



presents:

Transformations

A skills-based, non-denominational anger management program for adults*

Next session is scheduled for

**Wednesday September 19, 2018
to Wednesday November 21, 2018**

6:00pm – 8:30pm

2255 Carling Avenue - 3rd Floor (near Woodroffe Avenue)

This is a 10-week program. Each session is approx. 2 ½ hours in length. The program will provide you with the tools and techniques to deal with anger in a positive and effective way:

- Learn direct, firm, respectful communication
- Become more assertive
- Turn “volume” down on thoughts of anger

Cost \$400 | \$40 individual pre-group session

Please note that most extended health insurance plans will likely cover this group.
REGISTRATION IS ESSENTIAL

**Please contact REINA at 722-2225 ext 407 | rmcsheffrey@jfsottawa.com
or JENN at 722-2225 ext 352 | jgoldberg@jfsottawa.com**

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*not suitable for situations of intimate partner assault (must be 19+ yrs of age)