

**The group will be facilitated by
Dominique Lemelin, M.S.W., R.S.W.**

**Please contact Dominique directly to arrange a
screening interview. She can be reached at:
(416) 222-0048 X 224 or
Email: dlemelin@cfstoronto.com**

Catholic Family Services of Toronto is a scent sensitive environment.

Catholic Family Services of Toronto

Catholic Family Services of Toronto is a non-profit organisation established in 1922. All staff members are professionally trained and have added to their knowledge, qualifications and specialist skills by working on a wide variety of issues and pursuing post graduate studies.

Executive Director: Brenda Spitzer, MSc, RP, RMFT

MEMBER

Catholic Charities of the Archdiocese of Toronto
Family Service Ontario
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Central Toronto Office

The Catholic Pastoral Centre
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(416) 921-1163

*Located at Shaftesbury Avenue
And Yonge Street, next to the
Summerhill Subway Station*

North Toronto Office

245 Fairview Mall Drive, Suite 201
Toronto, Ontario
M2J 4T1
(416) 222-0048

*Located east of the Fairview Mall.
Don Mills is the closest Subway
Station*

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Demystifying Anger



Open to the Entire Community

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Catholic Family Services of Toronto is a Catholic Charities member agency supported by ShareLife.

Demystifying Anger Group For Women

8 Session Psycho-Educational Group

Program Objectives

Please Note: To be part of this group there cannot be any criminal charges pending.

This is an 8 week group program for women who want to examine their anger issues and learn more effective ways to deal with their anger. We will focus on how women are socialized around anger, where they learned to "Do Anger", what they experienced re: anger in their family of origin and what the impact of their anger has been in their lives.

Group Members will gain knowledge and skills to:

- Learn techniques to manage anger more effectively
- Tune into the source of their anger
- Uncover the other emotions that tend to be masked by anger
- Distinguish between assertive/aggressive and passive behaviours
- Develop better self-care

Why would we hang onto anger? Sometimes anger is a reaction and it can cover up the original feeling. For example, if you feel hurt by someone, it may seem easier to feel angry than hurt. But unless you feel the underlying hurt, the anger will never go away.

When to get help: Sometimes it's important to get help with anger. If you are angry a lot, or tend to overreact to situations, discussing the underlying causes of anger with peers can help. And certainly if your anger is interfering with your relationships, work or health we can show you ways to live differently.

These groups are presently held during the day on Mondays.

The next group will be offered on Mondays from 1:00 to 3:00 P.M. from September 26th to November 21st, 2022. There is no session on Thanksgiving - October 10th.

The fee is \$30.00 per session and there are subsidies available when needed. This can be discussed with your group facilitator.