

# What to Do with Worry: A CBT group for school-aged children

with Dr. Tara Jukes and Dr. Penny Sneddon

## WHO SHOULD PARTICIPATE?

Children (ages 9-13) with anxiety or OCD symptoms

- An 8-week virtual Cognitive Behavioural Therapy (CBT) group for treating anxiety
- Sessions will be conducted over Zoom
- 2 sessions with parents only and 6 sessions with children (parents joining for part of each session)

## GROUP CONTENT

### CHILD SESSIONS

- Education and information on anxiety
- Introduction and practice of facing your fears (exposure therapy)
- Teaching and practice of relaxation/mindfulness strategies
- Identifying and challenging anxious thoughts (cognitive restructuring)
- An introduction to acceptance-based strategies for managing anxiety

### PARENT SESSIONS

- Identifying ways parents can help reduce children's anxiety (decreasing parental accommodations)
- Managing children's distress around anxiety and facing their fears
- Effectively communicating about anxiety within the family

### WHEN

Offered on an ongoing basis. Interested families will be offered an intake appointment ahead of the group.

Please visit:

<https://cornerstonepsychology.ca/> for the dates/times of the next group.

### COST

\$200 per session. You will receive a receipt and costs may be covered by extended health plans. Parent sessions can be billed in child or parents names.

## TO REGISTER:

If you are not a current client of Dr. Jukes or Dr. Sneddon, please email [info@cornerstonepsychology.ca](mailto:info@cornerstonepsychology.ca) to register. Families will attend a 40 minute intake appointment (Billed at clinic rates of \$180/40 mins) to ensure this group is appropriate. If not, alternative recommendations will be provided.