

# Anxious Child?

## 6 Week Course to Teach Anxiety Management Skills

Sharon Selby M.A. R.C.C [www.guidingparents.com](http://www.guidingparents.com)

Sharon Selby, a Registered Clinical Counsellor, with 12 years experience specializing in children and families, will teach your child the essential skills and knowledge necessary to manage anxiety.



How? In a fun and small, interactive group setting with similar aged children. Healthy snack and take-home booklet included.

### Topics:

- **Brain Science** – identifying the parts of the brain and their functions in an anxious state vs. a calm and focused state
- **Relaxation and Breathing Training**
- **Emotions** – what they are, how we feel them, where we feel them, and how to recognize one's state of arousal
- **Cognitive Behavioural Therapy (C.B.T)** – understanding the relationship between thoughts, emotions and actions, recognizing irrational vs. rational thoughts, developing positive self-talk, etc.
- **Mindfulness** – how to be in the present using all five senses
- **Overcoming Fears and Developing Coping Strategies**
- **Changing Perspective** - Looking at the glass as half-full – building resilience

### Groups

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|------------|--|
| 6-7 years  | Thursdays 3:30 – 4:30pm<br>Names being taken for the next round.         |
| 8-9 years  | Fridays 3:30 - 4:30pm<br>Names being taken for the next round.           |
| 10-11 yrs. | Thursdays 4:45-5:45pm<br>Names being taken for the next round.           |
| 12-13 yrs. | Fridays 4:45 – 5:45pm<br>Names being taken for the next round.           |
| Parents    | Call 604-922-3450 to find out the next date for a 90min. parenting group |



Call ABLE Developmental Clinic to reserve your space now: 604-922-3450 (\$180 + tax, for the 6 week course)  
#110 – 585 16<sup>th</sup> Street, West Vancouver