



Presents...

300-2255 Carling Avenue, Ottawa, Ontario K2B 7Z5
Phone: 613.722.2225 Fax: 613.722.7570

'TRANSFORMATIONS'

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

Next Session is scheduled for

Wednesday January 10, 2018
to Wednesday March 21, 2018
6:00 – 8:30 p.m.
2255 Carling Avenue – 3rd floor
(near Woodroffe Avenue)

Please call – REINA – 722-2225 ext 407 or JENN ext 352
(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 and effective way.

REGISTRATION IS ESSENTIAL – THERE IS A PRE-SCREENING INTERVIEW

COST OF THE PROGRAM IS \$400 + \$40 SCREENING FEE

Please note that many extended health insurance packages will likely cover this group

*not suitable for situations of intimate partner assault
(must be 19+ yrs of age)

rmcsheffrey@thecounsellinggroup.com or intake@jfsottawa.com
www.thecounsellinggroup.com www.jfsottawa.com