



**YWCA Edmonton Counselling Services Presents:**

**TOWARDS BALANCE**

“Women transforming their anger through understanding and compassion”

**Description:**

This group is intended for people who want to achieve a better understanding of where their anger comes from and how to develop tools to identify and change their relationship to anger. Participants will learn to identify anger and its root causes from within and will gain new skills to better express themselves in a healthier and more assertive manner. Exercises will include active participation in a group format as well as completing a written exercise that will be shared with the group. This group seeks to provide a safe environment for all participants.

**Requirements:** In order to participate in this group participants must: 1) Be able to commit to attend all 8 sessions; 2) Be willing to actively participate in all exercises; 3) Commit to being a respectful group member; 4) Understand that there is zero tolerance for active use of drugs or alcohol.

**Additional Information:**

**Start Date/End Date:** TBD

**Time Frame:** 2 months, 8-10 Sessions/1 session per week.

**Length of each session:** 2 hours 45 minutes

**Start time:** TBD

**Minimum number of participants required:** 5

**Maximum number of participants allowed:** 8

**Cost:** This group is offered on a fee-for-service basis. The fee is \$180.00 for the entire group. \$45.00 will be charged for the initial intake assessment interview. This fee will be put towards the final amount. Please speak to service coordinator for more details about payment.

**How to Sign-up:**

Please contact us to get our intake package and to schedule an intake session for the group. The intake session will be approximately 45 minutes to an hour. The session will be conducted by one of our practicum students who are completing their Masters in Counselling Psychology degrees. The purpose of the intake session is to determine suitability of fit between yourself and the group.

If you have any further questions please call us at 780-970-6501 or email us at [counselling@ywcaedm.org](mailto:counselling@ywcaedm.org).

#400, 10080 Jasper Avenue Edmonton, Alberta Canada T5J 1V9  
780.423.9922 | info@ywcaedm.org | www.ywcaofedmonton.org