

## 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, September 19, 26, October 3, 10, 17, 24, 2019

#### Session #2

Ages 7-9, November 7, 14, 21, 28, December 5 & 12, 2019

#### Session #3

Ages 10-13, January 9, 16, 23, 30, February 6 & 13, 2020

#### Session #4

Ages 7-9, April 16, 23, 30, May 7, 14 & 21, 2020

### REGISTRATION DEADLINES:

Session 1: September 12, 2019

Session 2: October 31, 2019

Session 3: January 2, 2020

Session 4: April 9, 2020

## 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.

#### 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 NEGATIVITY

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

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



**mind  
matters  
clinic**

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R3T 6C6  
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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:**  
September 19, 26,  
October 3, 10, 17, 24, 2019

**SESSION # 3:**  
January 9, 16, 23, 30, February 6 & 13, 2020

### FOR CHILDREN AGES 7-9

**SESSION #2**  
November 7, 14, 21, 28, December 5 & 12, 2019

**SESSION #4**  
April 16, 23, 30, May 7, 14 & 21, 2020

### COST:

**\$110.00** for each of the six Groups Sessions (**\$660.00 total**), and **\$190.00** 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.