



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:** May 27<sup>th</sup> to July 29<sup>th</sup>, 2026. 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 of 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