

Virtual CBT for Anxiety Group Therapy

Group Aim, Content, and Participants

CBT for Anxiety Group Therapy is a treatment group aimed at helping children and adolescents 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 Social Worker and will take place over Zoom.

Group Information

Pre-Group Parent Intake Appointment	Duration
Post-Group Parent Feedback Appointment	30 minutes per appointment
	Cost
	\$185.00 CAD*

Parent-Child Group Sessions	Duration
	60 minutes
	Length
	7 weeks
	Cost
	\$602 CAD*

Group Manual	Cost
	\$50

Dates and Time

Session 1: Tuesdays from September 13 – October 25, 2022; 6:00 – 7:00 p.m. (Grades 7 to 9)

Session 2: Tuesdays from November 1 – December 13, 2022; 6:00 – 7:00 p.m. (Grades 3 to 6)

*Check with your insurance provider for coverage

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

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