

Who Should Come to Cool Kids?

Cool Kids is for any child and their parent(s) who want to stop fears and worries from interfering at home, school, and with friends. Coping with anxiety is done together!!



Why Come to Cool Kids?

Research shows that the model that Cool Kids uses is the most helpful treatment for anxiety. We believe that families can learn to cope with worries and fears.

Better yet, it's free and fun! Give it a try! Come learn and have fun in a warm and friendly environment!

If you are interested, please call:

Central Intake
Tel: 777-2200



Are **FEARS and WORRIES**
taking the fun out of being a kid?

Do you want to help your child learn to
manage these fears?

Come to:

The Cool Kids Program

A group for children and their parents offered by
the *Janeway Family Centre.*

8th Floor Southcott Hall
100 Forest Road

January 2015

What is Cool Kids?

Does your child have worries or fears that are taking the fun out of being a kid? Fears about school, joining activities, and worries about all kinds of things can really take a toll on children and their parents. Worry can make it hard to relax and have fun. The Janeway Family Centre has a program that can be a big help.

Kids between the ages of 8 to 12 and their parents are invited to attend the Cool Kids Program. In this group, families will learn how to cope with anxiety together. This is a 9-week program that has a group for parents and a group for children (both are held at the same time).

Both the children's and parents' groups are led by two social workers and/or psychologists. The real experts are the kids and parents.

In the group, children and their parents will learn about feelings and anxiety. In the child sessions, fun is the focus in helping children to learn how to identify and challenge their worries. In the parent sessions, parents will have a chance to learn about the same tools as their children are learning, as well as learning about parent tools to help their child. Parents and kids have the opportunity to meet others who are also learning to cope with anxiety.

We cover the following topics:

Session 1: Learning about anxiety. Introducing the link between feelings and thoughts and learning to rate anxiety levels

Session 2: Learning how to challenge worry thoughts

Session 3: Practicing challenging worry thoughts and learning about rewards

Session 4: Learning how to face fears in gradual steps

Session 5: Reviewing first attempts at facing fears. Teaching parents about modelling and dealing with difficulties in facing fears

Sessions 6-8: Review and troubleshooting for parents and children

Session 9: Saying Goodbye and managing anxiety on your own