

SPACE:

Supportive Parenting for Anxious Childhood Emotions

with Dr. Annie Simpson and Dr. Katherine McKenney

WHO IS THIS FOR?

Parents or caregivers of children (aged 7-14) with anxiety or OCD symptoms

- A 7-session virtual parenting group offered over 8 weeks.
- Focus is on practical parenting approaches to managing your child's anxiety, as well as parent discussions and experiential activities.
- Up to two caregivers per family can attend.

The Supportive Parenting for Anxious Childhood Emotions (SPACE) group is a caregiver-only, evidence-based treatment of childhood anxiety and OCD. We focus on promoting child confidence and coping by supporting parents to make systematic and sustainable changes in their own behaviour, resulting in long-lasting changes in child anxiety.

SPACE was developed at the Yale Child Study Center by Dr. Eli Lebowitz, and is supported by numerous research studies. SPACE has been demonstrated to be as effective at addressing childhood anxiety and OCD as individual therapy.

You can expect to:

- **Gain confidence in parenting your anxious child**
- **Develop the tools to effectively address your child's anxiety and OCD**
- **Reduce some of your own accommodating behaviours**
- **Improve family functioning**

WHEN

- Wednesdays at 12:00-1:30
- Oct. 12 - Nov. 30, 2022
- Offered via Zoom Pro.

COST

\$200 per family per week. You will receive weekly receipts for psychological services.

HOW TO REGISTER:

If you are not a current client of Dr. Annie or Dr. McKenney, please email Cornerstone Child and Family Psychology Clinic at info@cornerstonepsychology.ca to register. Dr. Annie or Dr. McKenney may request a 30 minute telephone call with you (billed at the usual rate) to ensure this group is appropriate for your family. If not, they will provide alternative recommendations.