Children's Anxiety Group

The Taming Worry Dragons program integrates cognitive-behavioural therapy (CBT) principles with mental imagery, story-telling, play, and metaphors to support children to “tame” and “trap” their worries. The children will explore how their worry dragons are getting in the way and learn how they can use their imaginative talents to develop skills and tools to manage their anxiety, and move from over-thinking about their worries to active problem solving.

Starting February 2023
Wednesdays 6:00p - 7:15p
$150 for 8 weeks

CLICK HERE for Application Form