

Pediatric/Teen Mental Health Groups

For children 6-12 years of age

Does your child show signs of?

- | | |
|---|--|
| <input type="checkbox"/> Fears | <input type="checkbox"/> low self confidence |
| <input type="checkbox"/> Constant worry | <input type="checkbox"/> bullying |
| <input type="checkbox"/> Excessive shyness | <input type="checkbox"/> grief |
| <input type="checkbox"/> Avoids social activities | <input type="checkbox"/> anger |
| <input type="checkbox"/> Frequent head/stomach aches | |
| <input type="checkbox"/> Sudden/frequent panic attacks? | |

In our group settings, filled with creative child-centered activities, we teach your child coping strategies to manage their anxiety/self-confidence/etc. Utilizing art, talk and coping strategies we provide your child the tools to tame that worry/stress/etc. within them.

Dealing with anxiety issues at a young age can alleviate bigger issues as teens and in adulthood such as: depression; troubles in relationships (personally and professionally); substance use and provide an increased quality of life.

Children in our groups learn to recognize and label their feelings; how their body reacts to those feelings and how to utilize coping strategies to manage negative feelings.

Our group runs at our Campbellford office on a rotational basis.

To register please call the Campbellford clinic at 705-653-1801 and leave a message for Cheryl Woods or for a full list of the groups offered.

For teenagers 13 – 17 years of age

Although stress/self-esteem/grief/etc. is a normal part of life, dealing with it as a teen can be very hard. Learning to deal with the stress can help. The activities in this group will give teens the tools to assist them.

It's often easier to look at the negative qualities we feel we have or feeling like there is no way to work through your problems or stress. These groups will help you see you already possess resources, skills and positive qualities that can be built upon to increase the outcomes you want.

This is a way to move to an "I can do it" attitude rather than a "powerless" feeling.

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