



Improve your  
quality of life

## SERVICES

Anger Management Groups: *Adults, Youth and Children*  
Individual Counseling  
Onsite Workshops: *Corporations, Schools, Prisons etc.*  
Presentations  
Resources: *Books, Products*

## CONTACT INFO

Head Office: 100 Matheson Blvd East #201  
Mississauga, Ontario  
L4Z 2G7

Toll Free: 1-877-264-3720  
Toll Fax: 1 877 833 1441  
web: [www.angermanagement.ca](http://www.angermanagement.ca)  
Email: [info@armicorp.net](mailto:info@armicorp.net)

Your local office location is:

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*"The more anger towards the past  
you carry in your heart,  
the less capable you are of loving in the present."*  
Barbara De Angel



Anger.  
Management.

ANGER. MANAGE IT OR IT WILL MANAGE YOU.

## STATISTICS

According to the Sunday Times, a British Newspaper, these are the statistics on anger for British citizens: 45% of Americans lose their temper in the workplace on a regular basis. 80% of American drivers have been involved in an act of road rage, witness or actual participant.

According to the 2002 WHO report, in the age group of 15 to 44, violence triggered by anger causes about 14% of all deaths among men and 7% of deaths among women.

# finding support

IN YOUR RECOVERY PROCESS

## does your anger interfere with?

- ...your relationships
- ...your health
- ...your employment
- ...your legal status



We treat  
a range of  
conditions.

### ANGER MANAGEMENT

Many people realize they have a problem with managing their anger appropriately. Most people want to make positive changes in their lives, but are unsure where to go for help in learning how to control this powerful emotion. In the midst of our chaotic society, finding a relevant anger management program can be as confusing and frustrating as the anger itself.

### OUR PROGRAM...

...is designed to teach acceptable expressions of anger and eliminate violent and destructive behaviors to self and others. Individuals will learn how to be aware of their anger, recognize situations, events or people that are common factors in their anger episodes and effective ways of coping with challenging situations.

The variety of our programs ensures there's a place for everyone. Whether you are an individual seeking one to one counseling, or a corporation seeking workshops to educate staff on anger management, we will design a program to suit your unique needs.

### SURVEY

Below are some questions to ask yourself in order to determine if you are having difficulty managing your anger.

1. When you become angry, do you ever feel out of control?
2. When you become angry, have you ever said or done anything you regretted later?
3. While angry, have you physically attacked someone (grabbed, shoved, slapped or punched)?
4. Has an angry reaction to a situation ever cost you your relationship or job?
5. Do feelings of anger often make it difficult to concentrate on work or school?
6. Do you drink alcohol or use other drugs to calm down and to reduce your angry feelings?
7. Have you ever been arrested or faced legal difficulties as a result of your anger?

If you answered yes to one or more of these questions, then you may have difficulty managing anger. If you answered yes to most or all of these questions, then you may have a serious anger management problem.