

## 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 7-9 November 9, 16, 23, 30,  
December 7, 14, 2020
- SESSION 2**  
Ages 10-13, January 11, 18, 25,  
February 1, 8, 22, 2021
- SESSION 3**  
Ages 7-9, April 5, 12, 19, 26, May 3, 10, 2021
- SESSION 4**  
Ages 10-13, May 17, 31st, June 7, 14, 21, 28, 2021

## Registration Deadlines:

- Session #1: October 26, 2020
- Session #2: January 4, 2021
- Session #3: March 25, 2021
- Session #4: May 3, 2021

## MIND MATTERS CLINIC

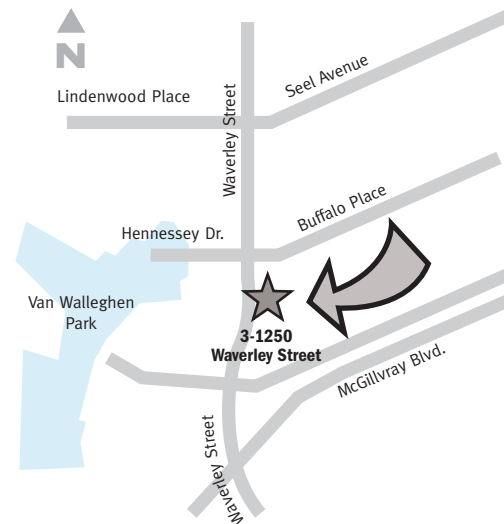
### Assessment and Treatment of Children and Adults

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

**Also available on premises:**  
Speech and Language Therapy.

**3-1250 Waverley Street  
Winnipeg, Manitoba  
R3T 6C6**

**Phone: (204) 477-8555  
Fax: (204) 487-4248**



**3-1250 Waverley Street  
Waverley at Buffalo Place**

[www.mindmattersclinic.ca](http://www.mindmattersclinic.ca)

# OVERCOMING ANXIETY

A program for anxious children

**GROUPS FOR CHILDREN  
AGES 7-13**



**mind  
matters  
clinic**

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## IS THIS GROUP RIGHT FOR YOUR CHILD?

### THE ANSWER IS YES, IF YOUR CHILD:

- seems to be 'stressed'
- holds on to worries that take away from their happiness
- avoids taking even small risks
- predicts the future ('what if'.....) or catastrophizes ('it's going to be terrible')
- complains of physical symptoms that may be anxiety based (e.g., sore muscles, stomach aches, headaches)
- has fears and/or phobias
- has panic attacks
- is affected by shyness or social anxiety
- is perfectionistic
- has recurring unwanted thoughts (obsessions) or engages in repetitive actions (compulsions)
- avoids going to school or to unfamiliar places



## COGNITIVE BEHAVIOUR THERAPY (CBT) & MINDFULNESS TRAINING

CBT is a form of therapy that helps people understand how thinking, feeling, and behaving are all connected. Once this relationship is understood, we can learn how to change thoughts and behaviours so that emotional states (like anxiety) can be altered. But before that can happen, we need to learn how to get better control of the physical symptoms of anxiety (e.g., sweaty palms, racing heart, butterflies in the stomach). We will teach your child Mindfulness techniques of connecting with their breath, meditating, and learning how to stay focused in the moment.

The second step in our journey will be to help your child understand the nature of fear, anxiety and worry. The fight-or-flight model will be described and your child will learn how thoughts can trigger instinctive adrenaline-based responses. Once your child understands this relationship, they will then see how their own thoughts can trigger feelings such as fear, and how fear can affect their behaviour in maladaptive ways.

Together, we will build a toolbox that is individually tailored for your child – so that they will be able to choose coping tools that best suit them. Some of the tools include: deep breathing and relaxation exercises; identification and replacement of irrational thoughts, and the development of coping self-statements. Once these skills are learned, we will then begin to face and conquer fears – one small step at a time.

## 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 Monday afternoons, 4:15 p.m. – 5:30 p.m. The age of the groups will be grouped as ages 7-9 and 10-13.**

### FOR CHILDREN AGES 7-9

#### SESSION # 1:

November 9, 16, 23, 30,  
December 7, 14, 2020

#### SESSION # 3:

April 5, 12, 19, 26,  
May 3, 10, 2021

### FOR CHILDREN AGES 10-13

#### SESSION #2

January 11, 18, 25,  
February 1, 8, 22, 2021

#### SESSION #4

May 17, 31st,  
June 7, 14, 21, 28, 2021

#### COST:

**\$120.00** for each of the six Groups Sessions (**\$720.00 total**), and **\$195.00** 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.