

ANGER MANAGEMENT

Where to go when you're looking for help

Updated: November 2023

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 may get angry because they feel threatened, rejected or embarrassed. They may be hungry or tired. Or they may feel stressed or frustrated. Sometimes the trigger is relatively minor, like a traffic jam or an insult from a co-worker. Other times it can be more serious, like when anger is a response to someone getting hurt.

Anger can be a helpful emotion when it motivates you to act 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 Partner Assault Response (PAR) programs, which are 12-week court-mandated programs for adults charged with domestic violence, read the [CAMH resource sheet on this topic](#).

OHIP-Covered Services

North York General Hospital—Outpatient Community Service Centre

2 Champagne Drive, Unit 8E, Toronto, ON M3J 2C4

Tel.: 416 756-6969

www.nygh.on.ca/areas-care/mental-health/mental-health-and-justice-program

Services: Stress and Anger Management Program every Thursday

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 required. Must submit the [Treatment and Support Services referral form](#).

Fee: OHIP-covered

If any of this information is incorrect or outdated, or if there are additional organizations or programs that would be helpful to include, please e-mail the information to us at access.resources@camh.ca.

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Parkdale Community Health Centre

1229 Queen St. West, Toronto, ON M6K 1L2
27 Roncesvalles Ave., Suite 301, Toronto, ON M6R 3B2 (satellite office)
Tel.: 416 537-2455 ext. 1306

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

Services: Individual counselling and group programming specific to anger management. Appointments on Monday to Friday, 9:30 am–5:00 pm, some evenings, 5–7:30 pm. See program calendar for details.

Eligibility: Adults and youth (16–29) of all genders, homeless or near homelessness, low income, newcomers and refugees, people with mental, emotional or chronic health issues, people who use substances, sex workers, LGBT, pre/post pregnancy, victims of abuse/violence, people involved in the justice system

Referral: Referral from probation officers, physicians or other professionals; self-referral also accepted

Fee: OHIP-covered

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

Men-Only Services

John Howard Society of Toronto

1669 Eglinton Ave. West, Toronto, ON M6E 2H4
Tel.: 416 925-4386
contact@johnhowardtor.on.ca
<http://johnhoward.on.ca>

Services: Six-week group program for anger management. Involves one two-hour session per week, every Wednesday, 5–7 pm. Participants must attend all six sessions to get a certificate of completion. Groups are a hybrid of in-person and virtual sessions. This program does not address domestic violence.

Eligibility: Court mandated or self-referred; men at risk of or in conflict with the law

Referral: Referrals accepted to meet supervisory orders such as bail, probation and parole. Referrals from EAP or employers also accepted. Self-referrals welcome.

Fee: Determined by income. Cost is \$220 if the person has a support letter. Payment schedule also determined by income, but entire fee must be paid by end of the group to get a certificate of completion.

Salvation Army Correctional and Justice Services

Tel.: 416 304-1974 ext. 209 or 416 889-0913
keisha.fuller@salvationarmy.ca
www.salvationarmyjustice.ca/online-program-descriptions.html

Services: Anger management programs for men or for all genders. Includes an online nine-hour three-session workshop called Anger and Relationships: Men Only. Participants must attend all sessions to receive a certificate of completion.

Eligibility: Some programs are men only, others are for all genders.

Referral: Self-referral or court order

Fee: Online registration. Fee is \$150

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Women-Only Services

Elizabeth Fry Society – Toronto

463 Carlaw Ave., Toronto, ON M4K 3H9
Tel.: 416 924-3708 ext. 235 (intake) or 416 435-1557
info@efrytoronto.org
www.efrytoronto.org

Services: Anger management programs for women. Programs for individuals involve 18 sessions, group program offers eight sessions once per week. There may be a waitlist for individual sessions, but intake is quick for group sessions. Sessions only offered via Zoom.

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-referral or court mandate

Fee: No fee

Note: Assessment required

Salvation Army Homestead Addiction Services

78 Admiral Rd., Toronto, ON M5R 2L6
Tel: 416 921-0953 ext. 228
information@salvationarmyhomestead.org
<https://torontoharbourlight.ca/salvation-army-homestead/programs>

Services: 10-week program for anger management every Wednesday, 6-9 pm, currently being offered virtually only

Eligibility: Women age 18+ who live in Ontario

Referral: Self-referral

Fee: No fee

Family & Child Services

Springboard

2568 Lawrence Ave. East, Scarborough, ON M1P 2R7
Tel.: 416 615-0788
www.springboardservices.ca

Services: Keep the Peace, an eight-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 (currently unavailable)

Eligibility: Boys and girls age 12–18; usually require involvement in the justice system

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

Fee: No fees

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Tropicana Community Services

1385 Huntingwood Dr., Scarborough, ON M1S 3J1

Tel.: 416 439-9009

info@tropicanacommunity.org

<http://tropicanacommunity.org>

Start for Life Program

Services: Tailored to learning requirements of participants. Participants develop social skills that support interpersonal communication, anger control and decision-making.

Eligibility: Men and women, age 18+

Referral: Self-referral

Fee: \$200

Individual and Family Counselling Program

Services: Participants identify challenges in their lives and explore ways to cope. The program also addresses emotional regulation.

Eligibility: Men and women, age 18+

Referral: Self-referral

Fee: About \$10 per session

Turning Point Youth Services

95 Wellesley St. East, Toronto, ON M4Y 1J4

Tel.: 416 925-9250

<http://turningpoint.ca>

Services: Individual, family and group counselling for youth; services for youth with legal involvement, including PATH Program and YJ Mental Health Access Program

Eligibility: Age 12–18

Referral: Self-referral; youth justice and community referrals accepted

Fee: Contact the agency for details about cost

Note: Counselling and shelter offered for youth age 12–24

What's Up Walk-In Clinic

Six locations (see below)

www.whatsupwalkin.ca

Services: Mental health and addiction counselling for youth with concerns related to mental health, sexual identity, relationships and other aspects of their lives. Support also available for parents.

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

Fee: Free

Notes: No health card or appointment necessary. Services on specific nights in various languages

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East Metro Youth Services

200 Markham Rd., Suite 200, Scarborough, ON M1J 3C2

Tel.: 416 438-3697

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

Etobicoke Children's Centre

2267 Islington Ave., Etobicoke, ON M9W 3W6

Tel.: 416 240-1111

Eligibility: Up to age 18

Griffin Centre Mental Health Services

1126 Finch Ave. West, Unit 16, North York, ON M3J 3J6

Tel.: 416 222-1153

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

Youthlink—Walk-in Counselling Clinic

636 Kennedy Rd., Scarborough, ON M1K 2B3

Tel.: 416 967-1773 ext. 222

Eligibility: Age 12–21

Skylark

65 Wellesley St. East, Unit 500, Toronto, ON M4Y 1G7

Tel.: 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 M6E 2K3

Tel.: 416 394-2424

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

Yorktown Child and Family Centre

2010 Eglinton Ave. West, Suite 300, Toronto, ON M6E 2K3

Tel.: 416 394-2424 ext. 226

www.yorktownfamilyservices.com/programs/double-t

Services: Double T, a 10-week cognitive-behaviour therapy program for children age 7–12 and their caregivers. Topics include identifying problems, developing relaxation strategies and making appropriate choices. Program focuses on building skills to promote social interaction and emotional well-being.

Eligibility: Children age 7–12 and their caregivers. Program offered in partnership with school boards and community schools primarily in the former City of York.

Referral: Requests come through a school social worker, but people can also go through the walk-in program (no referral needed)

Fee: No fee

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Non-OHIP–Covered

A1 Counselling Centre

4915 Bathurst St., Suite 221, Toronto, ON M2R 1X9

Tel.: 647 797-3728 or 1 833 569-0398

www.a1counselling.com/classes/anger-management

Services: Individual or group sessions on anger management, with varying duration, including one-day intensive anger management program, anger management coaching, road rage prevention

Eligibility: Age 16+

Referral: Self-referral

Fee: Depends on program

Catholic Family Services

1155 Yonge St., Suite 200, Toronto, ON M4T 1W1 (central Toronto office)

245 Fairview Mall Dr., Suite 201, Toronto, ON M2J 4T1 (north Toronto office)

Tel.: 416 921-1163 (central Toronto)

Tel.: 416 222-0048 (north Toronto)

www.cfstoronto.com

Men Only

Services: Choosing to Change, a 10-week group program for men who have been abusive in relationships with women; Being a Dad, an eight-week prevention and group treatment program for men who have been abusive to their partners.

Eligibility: 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: Self-referral, but contact the agency for details

Fee: Based on income level. No one is denied services because of an inability to pay.

Women Only

Services: Demystifying Anger program helps women learn to deal with anger in a healthy way

Eligibility: Women age 18 +

Referral: Self-referral, but contact the agency for details

Fee: Based on income level. No one is denied services because of an inability to pay.

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Jewish Family and Child Services

4600 Bathurst St., Toronto, ON M2R 3V3

Tel.: 416 638-7800

www.jfandcs.com

Services: Challenge of Anger for Women program helps participants understand what triggers their anger and find other ways to express it. Involves six online sessions offered several times per year.

Eligibility: Women only

Referral: Self-referral

Fee: No fee

Regesh Family Services—Personal Control Management Sustainability Program

149 Willowdale Ave., Toronto, ON M2N 4Y5

Tel.: 416 495-8832

www.regesh.com

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

Eligibility: Play therapy for age 4–12; anger management clinic for age 12+

Referral: Self-referral; court order; waitlist does not exceed two weeks

Fee: Depends on service; sliding scale based on family income

Salvation Army Correctional and Justice Services

Tel.: 416 304-1974 ext. 209 or 416-889-0913

keisha.fuller@salvationarmy.ca

www.salvationarmyjustice.ca/online-program-descriptions.html

Services: Anger and Lifestyle Management group program for people who have difficulty controlling anger, which has caused problems with family, relationships, communication and conflict resolution and has led to involvement in the justice system. Program involves 11 interactive online sessions.

Eligibility: Men and women

Referral: Self-referral or court order

Fee: Online registration. Fee is \$250

Anger Management Centre of Toronto—Partner Assault Response Program

Tel.: 416 902-6437 (12–6 pm) or 416 289-2856 (after hours)

info@parprogram.ca

www.amct.ca/en/counselling/partner-assault-response-par-program

Services: 12-session court-mandated program for adults with a history of domestic violence.

Participants examines beliefs and attitudes toward domestic abuse and learn healthy ways to resolve conflict. Sessions are usually 45–60 minutes. Program takes two to three months to complete. Contact the agency for information about fast-track options.

Eligibility: Must meet requirements of the Ontario legal system

Referral: Court order

Fee: Average cost per session is \$125 plus tax

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Just for Today

3090 Kingston Rd., Suite 400B, Scarborough, ON M1M 1P2

Tel.: 416 693-587

jftharmreduction@gmail.com

www.jftharmreduction.ca/programs

Services: Anger Management and Domestic Abuse is a court-approved Partner Assault Response equivalent course. Topics in this psychoeducational counselling program include communication, co-dependence, sources of anger, recognizing anger and toxic relationships. A standard program and an expedited program are available.

Eligibility: Men and women

Referral: Self-referral

Fee: Contact the agency for details about cost. Payment options are based on financial considerations.

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