

Clarke Psychotherapy

Group Services for Children

Anxiety Reduction Program for Children

Becoming the Boss of My Worries

April - June 2016

Ages 10 -12

12 weekly sessions - Saturday afternoons (1-3pm)

192 Combe Ave (Wilson Ave. & Sheppard Ave.)

A **group program** where your child can come together with other children to understand their worries, and learn to manage them in ways that leave them feeling more in control.

Based on a **Cognitive Behaviour Therapy (CBT)** model your child will:

- Gain an awareness of their **anxiety triggers** and **body cues** & develop **relaxation strategies**
- Develop an understanding of the **cycle of thoughts** (triggers, thoughts, feelings, actions & impact) while learning to **challenge negative thinking**
- Develop **problem solving** skills
- Learn to **face fears** one step at a time
- **Become the boss of their imagination & gain confidence!**

Dates:

- **1 Pre-group Parent/Guardian Information Session**

(*Parent(s)/guardian(s) are required to attend)

April 2, 2016

- **10 Weekly Sessions**

(*Parent(s)/guardian(s) to join for the last 15-minutes weekly

April 9, 16, 23, May 7, 14, 21, 28 & June 4, 11, 18 (*Break on April 30)

- **1 Follow-up Booster Session**

July 9

To Register:

Visit <http://clarkepsychotherapy.ca> (*Registration form available under **Groups** section)

Fee: \$50 per session