

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 3, 10, 17, 24 December 1, 8 2025
- ☐ **Session 2**
Ages 10-13, February 23, March 2, 9, 16, 23, April 6 2026
- ☐ **Session 3**
Ages 7-9, January 5, 12, 19, 26, February 2, 9 2026
- ☐ **Session 4**
Ages 10-13, April 13, 20, 27 May 4, 11, 18 2026

Registration Deadlines:

Session #1: October 22, 2025

Session #2: February 13, 2026

Session #3: December 19, 2025

Session #4: April 1, 2026

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.

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**3-1250 Waverley Street
Waverley at Buffalo Place
www.mindmattersclinic.ca**

OVERCOMING ANXIETY

A program for anxious children

**GROUPS FOR CHILDREN
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:

- 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 3, 10, 17, 24
December 1, 8 2025

Session # 3:

February 23, March 2, 9, 16, 23
April 6, 2026

For Children Ages 10-13

Session #2

January 5, 12, 19, 26
February 2, 9 2026

Session #4

April 13, 20, 27
May 4, 11, 18 2026

COST:

\$130.00 for each of the six Groups Sessions
(\$780.00 total), and \$240.00 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.