

CLUB BRAVE – SPRING 2023

WITH DR. ANNIE SIMPSON R. Psych # 1800

OR

DR. ROSALIND CATCHPOLE R. Psych. # 1860

A fun, play-oriented 8-week group that lets children with selective mutism practice brave talking and socialize with peers in a small group environment. Activities are designed for children aged 4-11 and will include:

- Play time / games
- Show and tell / presentations
- Community activities (brave ordering, scavenger hunts)
- Peer talking practice

A parent group will take place every 2 weeks to learn strategies to help your child and troubleshoot barriers.

Tuesdays (ages 6-10*); February 28 – May 2 3:30 - 4:30

(no groups during spring break March 14, 21)

Parent Sessions: Wednesdays 12-1 Mar 8, Apr 5, 19, May 3 (on zoom)

OR

Thursdays (ages 4-7*); March 2 – May 4 3:30 - 4:30

(no groups during spring break March 14, 21)

Parent Sessions: Thursdays 12-1 March 9, April 6, 20; May 4 (on zoom)

Lead in (preparation) session: Saturday February 25 (time TBD; between 9-4)

*group composition is made based on referrals at the time and your child will be placed in the most suitable group

Selective Mutism Program Costs

- Initial assessment with parents – 90 minutes: \$360
- 1-3 individual therapy preparation sessions in office: \$240/session
- Lead-in session for group to meet other children and practice talking: \$240/hr, varies from 1-3 hours
- Child group sessions: \$200/session (\$1600 total)
- Parent sessions: \$200/session (\$800 total)
- All other consultations/school visits as required: \$240/hour

TOTAL (excluding school consultation): Approx: 3500-4000\$.

As this program includes both child and parent components, some costs may be eligible for submission under parents' insurance benefits (e.g., parent group sessions). Please check details of your extended health benefits if applicable. If finances are a challenge, please note that some of the services can be provided by a doctoral practicum student at a rate of \$120 per hour. If you are interested in this option please let us know. Services not covered by extended health may be tax deductible as a medical expense; check with your accountant if this applies.