



Presents...

300-2255 Carling Avenue, Ottawa, Ontario K2B 7Z5  
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# '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 – 3<sup>rd</sup> 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)

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