



Giving Hope Today

# Anger & Lifestyle Management - Intensive

---

---

LEARN ~ THINK ~ CHANGE

## *P*ROGRAM INFORMATION

This 11 week program is specifically designed to help adults control anger, aggression and other intense emotions; break cycles to violent and aggressive behaviour with a focus on prosocial lifestyle management; challenge criminalist and harmful thought process causing concern in relationships, communication, conflict resolution and legal matters. Using a cognitive behaviour approach the program seeks to identify & replace problematic thinking and behaviour using several CBT modelled exercises, including goal directed techniques, emotional arousal awareness and more. The program is highly interactive, intensive, with weekly homework assignments and requires engaged and active participation.

- 20 hours of instruction in ten 2 hour evening group sessions **plus** one private progress consultation session with the instructor post session 5 for an 11 week program.
- Confidential & non-judgmental atmosphere
- Tuesdays 6 – 8 pm (scheduled 4 times a year)

Research indicates that changing irrational thinking is the most effective way to reduce anger and change aggressive behaviour. Instruction in a supportive and challenging environment will help you make changes to your thinking and behaviour.

## *T*OPICS COVERED

- Goal Setting and applying goal directed behaviour
- Risk Factors, triggers & thought patterns that lead to anger and aggression
- Exploring the costs & benefits of anger
- Anger Script & Beliefs; Assumptions; Emotional Arousal
- Identifying signs of increasing anger arousal
- Effective Skills and strategies to control anger and problematic emotions
- Construct an Anger Management Plan
- Lifestyle examination
- Reduce violence and aggression through skill development
- Identify thinking that causes anger and beliefs that maintain anger and violence
- Disputing and replacing problematic/harmful thinking and beliefs
- Personal Standards exercises
- Increase pro-social choices/lifestyles

## *P*ARTICIPANT REQUIREMENTS

- Arrive 15 minutes before class. **Late participants will not be allowed in class and must reschedule.**
- **Attend all sessions in the program. No make-ups for missed sessions.**
- Participate actively and attentively. Complete assignments and group work.
- Be respectful to the facilitator and other participants.

- Must speak, read, write and comprehend the English language and contribute to the group discussion. (If you plan to bring an interpreter please indicate this when registering.)

## WHO IS WELCOME TO ATTEND?

Anyone age 18 years and older desiring a positive life change is welcome. Referrals may come from court, lawyers, crown attorneys, probation, parole, community justice worker, social workers, or be self-referred.

**REGISTRATION:** \$250 EXACT CASH OR MONEY ORDER (No debit or credit cards)

Pre-registration is required to guarantee a spot. Registration fee must be paid in person by participant or a designate at the time of registration. Photo ID required at first session to check-in.



**“Certificates of Completion”  
are awarded to successful  
participants**

## TRAVEL TO OUR LOCATION

The program takes place at The Salvation Army offices on the 2<sup>nd</sup> floor of 77 River Street (at Shuter St.) in downtown Toronto.

- Free parking available in The Salvation Army lot south of the building

### DRIVING DIRECTIONS:

- Via Don Valley Parkway: South to Bayview Ave exit; south on Bayview to River St exit; south on River to #77
- Via Gardiner Expressway: exit at Jarvis; take Lakeshore Blvd to Parliament St; drive north to Shuter St.; turn right on Shuter St.; drive until it ends at River St.; we are at # 77 River St)

**TTC STREETCAR:** We are on River Street between Dundas St. & Queen St.

The following streetcars stop at River Street:

- From Yonge Subway line: “Queen 501”, “King 504”, or “Dundas 505”
- From Broadview Subway Station “King 504” or “Dundas 505”

### Salvation Army Personal Development Programs

	Toronto	Barrie	Ajax
Anger Management 1 Day	✓	✓	✓
Anger Management 1 Day (Women only)	✓		
Anger Management 10 Sessions	✓		
Anger & Relationships	✓	✓	
Road Rage	✓		
Alcohol & Drug Awareness	✓		
Theft Intervention	✓	✓	



Giving Hope Today

The Salvation Army Correctional and Justice Services

77 River St, Toronto, M5A 3P1

416-304-1974 / Fax: 416-304-1977

To send an email visit [www.salvationarmyjustice.ca](http://www.salvationarmyjustice.ca)

Revised August 10, 2016