



Inspiring Hope + Wellness in Our Community

Winter Group 2020

# COOL KIDS

Mondays 5:30-6:30

January 20th to March 2nd

A play-based CBT group for children (9-11 years) with anxiety and their caregivers.

In separate groups running concurrently, children and their caregivers will learn: how to recognize symptoms of anxiety, strategies to stay calm, alternate patterns of thinking, and how to face fears.

No group on February 17th for Family Day.

No Fee.

Location: 400 Queen Street South

To register, please call Intake at 519-743-6333