



YOUTH ANXIETY WORKSHOP

AGES 11-13

ABOUT THIS CLASS

DATES:

Jan. 13, 20, 27, Feb. 3, 10, 24,
and Mar. 3, 17, 24, 31

Breaks on Feb.17 (Family Day)
and March 10 (March Break)

TIME:

6:30-7:30pm

LOCATION:

In person participation at
The Therapy Centre, 2525 Old Bronte
Road, Suite 330, Oakville

FACILITATED BY:

Dr. Samantha Daskaluk, Psychologist
and Eirini Boutakis, M.A.

The focus of this group will be on learning to cope with emotions, mainly anxiety, with other children who are experiencing the same struggles.

Youth will learn:

- emotion education
- relaxation skills
- working through unhelpful thoughts
- problem solving
- and facing our fears

This group is not recommended for youth who:

- have an intellectual or developmental disability
- whose primary issue is not anxiety
- or who are struggling with significant suicidal thoughts or self-harm

