & CREDIT ACCEPTED (ID REQUIRED)**

**ON-LINE:** [www.salvationarmyjustice.ca](http://www.salvationarmyjustice.ca) CREDIT ONLY

## **TRAVEL TO OUR LOCATION**

The program takes place at The Salvation Army offices on the 2<sup>nd</sup> 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”**

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



Giving Hope Today

The Salvation Army Correctional and Justice Services  
77 River St, Toronto, M5A 3P1

416-304-1974 / Fax: 416-304-1977

To send an email visit [www.SalvationArmyJustice.ca](http://www.SalvationArmyJustice.ca)