



Presents...

# 'TRANSFORMATIONS'

A SKILLS-BASED, NON-DENOMINATIONAL  
**ANGER MANAGEMENT PROGRAM\***  
FOR ADULTS

Next Session scheduled for

Monday **February 6, 2012**

to **April 16, 2012**

6:00 – 8:30 p.m.

2255 Carling Avenue – 3<sup>rd</sup> floor  
(near Woodroffe)

**Please call – REINA – 722-2225 ext 407 (registration is limited)**

This 10 week (2-1/2 hours each session) program will provide you with tools/techniques to deal with anger in a positive way.

**REGISTRATION IS ESSENTIAL – THERE IS A PRE-SCREENING INTERVIEW**

COST OF THE PROGRAM IS \$400 + \$35 SCREENING FEE  
Please note that most insurance companies will cover this group

**\*not suitable for situations of domestic violence  
(must be 19+ yrs of age)**

A program of Jewish Family Services

