Clinical Services at the University of Alberta

Children's Anxiety Group

Children Between Ages of 8-10 Years

Our Children's Anxiety Group is based on the Taming Worry Dragons program, which integrates cognitive-behavioural therapy (CBT) principles with mental imagery, storytelling, play, and metaphors to support children to "tame" and "trap" their worries.

Children will explore how their worry dragons are getting in the way and learn how to use their imaginative talents to develop skills and tools to manage their anxiety and move from overthinking 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.

What Will Children Learn?



Spot Your Dragon



Build Your Tools



Become a Worry Tamer

For more details please visit: the Faculty of Education Clinical Services website

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