

Anger Management

Due to COVID-19, many organizations have changed how they are providing services or may be temporarily closed. Call, or check the service website, for additional information.

RESOURCE	CONTACT
Catholic Family Services of Toronto	416-222-0048 www.cfstoronto.com
Central Toronto Youth Services	416-924-2100 ext. 245 www.ctys.org
Elizabeth Fry Society <i>*women-only service</i>	416-924-3708 ext. 235 www.efrytoronto.org
John Howard Society	416-925-4386 www.johnhoward.on.ca
Just For Today	416-693-5877
Parkdale Community Health Centre	416-537-2455 ext. 1306 www.pqwchc.org/programs-services/counselling-and-case-management/counselling/
Salvation Army Correctional Justice Services	416-304-1974 www.salvationarmyjustice.ca
Salvation Army Homestead Addiction Services: Anger Management Group for Women	416-921-0953 ext. 228 www.salvationarmyhomestead.org
Springboard	416-977-0089 www.springboardservices.ca
South Asian Canadians Health & Social Services	647-718-0786 www.sachss.org/anger-management.html
Tropicana Community Services	416-439-9009 www.tropicanacommunity.org/individual-family-counseling/

This brief guide is intended to provide health information. It does not imply recommendation of any treatment and should not be substituted for the advice of a health care provider.