

Category 3

## **Anger Management**

## **Anger Management Professional Development Training**

The John Howard Society of Toronto has launched Anger Management Toronto in response to an overwhelming need for Professional Development Training, with the primary objective of providing exceptional "train the trainer" training in the area of Anger Management to professionals in the Greater Toronto Area. Capitalizing on the Society's over 20 years of experience in the field, Anger Management Toronto offers Workshops focusing on assisting professionals to develop skills, both for client interventions and interpersonal use in the workplace. Unlike many other offerings, these Workshops are tailored to meet the specific needs of the organization, thereby assisting the organization to successfully put into operation these skills, in their unique environments.

To learn more about the Professional Development Workshops for your organization or business,

please contact Lois Powers [lpowers@johnhowardtor.on.ca](mailto:lpowers@johnhowardtor.on.ca) 416-925-4386 ext 272.

## **Anger Management Groups**

- Groups for men offer an opportunity to learn new skills, manage feelings of anger, and appropriately communicate anger to others.
- Both mandated and voluntary participants are welcome, but those men charged with domestic assault will be included only after having successfully completed a Domestic Violence Program.
- Specific workshops are available for clients in community settings (i.e.: shelter and treatment facilities).

To learn more about the Anger Management Groups for your organization or business, please contact Lisa

Mattina [lmattina@johnhowardtor.on.ca](mailto:lmattina@johnhowardtor.on.ca) 416-925-4386

## **Anger Management/Substance Use Community Justice Program**

- Eligible participants are referred to attend this anger management and substance use program through the Community Justice Program.

- This program services community courthouses and client participation is recommended by our Society and other community based organizations who participate in the Community Justice Program.

To learn more about the Anger Management/Substance Use Community Justice Program for your organization or business, please contact Karen Mitchell [kmitchell@johnhowardtor.on.ca](mailto:kmitchell@johnhowardtor.on.ca) 416-925-4386

## Contact Us

### *John Howard Society of Toronto*

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

### Hours of Operation:

Monday to Thursday from 9:00am to 4:30pm

Friday from 9:00am to 4:00pm

[Google map location of the John Howard Society of Toronto](#)

### *Street Helpline*

Tel: 416.392.3777