



Giving Hope Today

Road Rage

LEARN ~ THINK ~ CHANGE

PROGRAM INFORMATION

This one-day workshop helps adults develop an understanding of the triggers and thinking patterns that can lead to road rage, and assists in discovering effective ways to cope with the causes of road rage. Using a cognitive and practical approach it seeks to identify & replace problematic thinking and behaviour. This program is suitable for people deemed by either the police or the courts to have acted aggressively while driving a motor vehicle that results in conflict with another individual. It is interactive and requires active participation.

- 6 hours of instruction in one day of group sessions
- Confidential & non-judgmental atmosphere
- One Saturday bi-monthly month 9 am – 3 pm

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

TOPICS COVERED

- Education and Awareness
- Problem Solving Skills & Strategies
- Identifying signs of increasing emotional arousal
- Learning ways to reduce arousal levels
- Disputing and replacing problematic thinking

PARTICIPANT REQUIREMENTS

- 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?

Anyone 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 CREDIT ONLY

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.

Take the following streetcars that 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	✓	✓	



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