

## WHAT'S IN A NAME

Crossroads:Centre for Personal Empowerment is not only the agency name, but more specifically the agency philosophy. Instituting change in one's behavior is not an easy task and will not come about overnight or without a great deal of personal determination and effort.

At Crossroads, we believe very strongly that anyone undergoing behavioral changes in their personal lives must be convinced that the end result will be worth the effort 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 questions/concerns regarding programming here at Crossroads

Thank You

## ABOUT US

**Crossroads** is a not for profit organization dedicated to helping those with addiction or anger management problems . Our doors opened in April of 2007 to serve Windsor and Essex County. We offer a wide variety of programs and services to meet your needs.

**Crossroads** is an approved Green Shield service provider for family benefits. We have also been approved by various employers and benefit providers to bill directly. Please consult with your union representative or benefits provider to determine whether you have coverage for specific services.

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Regaining  
Power  
workshop

## REGAINING POWER WORKSHOP

This program addresses how women experience and express their anger differently than men. For women anger is most often caused by feeling powerless, disrespected or unappreciated within interpersonal relationships. First, you will explore how you express your anger and the impact it has had in your life. A tool called the anger meter will be introduced to measure your level of anger throughout the upcoming weeks. Each week you will also be asked to reflect on an anger provoking situation and discuss what you did to deal with that anger. By tracking your anger you will be able to identify underlying emotions and focus on finding the healthiest responses to deal effectively with these emotions.

The beginning of the program will focus on a greater awareness of your anger triggers and cues. The goal of this is to recognize when you are experiencing an episode of anger so that you can then manage, control, and properly utilize that anger for positive outcomes. The following sessions take it a step further by identifying negative beliefs that may be associated with your anger. The goal is to develop positive thoughts, better communication, appropriate boundaries and self-esteem.

Throughout the program you are invited to share your experiences with the facilitators as well as the other participants in a safe, non-judgmental atmosphere with the purpose of gaining support and insight around your personal challenges.

## ACCEPTANCE TO PROGRAM

If this program sounds like it would be beneficial for you, call and schedule an intake appointment. There is a \$25 fee for the intake and program specifics and cost will be explained at the intake. Expectations of your level of participation and conduct will be outlined as well as your expectations of this program discussed..

## PROGRAM SPECIFICS

- 10 week program 2 hours a session
- Separate men's and women's groups
- Signed code of conduct
- \$10 session fee each week ( Group)
- Individualized intake process
- Certificate of completion

## GROUP THERAPY

All groups run for a 10 week period. Each session is 2 hours in length. There is a \$10 session fee payable each week. The group starts out with a check in then a short inspirational reading. A 25 to 30 minute educational session follows. There is then a 10 minute break in which you can enjoy a coffee. The support session then begins where each participant is allotted equal time to discuss their current challenges and receive support from both the facilitator and other group members.

The meeting will then end with each participant checking out with their feelings as a result of what they have learned that week.

## INDIVIDUAL THERAPY

**Individual therapy is not currently covered by any government funding. There is a cost affixed to this method of therapy. The cost is based on a sliding scale based on what you are able to pay if in fact you do not have benefits to cover your therapy. Call today and see what we have to offer**