

# Anxious Child?

## 7 Week “Brain Course” to teach Anxiety Management Skills

Sharon Selby B.Ed M.A. RCC [www.sharonselby.com](http://www.sharonselby.com)

Sharon Selby, a Child and Family Counsellor/  
Registered Clinical Counsellor, with sixteen years  
experience, will teach your child or youth the essential  
skills and knowledge necessary to manage anxiety.



How? In a fun and small, interactive group setting with  
similar aged peers. Healthy snack and take-home  
booklet included. The following topics are  
incorporated through activities, games and stories:

- **Brain Science** - identifying the parts of the brain and their functions in an anxious state vs. a calm and focused state
- **Relaxation and Breathing Training**
- **Emotions** - what they are, how we feel them, where we feel them, and how to recognize one's state of arousal
- **Cognitive Behavioural Therapy (C.B.T)** - understanding the relationship between thoughts, emotions and actions, recognizing irrational vs. rational thoughts, developing positive self-talk, etc.
- **Mindfulness** - how to be in the present using all five senses
- **Overcoming Fears and Developing Coping Strategies**

### 7-9 yrs: THURSDAYS

Dates: Thursdays, May 14th, 2015  
- June 25th, 2015

Time: 3:30pm-4:30pm\* (see below)

### 10-12 yrs : THURSDAYS

Dates: Thursdays, May 14th,  
2015 - June 25th, 2015

Time: 4:45pm-5:45pm\*

\* Children meet with Sharon for  
45 min./session and parents meet  
for the last 15 mins. to hear a  
summary of the session and  
suggestions for transferring skills  
to the home setting.



Register on-line at [www.ableclinic.ca](http://www.ableclinic.ca) under “Upcoming  
events/groups” or call the ABLE Developmental Clinic to reserve your space.  
Tel. no. 604-922-3450 Address: #110 - 585 16th St. West Vancouver  
Price: \$336 + tax