



a program of
Jewish Family Services
of Ottawa

Transformations

A 10-week (2 hours each session) anger management program focused on a skills-based, non-denominational approach.

WHEN: February 2, 2022 – April 6, 2022

This program will provide you with tools/techniques to deal with anger in a positive and effective way.

Sessions are facilitated by experienced staff.

*This program is not suitable for situations of intimate partner assault. *Must be 19+ years of age.

Topics include:

Week 1: Anger vs Aggression and developing habits

Week 2: The interaction of thoughts, feelings, and actions on anger

Week 3: Listening, communication and relaxation

Week 4: Personal rules and self-coaching

Week 5: Engaging effectively with anger

Week 6: Self-esteem and assertiveness

Week 7: Relationships and direct and respectful communication

Week 8: Making effective requests and refusals

Week 9: Confronting, criticizing, and responding to anger

Week 10: Problem solving and review

To participate we request that you:

- Attend a one-hour screening interview to determine if this group is right for you.
- Commit to attend all 10 sessions.

To register

Please contact the program coordinators:

Stephanie Wolfert ext 485

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Mikaela Wasserman ext 421

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Total cost for the program

\$440 per person (\$40 screening interview fee, \$400 for the 10 sessions).

Valid receipt for insurance coverage is available