

What to Do with Worry: A Parenting Group for Managing your Child's Anxiety

Presented by: Dr. Penny Sneddon and Dr. Tara Jukes
Registered Psychologists

WHO THIS IS FOR...

- Parents or caregivers of children ages 4 - 12 with anxiety
- No previous assessment or diagnoses are required. A screener to ensure appropriate fit will be sent ahead of registration

WHAT IT IS...

- A 4 session group over 8 weeks to help identify and manage your child's anxiety. This group uses evidence-based strategies shown to be effective for families in reducing and managing anxious behaviour

GROUP CONTENT:

- Information and education on anxiety, including causes, types, and typical progression over time
- An introduction to parenting strategies shown to be effective in managing anxiety, including: reducing family accommodation, responding to anxious thoughts, and setting up exposures to facing your fears
- Time will also be spent reviewing proactive strategies to reduce stress and anxiety, including managing sleep, expectations, routines and parental self-care
- Information on further evidence-based treatments for anxiety as needed will also be provided

WHEN...

- This group is offered on an ongoing basis.
- Please visit <https://cornerstonepsychology.ca/our-team/> for more information on Drs. Jukes and Sneddon

COST...

- \$800 per family (\$200 per session)
- You will receive a receipt and costs may be covered by extended health plans.

HOW TO REGISER...

Please contact Cornerstone Child and Family Psychology Clinic at 604-808-5559 or email at info@cornerstonepsychology.ca to register or for questions.