



PARENTS GROUP, TOPICS INCLUDE

Defining Anxiety and introducing
the FEAR acronym "F – feeling frightened"

How thinking influences anxiety.
How anxiety explodes a normal worry into a monster
The 'E' in FEAR – expecting bad things to happen

The role of early identification for parents
Developing a list of worry thoughts and rating
intensity
Finding the entry point to begin to restructure the
cognitions

The 'A' in FEAR – Action & Attitude
The need for a plan to intervene and create calming
thoughts
The context of changing anxiety – seeing it as
a challenge – attitude

The 'R' in FEAR – Rating & Rewards
Rewarded behaviour is repeated behaviour
Celebrate success – no matter how big or small

Creating an individualized plan and a concrete set of
strategies for your child
Celebrate Success !!!

ANXIETY SKILLS GROUP



Halton Healthcare

Anxiety Skills Group

will be held in the Outpatient
Mental Health Clinic located in:

Oakville Corporate Centre
700 Dorval Drive, 6th Floor
Telephone: (905) 815-5140
Fax: (905) 815-5076



ANXIETY SKILLS GROUP

For Children 9-13 years of Age & their Parents



Halton Healthcare



CHILDREN'S GROUP

This 6-week treatment group helps children and their parents learn to cope in a variety of anxiety-provoking situations. Children and their parents learn to recognize signs of anxiety, what triggers their anxiety and how to face their fears.

Children practice effective ways of calming themselves when anxious, and parents learn to help their children deal with their anxiety effectively.

- Group Topics:

- Defining Anxiety
- Feeling Identification
- Physical Response to Fear
- Thoughts which Contribute to Anxiety
- Connection between Thoughts, Feelings and Behaviour

- Strategies of Coping with Anxiety

- Relaxation
- Challenging Negative Thoughts using Detective Thinking
- Restructuring Negative Thoughts
- Realistic Self Talk
- Rewarding Success!