

Are you concerned about your child and anxiety?



2017—2018

Anxiety Reduction Groups are being offered that include active child and parent participation



Worry Bugs (Kindergarten - Grade 1)

A locally developed four week program for young children and their parent(s)/guardian(s). The group is for children who are showing signs of anxiety without significant behaviour concerns.

Session 1	October 16 to November 6	4pm to 5pm
Session 2	January 15 to February 5	4pm to 5pm

Taming Worry Dragons (ages 8-11)

A six week program created through BC Children's Hospital to address anxiety issues through education and by learning various anxiety reduction "tools". This group is for children who are facing anxiety challenges without significant behaviour concerns. There is a concurrent parent/guardian group.

Session 1	November 2 to December 14	4pm to 5:30pm
Session 2	January 17 to February 21	4pm to 5:30pm
Session 3	April 3 to May 8	4pm to 5:30pm



New Dates

To be screened for a group, please contact
SD73 Mental Health Clinicians



Jocelyn or April at 250-376-2266