

# ANGER MANAGEMENT

## Where to go when you're looking for help

Anger can be a normal response to challenging situations. Some people refer to anger as a secondary emotion. This means that the person feels a different emotion first. People become angry for all kinds of reasons. They may get angry because they feel threatened, rejected or embarrassed. They may get angry because they are hungry or tired. Or they may get angry when they are stressed or frustrated. Sometimes the trigger is something relatively minor, like a traffic jam or an insult from a co-worker. Other times it can be more serious, like when it's a response to someone getting hurt.

Anger can be a helpful emotion when it motivates you to act out against an injustice or work toward a goal. It can also help you to keep safe, for example, when you react by staying away from someone or something that is dangerous. But anger can become a problem when it is bigger than is warranted by the situation, when it happens a lot, when it is triggered by something from the past or when it affects your well-being and your ability to do your job, study or have a happy relationship.

People can learn new ways to manage anger through anger management groups, individual counselling and skill-building workshops. They can learn strategies like meditation that help them tolerate angry feelings and observe their thoughts in the moment without judging them.

To find out more about a Partner Assault Response (PAR) program, which is a 12-week court-mandated program for adults charged with domestic violence, read the separate CAMH resource sheet on this topic. Some PAR programs include closed groups for gay men, lesbians and trans people.

## OHIP-Covered Services

### North York General Hospital— Branson Ambulatory Care Centre

555 Finch Ave. West, 2nd floor, Toronto, ON

[www.nygh.on.ca/Default.aspx?cid=1217&lang=1#justice](http://www.nygh.on.ca/Default.aspx?cid=1217&lang=1#justice)

**Services offered:** Eight-week anger management groups centred on acceptance and learning healthier ways to deal with anger; individual counselling

**Eligibility:** People registered in the hospital's Mental Health and Justice Treatment program; must be involved with the court system, be age 18 or older and have a mental health issue

**Referral:** Physician or court order

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If any of this information is incorrect or outdated, or if there are additional organizations or programs that would be helpful to include, please e-mail the information to us at [access.resources@camh.ca](mailto:access.resources@camh.ca).

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**camh**

## Parkdale Community Health Centre

1229 Queen St. West, Toronto, ON

27 Roncesvalles Ave., Suite 301, Toronto, ON (satellite office)

416 537-2455 ext. 1306

<https://pqwchc.org/programs-services/counselling-and-case-management/counselling/>

**Services offered:** Individual and group-based anger management counselling

**Eligibility:** Age 16+ living in the GTA; includes people mandated by the law to take an anger management course and people interested in taking the course for their own personal growth

**Referral:** Probation officers, physicians or other professionals; self-referral

**Notes:** Call to book an assessment or appointment. Priority given to people involved with the justice system (law/court mandated)

## Men-Only Services

### Catholic Family Services of Toronto

5799 Yonge St., Suite 300, Toronto, ON

[www.cfstoronto.com](http://www.cfstoronto.com)

416-222-0048

**Services offered:** Choosing to Change, a 10-week group program for men who have been emotionally and/or physically abusive in their relationships with women; Being a Dad program, an 8-week group treatment/prevention program for men who have been abusive to their partners

**Eligibility:** Men of all ethnic, cultural and religious backgrounds. Choosing to Change does not accept men with pre-adjudicated cases before the criminal court. Being a Dad is for fathers whose children have witnessed abuse, and who have an active case with a Children's Aid Society and have no outstanding criminal charges.

**Referral:** Children's Aid Society or Catholic Children's Aid Society; can self-refer to Choosing to Change

**Fees:** Counselling fees based on income level. No one is denied services because of their inability to pay fees.

### John Howard Society of Toronto

1669 Eglinton Ave. West, Toronto, ON

<http://johnhoward.on.ca>

416 925-4386

[contact@johnhowardtor.on.ca](mailto:contact@johnhowardtor.on.ca)

**Services offered:** Six-session anger management groups

**Eligibility:** Court mandated or can volunteer to be in the group; men at risk of or in conflict with the law

**Referral:** Self-referral

**Fees:** \$100

**Note:** Assessment required before enrolling in a group

### Rainbow/Korean Information and Social Services

Ossington Avenue Baptist Church, 720 Ossington Ave., Toronto, ON

[kinforss@yahoo.co.kr](mailto:kinforss@yahoo.co.kr)

416 531-6701

**Services offered:** Anger management, counselling

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**Eligibility:** Korean newcomers, including seniors and students

**Referral:** Call for appointment

## Salvation Army Correctional Justice Services

Anger and Relationships Program  
77 River St., 2nd floor, Toronto, ON

[www.salvationarmy.ca](http://www.salvationarmy.ca)

416 304-1974

**Services offered:** A 3-session education and skill-building program to help men manage anger in intimate relationships

**Eligibility:** Men only

**Referral:** Self or court orders. No phone registration but can register online or in person from 10:00 a.m. to 4:00 p.m. Monday to Friday.

**Fees:** \$150

## Women-Only Services

### Elizabeth Fry Society

215 Wellesley Street East, Toronto, ON

[www.efrytoronto.org](http://www.efrytoronto.org)

[info@efrytoronto.org](mailto:info@efrytoronto.org)

416 924-3708 ext. 235 (intake)

**Services offered:** Anger management group program (8 sessions); individual counselling; full-day workshops

**Eligibility:** Women only (age 16+) with no major mental illness or developmental disorders who are, have been or are at risk of being in conflict with the law

**Referral:** Self or court mandate

**Note:** Assessment required

### Salvation Army Homestead Addiction Services

78 Admiral Rd., Toronto, ON

[www.salvationarmyhomestead.org](http://www.salvationarmyhomestead.org)

[lauren@salvationarmyhomestead.org](mailto:lauren@salvationarmyhomestead.org)

416 921-0953 ext. 228

**Services offered:** Eight-week anger management groups for women on Wednesdays, 6:00 to 7:30 p.m.: certificates and completion letters provided for clients who attend at least 6/8 sessions

**Eligibility:** Women age 18+ who are not under the influence on group day

**Referral:** Self-referral to register

**Notes:** No fee. Currently no wait times

## Family & Child Services

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## Aisling Discoveries Child and Family Centre

325 Milner Ave., Suite 110, Toronto, ON

<http://aislingdiscoveries.ca>

416 321-5464 ext. 233 (intake)

[email@aislingdiscoveries.ca](mailto:email@aislingdiscoveries.ca)

**Services offered:** Family counselling and therapy

**Eligibility:** Call the intake number above for more information.

**Referral:** Self

## Central Toronto Youth Services

65 Wellesley Street, 3rd floor, Toronto, ON

[www.ctys.org](http://www.ctys.org)

416 924-2100 ext. 245

**Services offered:** Individual services though the agency's LGBTQ-specific counselling services and community outreach program, but the agency no longer has an anger management-specific program.

**Eligibility:** Community outreach program targets hard-to-serve and marginalized youth; community counselling programs for youth ages 12 to 18

**Referral:** Professionals and other agencies; self-referral

## Springboard

2568 Lawrence Ave. East, Scarborough, ON

[www.springboardservices.ca](http://www.springboardservices.ca)

416 615-0788

**Services offered:** Keep the Peace, an 8-session group (over four weeks) about healthy relationships, anger, building healthy lives; 11-session anger management group; 12-session Girls Group about healthy identity and relationships (e.g., dating, self-identity, anger, abuse)

**Eligibility:** Boys and girls, ages 12 to 18; must usually have a youth charge

**Referral:** Court and judicial services and community agencies; self-referrals

## Tropicana Community Services

1385 Huntingwood Dr., Scarborough, ON

<http://tropicanacommunity.org>

416 439-9009

[info@tropicanacommunity.org](mailto:info@tropicanacommunity.org)

**Services offered:** Anger control-focused counselling; 12-week youth and adult groups: Youth START (ages 9 to 13); Start for Life (18+); Helping Individuals Plan Positively programs for ages 16 to 24 at risk of entering the criminal justice system

**Eligibility:** Culturally sensitive services mainly for people of black or Caribbean heritage, but anyone is welcome, including court-ordered clients.

**Referral:** Self-referral; referral by a friend or health care professional

**Fees:** Depend on program: \$10 for a counselling session; \$150 for 10-week adult anger management group; \$50 for Youth START; HIPP is free.

## Turning Point

95 Wellesley St. East, Toronto, ON

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<http://turningpoint.ca>

416 925-9250

**Services offered:** TAP Program: Youth with legal involvement

**Eligibility:** Ages 12 to 18

**Referral:** Self; youth justice and community referrals accepted

**Note:** Counselling and shelter offered for youth ages 12 to 24

## What's Up Walk-In Clinic

Location: 6 locations (see below)

[www.whatsupwalkin.ca](http://www.whatsupwalkin.ca)

**Services offered:** Mental health and addiction counselling for youth experiencing mental health, sexual identity, relationship and other concerns. Support is also available for concerned parents.

**Fees:** Free

**Hours:** Vary by location; some availability on evenings and weekends

**Notes:** No health card or appointment necessary. Services on specific nights in a variety of languages

## East Metro Youth Services

200 Markham Rd., Suite 200, Scarborough, ON

416 438-3697

**Eligibility:** Up to age 29; families and families with infants

## Etobicoke Children's Centre

2267 Islington Ave., Etobicoke, ON

416 240-1111

**Eligibility:** Up to age 18

## Griffin Centre Mental Health Services

1126 Finch Ave. West, Unit 16, North York, ON

416 222-4380

**Eligibility:** LGBTTGNCQ counselling in the GTA for youth age 12 to 18 and their families

## Youthlink

747 Warden Ave., Scarborough, ON

416 967-1773

**Eligibility:** Ages 12 to 21

## Skylark

65 Wellesley St. East, Unit 500, Toronto, ON

416 395-0660

**Eligibility:** Children and youth up to age 24, and their families

## Yorktown Family Services

2010 Eglinton Ave. West, Suite 300, York, ON

416 394-2424

**Eligibility:** Children and youth up to age 18, and their families

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## Yorktown Child and Family Centre

2010 Eglinton Ave. West, Suite 300, Toronto, ON

[www.yorktownfamilyservices.com](http://www.yorktownfamilyservices.com)

416 394-2424 ext. 226

**Services offered:** Double T temper-management group through their school program (6 to 8 sessions to help children learn how to self-regulate); can also get individual help through the walk-in counselling program

**Eligibility:** Ages 7 to 12

**Referral:** Requests come through a school social worker, but can go through the walk-in program (doesn't require a referral)

## Non-OHIP-Covered

### A1 Counselling Centre

4915 Bathurst St., Suite 221, Toronto, ON

<http://a1counselling.com>

647 797-3728 or 1 866 466-2643

**Services offered:** Individual or group sessions for personal development, court-related or work-mandated purposes

**Eligibility:** Age 16+, some children

**Referral:** Self

**Fees:** Depend on service

**Note:** English and Filipino

### Catholic Family Services

5799 Yonge St., Suite 300, Toronto, ON

[www.cfstoronto.com](http://www.cfstoronto.com)

416 222-0048

**Services offered:** Men's program: 10-week Choosing to Change group; Women's program: Demystifying Anger

**Eligibility:** Age 20+ without criminal charges pending

**Referral:** Self

**Fees:** Individually assessed

### Jewish Family and Child Services

4600 Bathurst St., Toronto, ON

[www.jfandcs.com](http://www.jfandcs.com)

416 638-7800

**Services offered:** Anger management groups for men and a group for women on "the challenge of anger" (e.g., understanding its triggers, learning alternative ways to express anger, understanding physiological responses to anger)

**Eligibility:** Adults. Excludes individuals looking to fulfill court mandate. All religious denominations accepted.

**Referral:** Self

**Fees:** \$100 per group

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## Regesh Family Services – Personal Control Management Sustainability Program

149 Willowdale Ave., Toronto, ON

[www.regesh.com](http://www.regesh.com)

416 495-8832

**Services offered:** 11-week one-on-one anger management program that takes a cognitive approach to help clients understand the role of anger in their lives; play therapy with an anger management component

**Eligibility:** Play therapy for ages 4 to 12; anger management clinic for ages 12+

**Referral:** Self-referral; court-ordered; wait list does not exceed two weeks

**Fees:** Depend on service; sliding scale based on family income

## Salvation Army Correctional Justice Services

77 River St., Toronto, ON

[www.salvationarmyjustice.ca](http://www.salvationarmyjustice.ca)

416 304-1974 ext. 100 (register or inquiries)

**Services offered:** 11-session co-ed anger management intensive for up to 12 people

**Eligibility:** Adults

**Referral:** Self or court orders. No phone registration but can register online or in person from 10:00 a.m. to 4:00 p.m. Monday to Friday.

**Fees:** \$250

## Just for Today

3090 Kingston Rd., Suite 400B, Scarborough, ON

<https://jftfarmreduction.com/anger-management-domestic-abuse>

416 693-5877

**Services offered:** Anger management and domestic abuse groups (12 weeks) and individual counselling (7 weeks) for men and women.

**Eligibility:** Ages 18+

**Referral:** Self; accepts court mandates

**Fees:** They offer a sliding scale. Please contact the program for more information.

**Note** The group sessions are offered Thursday nights from 6:30 to 8:00 p.m. and the individual sessions are offered Monday nights at the same time.