



a program of
Jewish Family Services
of Ottawa

Transformations

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

WHEN: Oct 15 – Dec 17, 2025. Wednesdays at 6:00-8:00pm

WHERE: Virtually

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 those involved with intimate partner assault or of ongoing abuse at home.

*Must be 19+ years of age.

Topics include:

Week 1: Anger vs Aggression and developing habits

Week 2: The impact 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 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
swolfert@jfsottawa.com

Total cost for the program

\$540 per person
Valid receipt for insurance coverage is available