



Anger & Relationships

Giving Hope Today

LEARN ~ THINK ~ CHANGE

*P*ROGRAM INFORMATION

This program is specifically designed to be helpful to **men** with managing anger in intimate relationships. Using a cognitive approach it seeks to identify & replace problematic thinking and behaviors. The program is interactive and requires active participation.

- 9 hours of instruction in three 3 hour evening group sessions
- Mondays 6 – 9 pm (Course is available for **men** only)
- Confidential & non-judgmental atmosphere
- *This is **not** a PAR (Partner Assault Response) program*

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

- Identify signs of abuse, cycle of violence
- Learn how to reduce anger arousal
- Triggers for relationship violence
- Identify thinking that causes anger and abuse
- Identify beliefs that cause domestic to persist
- Relationship goals & goal directed behaviour
- Effective skills & strategies to target problematic beliefs

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



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

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, mental health workers or be self-referred.

REGISTRATIONS: \$150.00 - Pre-registration is required to guarantee a spot.

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

IN-PERSON: CASH, MONEY ORDER, DEBIT & CREDIT ACCEPTED (ID REQUIRED)

ON-LINE: www.salvationarmyjustice.ca CREDIT ONLY

TRAVEL TO OUR LOCATION

The program takes place at The Salvation Army offices on the 2nd 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; turn right on Shuter; drive until it ends at River; we are at # 77 River St)

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

Take the following streetcars that 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	✓	✓	



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The Salvation Army Correctional and Justice Services

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To send an email visit www.salvationarmyjustice.ca

Revised May 2017