

Group Aim, Content, and Participants

CBT for Anxiety Group is a treatment group aimed at helping children **8 to 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.

Sessions will focus on helping children and parents recognize and understand symptoms of anxiety; providing effective coping strategies such as alternate patterns of thoughts and feelings, relaxation techniques, and exposure exercises; and helping parents to validate anxious feelings, and develop strategies to encourage coping behaviours. This group is facilitated by a Registered Psychologist and will take place over Zoom.

Group Information

Pre-Group Parent Intake Appointment	<i>Duration</i>
Post-Group Parent Feedback Appointment	30 minutes per appointment
	<i>Cost</i>
	\$235.00 CAD*

Parent-Child Group Sessions	<i>Duration</i>
	60 minutes
	<i>Length</i>
	7 weeks
	<i>Cost</i>
	\$770 CAD*

Group Manual	<i>Cost</i>
	\$40

Dates and Time

Tuesdays from May 4 – June 15, 2021; 7:00 - 8:00 p.m.

*Check with your insurance provider for coverage

For more information, please contact lauren.greenwood@boomeranghealth.ca, Manager of Programs.

Boomerang Health powered by SickKids

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