

## **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 5 session weekly group offered virtually 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 our website (<https://cornerstonepsychology.ca/>) for the next group dates, and full bios on Drs. Jukes and Sneddon

### **COST...**

- \$1000 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](mailto:info@cornerstonepsychology.ca) to register or for questions.