**NEWS RELEASE**

**For Immediate Release**

**Free Anger Management Men’s Groups in Wellington County**

**July 29, 2020 – Guelph, ON** – Family Counselling and Support Services for Guelph-Wellington (FCSSGW) is set to offer two 100% funded Men’s Emotional Regulation groups after receiving a grant from the Government of Canada’s Emergency Community Support Fund, through United Way Guelph Wellington Dufferin.

The goals of the 12-week anger management groups include providing men with skills to increase their self-awareness of high-risk behaviours, improving their management of stress and difficult emotions, developing communication skills to build healthier relationships, and offering opportunities for positive connection with other men in a supportive environment.

“We have been receiving calls looking for this type of program,” said Executive Director Joanne Young Evans. “Men don’t have equal access to fully funded mental-health supports, and yet we cannot begin to end intimate partner or family violence without closing these gaps in service. By providing free, early-intervention treatment to vulnerable men, we hope to reduce the stigma associated with seeking help with mental health issues and eliminate some of the barriers men face in accessing treatment.”

The Men’s Emotional Regulation groups will be Dialectic Behaviour Therapy, more commonly known as DBT, and mindfulness skills based. More information about call-in times, contact numbers, and protocols will be made available closer to the launch date.

FCSSGW provides a range of individual and group services to children, youth, individuals, couples, families, and seniors and is LGBTQ+ friendly with safe, accessible storefront locations in Guelph, Fergus, and Mount Forest. Visit [www.FamilyServiceGuelph.on.ca](http://www.FamilyServiceGuelph.on.ca) to find out more about the agency’s programs and services.

**For more information, please contact:**

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**BACKGROUNDER**

**Family Counselling and Support Services for Guelph-Wellington**

Family Counselling and Support Services for Guelph-Wellington (FCSSGW) has grown and complexity since its inception in 1964 as a prevention-oriented program of the Children’s Aid Society (now called Family and Children’s Services of Guelph and Wellington County).

FCSSGW continues to be an integral part of the community and provides support services to a growing number of individuals, families, and children. Over 96 per cent of our clients feel that their ability to deal with their specific situations improved significantly after treatment, which further reinforces that our services are much needed and beneficial. We are a premier provider of exceptional yet affordable and cost-effective services in the community.

The agency is committed to strengthening individuals and couples and family life for those dealing with trauma, grief, stress, anxiety, depression, physical, sexual and emotional abuse, and supporting people with developmental challenges, and those caring for them and more. FCSSGW offers quick access, single-session mental health clinics for those wishing to stop in and speak with a counsellor without making an appointment in Guelph, Fergus, Mount Forest, and Harriston. In January 2020, FCSSGW also assumed the TeleConnect and Distress Line services, which include an inbound distress line, and an outbound phone check-in service for all Guelph and County of Wellington residents. We are also the only non-profit provider of customized EAP (Employee Assistance Programs) in the area.

www.FamilyServiceGuelph.on.ca