Clinical Services at the University of Alberta is offering a

Children's Anxiety Group

A children's group based on the Taming Worry Dragons CBT anxiety management program

FOR CHILDREN BETWEEN THE AGES OF 8-10 YEARS

STARTING FEBRUARY 2026

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.



Garland, E.J., Clark, S.L. & Earle, V. (2009). Taming worry dragons: A manual for children, parents, and other coaches (4th ed.). Vancouver: BC Children's Hospital.

FOR MORE DETAILS PLEASE VISIT THE FACULTY OF EDUCATION CLINICAL SERVICES WEBSITE

tinyurl.com/53z4dnmh

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