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CBT for ANXIETY GROUP

Is your child experiencing difficulties managing worried thoughts and feelings? Is it starting to interfere with school, home, or friendships?

Boomerang Health is offering a treatment group for children 8-12 years old who experience issues with worried thoughts and feelings. This evidence-based group utilizes Cognitive Behavioural Therapy (CBT), which is a proven and effective treatment for anxiety. This group is facilitated by a Registered Psychologist.

Sessions will take place over Zoom and will focus on helping children and parents understand anxiety symptoms, providing effective coping strategies, and teaching clients how to implement these strategies. Children will learn how to gradually increase their exposure to anxiety provoking situations and parents will learn how to encourage and support their children through these experiences.

This group will focus on:

- Recognizing the symptoms of anxiety
- Learning alternate patterns of thoughts and feelings
- Relaxation techniques and exposure exercises
- Helping parents recognize and validate anxious feelings, while developing strategies to encourage coping behaviours

Program Includes:

- 7 virtual parent-child group sessions
- 30-minute virtual intake appointment prior to the group starting
- 30-minute virtual feedback appointment after completion of the group

Dates and Times:

Session # 1: Tuesdays from January 19th to March 2nd, 2021, 7:15 – 8:15 pm

Cost: \$225 for intake/feedback parent appointment, and \$742 per family for group sessions*
+ \$40 for the cost of the CBT manual

Contact Us To Register!

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*Check with your insurance provider for coverage.