

## Group Aim, Content, and Participants

CBT for Anxiety Group Therapy is a treatment group aimed at helping children in **grades three to six** 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*

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

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Group Manual	<i>Cost</i>
	\$50

## Dates and Time

Tuesdays from July 5 – August 16, 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](mailto:lauren.greenwood@boomeranghealth.com), Manager of Programs.

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