



Resources for Anger Management

(Note: Please see our Family Violence and Abuse list if anger is primarily expressed in an on-going pattern between adult family members or within intimate partner relationships.)

(Alberta requires 10-digit dialing – use area code 780 unless otherwise noted)

Counselling (* no cost)

Catholic Social Services	420-1970
City of Edmonton Community Services	
*Assessment & Short-Term Counselling	496-4777
Cornerstone Counselling Centre	482-6215
The Family Centre	424-5580
Psychologists' Association of Alberta	
Referral Line Service	428-TALK (8255)
The Support Network	
Walk-in Counselling (call first)	482-0198
University of Alberta – Faculty of Education	
Counselling Centre	492-3746
YWCA Edmonton - Counselling Centre	423-9922 x222

Disabilities

Alberta Seniors & Community Supports	
Individual counselling	415-0055
Life problems support groups	415-0055
Canadian Mental Health Association	
SALT (includes Stress and Anger Management, Dealing with Difficult Behaviours)	414-6300
Chrysalis	
Life Skills Management	454-9656 x554

Groups/Workshops: Men

The Family Centre - Men and Anger	917-8205
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Groups/Workshops: Women

Elizabeth Fry	
Aboriginal Women's Program	784-2206
The Family Centre	
Women & Anger (2-day workshops)	917-8205
KARA Family Resource Centre	
Understanding Anger for Women	478-5396 x224
(8 weekly sessions; available evenings; no cost)	
Mill Woods Family Resource Centre	
Women's Workshop	413-4521
(Ongoing drop-in group; no fee; topics include stress and anger management, boundaries and self esteem. Registration required for childcare.)	
YWCA Edmonton – Counselling Centre	
Women and Anger	423-9922 x222
(9 week program including group and individual sessions)	

Groups/Workshops: Youth

Covenant Health –	
Adolescent Group Program	735-2613
(14-17 yrs. Referral required. Pre-entry screening interview applies to determine suitability. Only runs from October-June)	
Mill Woods Family Resource Centre	
Count to Ten for Teens (no cost)	413-4521
(8 weeks; 13-17 yrs; incorporates creative ways for teens to deal more effectively with their anger)	
Family Matters	413-4521
(anger management group for ages 9-12; separate group for parents)	

Mixed Groups/Workshops

Boys & Girls Clubs	
Parent Talk	481-1235
(various parenting courses that include discussions on handling anger and building self esteem for parents and children; no cost)	
Catholic Social Services – Family Living Program	
Handling Anger (Level One; Level Two)	420-6081
(10 weeks; \$300/person; limited subsidies; builds awareness of underlying triggers for anger; communication and problem-solving skills)	
Cornerstone Counselling Centre	
Anger Management Program	482-6215
(2 Saturdays, 9 am – 4 pm; \$250; strategies for understanding and managing anger, handling criticism, and resolving conflicts)	
The Family Centre	
Raising Self-Esteem & Building Skills in Assertion	917-8205
(2-day workshop)	
Mill Woods Family Resource Centre	413-4521
Count to Ten (for adults)	
Family Matters	
(anger management group for ages 9-12; separate group for parents)	
Our House Addiction Recovery Centre	
Understanding One's Anger	474-8945
(5 week program – 50 hours - for men and women with a history of addictions and 1 month clean and sober; no cost)	

For more information, or if you cannot find the particular service you are looking for:
Within Edmonton dial: 2-1-1 If 211 is not yet available in your area call: 780-482-INFO (4636)

www.211edmonton.com

Inclusion of an agency or service on this list does not constitute an endorsement by 211.

Last Updated: May 2010 – please obtain a new copy if more than 6 months old

For copies of this and other resource lists go to www.211edmonton.com and click on “Resource Lists”.

The Support Network • Edmonton, Alberta • Phone: 780-482-0198 • Fax: 780-488-1495