

Registration

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

Child's Name: _____

Date of Birth: _____

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

Allergies: _____

Special Needs (e.g., ADHD, Anxiety, Behavioural Problems): _____

Parents' Names: _____

Address: _____

Phone: (H) _____

(Cell) _____

Method of Payment:

Cash Cheque VISA/MASTERCARD

VISA/MC# _____

Expires: _____

Please check which session you are registering for:

SESSION 1
(January 15th – February 19th, 2019)

SESSION 2
(April 9th – May 14th, 2019)

Registration Deadlines:

Session #1: January 1st, 2019

Session #2: March 26th, 2019

MIND MATTERS CLINIC

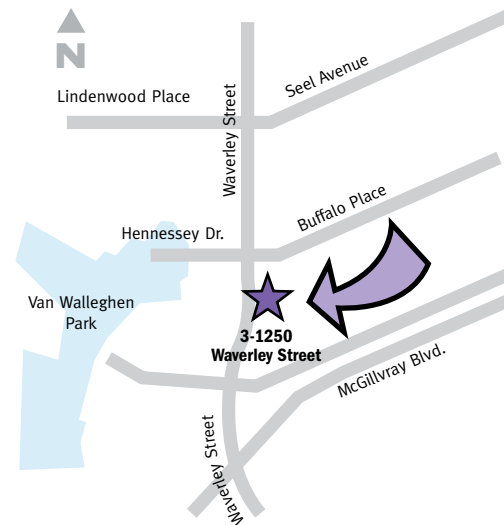
Assessment and Treatment of Children and Adults

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

OVERCOMING SOCIAL ANXIETY

**GROUPS FOR TEENAGERS
AGES 13-17**



**mind
matters
clinic**

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IS THIS GROUP RIGHT FOR YOU?

Do you:

- Worry what other people are thinking of you?
- Struggle with Anxiety in social situations?
- Have trouble talking to unfamiliar people?
- Fear others will notice your Anxiety?
- Have trouble performing or speaking in public?



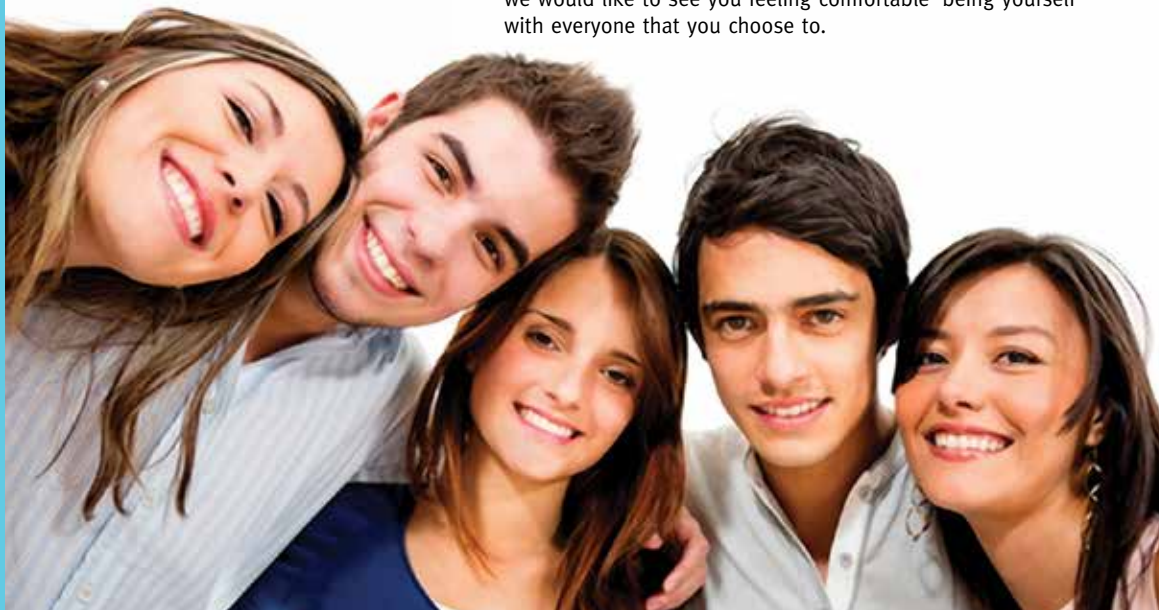
COGNITIVE BEHAVIORAL THERAPY (CBT)

CBT is a form of therapy that helps people understand how thoughts, feelings, and behaviors are all connected. Once this relationship is understood, we can learn how to change thoughts and behaviors so that emotional states, like Anxiety (especially in social settings), can be altered.

Our 6-week program will help you understand the relationship between fear, Anxiety, and your behaviour in social situations. Together, we will work with you to develop a toolbox of skills to be able to relax, replace irrational thoughts, and reduce your Anxiety around others. Ultimately, we would like to see you feeling comfortable 'being yourself' with everyone that you choose to.

Social Anxiety Groups are designed to help you develop the ability to manage Anxiety in social situations or group settings using cognitive behavioral therapy (CBT) techniques.

If the answer to any of these questions is "Yes!", then this group may be right for you.



TIMES and DATES

To help understand your unique situation, we would like to meet with you and at least one of your parents before the group begins. The initial session is designed for us to better understand your needs and learn about the goals that you have for the group. The initial session with you and your parent/s will be scheduled at your convenience.

SESSION 1:

Dates: January 15th, 22nd, 29th,
February 5th, 12th & 19th, 2019

Time: 7:00 p.m. to 8:30 p.m.

SESSION 2:

Dates: April 9th, 16th, 23rd, 30th,
May 7th & 14th, 2019

Time: 7:00 p.m. to 8:30 p.m.

COST:

\$105.00 for each of the six Group Sessions (**\$630.00 total**), and **\$185.00** for the Individual Session (billable to the parent that attends).

Individuals with extended Health Care benefits may be eligible for the coverage of a Registered Clinical Psychologist.

Three Easy Ways to Register:

Call 204-477-8555
(Monday – Friday, 9:00 a.m. – 5:00 p.m.)

Fax registration form with credit card information to
204-487-4248 (Visa or Mastercard)

Mail in registration to Mind Matters Clinic, 3-1250 Waverley Street, Winnipeg, MB, R3T 6C6. Include a cheque or credit card information (Visa or Mastercard).

Refunds and Cancellation Policy:

Refunds without penalty will be provided for cancellations made up to 14 days prior to program start date. Penalties will apply to cancellations after that date.