



POWERED BY

SickKids®



COOL KIDS ANXIETY GROUPS

Child and Parent Anxiety Groups

Treatment group for children who experience issues with anxious/nervous feelings, thoughts, or physical sensations. This evidence-based group utilizes Cognitive Behavioural Therapy (CBT), which is a proven and effective treatment for anxiety. The group consists of 8 child sessions and 8 parent sessions, run concurrently. Sessions are facilitated by a Registered Psychologist and Certified Child Life Specialist. Parents will also participate in an individual intake and feedback session. Child sessions will focus on introducing and practicing coping strategies, and parent sessions will focus on providing strategies that parents can use to support their children.

Goals of the group include:

- Recognizing the symptom of anxiety
- Learning alternate patterns of thinking/feeling
- Relaxation techniques and exposure

Dates and Time:

Session 1: Tuesdays from July 3rd – August 21st, 2018 from 5:30 – 6:30 pm (Ages 8-11)

Session 2: Tuesdays from July 3rd – August 21st, 2018 from 6:30 – 7:30 pm (Ages 12-14)

Program Includes: 8 child sessions; 8 parent sessions; 30-minute intake appointment prior to the group starting; 30-minute feedback appointment after completion of the group

Cost: *Early bird registration rate - \$1505 before June 19th; \$1665 after this date + \$40 for the cost of the "Cool Kids Program" manual*

Contact Us To Register!

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Check with your insurance provider for coverage.