

Registration

Please complete the following and return it with payment to confirm your registration.

Child's Name: _____

Date of Birth:

(day) _____ (month) _____ (year) _____

Parents' Names: _____

Address: _____

E-Mail: _____

Phone: (H) _____

(Cell) _____

Method of Payment:

Cash Cheque VISA/MASTERCARD

VISA/MC# _____

Expires: _____

Please check which session you are registering for:

Session #1

Ages 10-13, October 14, 21, 28, November 4, 11, 18, 2021

Session #2

Ages 7-9, January 13, 20, 28, February 3, 10, 17, 2022

Session #3

Ages 10-13, February 24, March 3, 10, 17, 24, April 7, 2022

Session #4

Ages 7-9, April 14, 21, 28, May 5, 12, 19, 2022

REGISTRATION DEADLINES:

Session #1: October 7, 2021

Session #2: December 30, 2021

Session #3: February 10, 2022

Session #4: May 31, 2022

MIND MATTERS CLINIC

Assessment and Treatment of Children and Adults

Professional Psychologists, Social Workers and Art Therapists who are trained to assess and treat a full range of emotional, behavioural, academic, and relationship problems.

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**3-1250 Waverley Street
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www.mindmattersclinic.ca**

OVERCOMING NEGATIVITY

**A PROGRAM FOR CHILDREN
WHO ARE PROGRAMMED TO
'THINK THE WORST'**

**Groups for Children and Teens
AGES 7-13**



**mind
matters
clinic**

**3-1250 Waverley Street
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Is this group right for your child?

THE ANSWER IS YES, IF YOUR CHILD:

- is frequently unhappy, depressed, or anxious
- focuses on the negative side of situations, with a constant flow of negative commentary
- complains frequently
- worries about the 'what-ifs' and behaves as though their worst predictions are likely to come true
- is rigid/inflexible in their thinking style
- thinks in all or nothing, black and white terms
- gets 'stuck' in a negative thought cycle
- has difficulty brainstorming options and seeing successful ways to deal with problems
- gives up easily
- reacts with extremes of emotion
- is easily hurt, sad, irritated, or angry
- discounts compliments
- has a negative self-image



Cognitive Behaviour Therapy (CBT) & Mindfulness Training

For some children, the negative thoughts are the first to appear when situations don't go as they expect or want them to. Extreme negative thoughts and intense emotions are instantaneously evoked, and before you know it, the meltdown begins. This makes it difficult for you to even explain to your child how a situation may not be as bad as they think it is, or to give them strategies to help them cope.

To give your child the opportunity to use their coping skills, we must first help them learn to disconnect that instantaneous negative reaction. We will do this by teaching Mindfulness techniques of connecting with their breath and focusing on relaxing their bodies and minds. Once their emotional regulation is under better control, they can then access their higher order thinking powers. CBT is a form of therapy that helps people understand how thinking, feeling, and behaving are all connected. We will teach your child CBT techniques that will enable them to become aware of their irrational thoughts and then challenge and replace them. With practice, they will begin to see how they can turn situations around so that their needs are met, and happiness is possible.



What we hope to accomplish

Over the course of the five group sessions, we hope to challenge your child's negative outlook, by:

- making them aware of their negative thoughts
- showing them how negative thoughts result in negative mood
- challenging their automatic thoughts
- teaching them to meditate and visualize positive outcomes
- teaching them to persist through challenging and difficult situations
- showing them that they can find ways to get closer to their goals
- helping them learn to accept and like themselves

TIMES and DATES

In order to understand the unique needs of your child, we would like to meet with you (both parents if possible) and your child before the group begins. This session is designed for therapists to better understand the needs of your child, and learn about the goals that you have for your child's participation in the group. If your child has already been assessed at Mind Matters Clinic, this may not be necessary.

All groups will take place on Thursday afternoons, 4:15 p.m. – 5:30 p.m.

FOR CHILDREN AGES 10-13

SESSION # 1:

October 14, 21, 28,
November 4, 11, 18, 2021

SESSION # 3:

February 24, March 3, 10, 17, 24, April 7, 2022

FOR CHILDREN AGES 7-9

SESSION #2

January 13, 20, 28, February 3, 10, 17, 2022

SESSION #4

April 14, 21, 28, May 5, 12, 19, 2022

COST:

\$120.00 for each of the six Groups Sessions (**\$720.00 total**), and **\$205.00** for the Individual Session with Parents (this session can be billed to either parent or child).

Individuals with extended Health Care benefits may be eligible for coverage. Check your benefits to determine whether you are covered by a "Registered Clinical Psychologist."

Call us to determine how your coverage can be applied to the fees.

