


TRANSFORMATIONS *Group*



READY TO MANAGE YOUR ANGER POSITIVELY?

Join our 10-week virtual anger management program and **take the first step toward a more peaceful you!** Learn practical tools and techniques from our experienced staff to help you manage your anger.



*Calm your mind,
Change your Life!*

Spots still available

Dates: Wednesdays, starting February 26 to April 30, 2025

Time: 6:00 to 8:00 PM

Location: Virtual

Cost: \$540


Interested in participating? please book a one-hour, no-cost, screening interview to determine if this group is right for you.


Participant will need to commit to attending all 10 sessions.

HOW TO REGISTER

Please contact the program coordinator,
Stephanie Wolfert.

 swolfert@jsottawa.com

 613 722 2225 ext. 485

 <https://thecounsellinggroup.com/workshops/>

For ages 19+ only. Note: Not suitable for those dealing with intimate partner assault or ongoing domestic abuse. Sign up today for a more balanced life!

