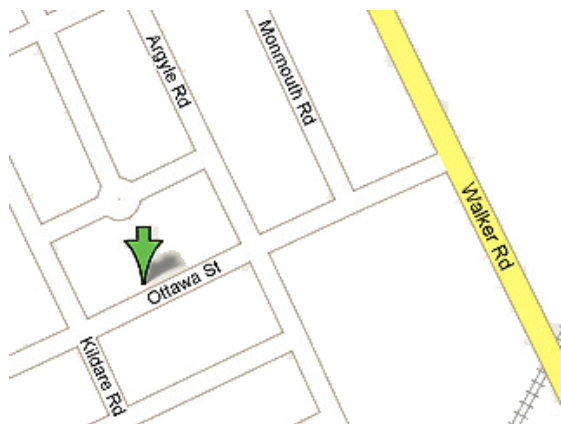


ABOUT US

Crossroads is a not-for-profit organization dedicated to helping those who have been impacted directly or indirectly by substance abuse or anger management difficulties. Our doors opened in April of 2007 to serve Windsor and Essex County. We offer a wide variety of services to fit your needs.

Please consult with either your union representative or benefits provider to determine whether you have coverage.

Crossroads would like to thank all of our community partners and agencies for their continued support and monetary donations in



What's in A Name

Crossroads: Centre for Personal Empowerment is not only the agency's name, but more specifically the agency's philosophy. Making change in one's life is not easy and will take dedication and perseverance.

At **Crossroads**, we believe very strongly that anyone undergoing changes in their personal lives must be convinced that the end result will be worth the effort required to do so. Clients are supported, encouraged and guided through their personal changes with a positive oriented focus. Please feel free to call if you have any further unanswered questions or concerns and we'll do our best to provide you with the answers you seek. Call us today to schedule a program intake. Arrangements will be made to initiate your enrollment in the most appropriate program.

Contact Information

1980 Ottawa St, Lower Unit
Windsor ON N8Y 1R7
Phone: 519-252-5456
Fax: 519-252-8230
E-mail: info@crossroadsc4pe.ca
Website:
www.crossroadsc4pe.ca
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Alternative
Conflict
Resolution

A structured 10-week anger management program

ALTERNATIVE CONFLICT RESOLUTION

About the Program

The Alternative Conflict Resolution program as Crossroads Centre for Personal Empowerment is designed specifically to help men and women (ages 18 and older) learn how to improve their ability to monitor and control their anger.

This program begins by defining anger in terms that everyone can identify with. You are then led through a discussion regarding how anger has impacted your life both positively and negatively. A tool called the anger meter is introduced. This tool is used to measure any anger occurrences throughout the coming weeks with the intent of examining your responses to anger triggers. The focus then becomes finding the healthiest response to these triggers.

The next step is a greater awareness of two key concepts: your specific anger triggers and your anger cues. Your greater awareness of these two components give you insight as to the onset of anger. Next, we develop strategies to employ once your awareness has been alerted as to the onset of anger.

The idea of this program becomes increased awareness and accountability of your responses to anger triggers. The entire time you are invited to share your experiences a safe, non-judgmental atmosphere with the sole purpose of gaining support and insight around your personal challenges.

Program Specifics

- 10 week program (plus intake)
- 30 minutes per session
- Offered individually (men and women)
- Individualized intake process
- Certificate of completion (upon request)
- \$35 per session (Sliding scale available if needed)

Acceptance to Program (ACR)

If this program would be beneficial for you, please call and schedule an intake appointment. There is typically a \$35 fee for an intake appointment before the program begins. The intake appointment addresses program specifics, costs as, expectations of your level of participation and conduct, as well as your expectations of the program.

Please call Crossroads today at 519-252-5456 if you wish to begin your journey on a path towards better control of your anger.

