

FEE FOR SERVICE

COMMUNITY ANGER MANAGEMENT PROGRAM

The course is for individuals who are over the age of 18

Course Topics include:

- ✓ understanding anger as an emotion
- ✓ identifying personal triggers & healthy calming strategies
- ✓ impact of stress and how to manage it more effectively
- ✓ setting healthy boundaries in relationships
- ✓ effective communication and conflict resolution skills
- ✓ healthy self esteem
- ✓ trauma informed approach

Course Details:

- ✓ fee for service
- ✓ Ten sessions (2 hours each)
- ✓ continuous intake model (no waitlist)
- ✓ sessions offered via Zoom, in person or over the phone
- ✓ private sessions available upon request



WHO CAN REFER?

- ✓ Court
- ✓ Lawyers
- ✓ Community Partners
- ✓ Self-referral

Subsidized fees are available; eligibility based on Statistics Canada low income cut-offs

TO SIGN UP OR FOR MORE INFO - CONTACT US

 365-323-1441

 johnhoward.on.ca/hamilton/