

ANXIETY PROGRAMS

Children 5-8 & 9-12
Youth 13-18

Designed for children and youth who experience symptoms of anxiety, that are affecting their daily functioning.

Parent education module is mandatory to help build skills that will help manage child's behaviours.

PARENTING IN THE HOT ZONE

Based on the work of Dr. Bruce Perry, this parent education program deals with children that have significant and puzzling behaviours, due to early life challenges. It teaches caregivers practical strategies to reach out to and soothe these hard to parent children.

CPS COLLABORATIVE PROBLEM SOLVING

For parents who encounter power struggles, arguments and/or tantrums with their kids. This program helps parent navigate through stalemate issues while teaching children important problem-solving skills.

RIDING THE WAVES

Designed to increase parent capacity to understand and support young children who have experienced trauma. Parents of children 3-8 yrs.

DBT Skills Training

13-18 years

DIALECTICAL BEHAVIOUR THERAPY

This program is a **minimum of 6 months** long so a high degree of commitment is required.

A comprehensive therapy program designed for youth who experience a high degree of interpersonal chaos, emotional dysregulation and risk taking behaviours. (i.e. self harm, suicide attempts).

The **two main components** of this program are weekly **Individual** therapy for the youth and **Group** skills education class for youth and their caregivers weekly.

ACTIVITY GROUP

Youth 13-18

Specialized activity based group for male youth who are socially isolated and experiencing anxiety, depression and struggling with the day to day issues of adolescence.

PARENTING from the INSIDE OUT

For parents who are serious about their parenting journey and wish to connect better with their children and themselves. It will help parents learn through experience, listening, observation and self-reflection; how our own experiences and challenges impact our parenting style. This workshop runs once per week for 10 weeks.

CPRT & CPRT-R

Child & Parent Relationship Therapy

For Parents of Children 3 – 12
CPRT is a program that was designed to reduce behavioral problems, enhance parent-child relationship, increase responsibility & self-control as well as self-esteem and promote self-confidence in their children.

KIDS IN CONTROL

8-18 years old

Offers education and support to children who have a parent with a mental illness. It allows them an opportunity to develop and practice healthy coping strategies to deal with the difficulties they may be facing on an everyday basis.

EATING DISORDERS & Caregiver Support

Group offers adolescents struggling with an eating disorder:

- educational groups focusing on understanding the eating disorder, the stages of change as well as learning effective coping skills
- meal support and expressing self through art therapy
- supports groups facilitating open discussion.

The **Caregiver Support Group** is for parents, friends and caregivers of adolescents struggling with an eating disorder. Find out how to cope and how you can help. The group is open and runs the last Tuesday of every month 6:00 – 7:30 pm.

Child and Youth Mental Health strives to achieve the best results possible for the individuals we work with.

As everyone is unique in their own way, we cater our programs to fit the individual needs of those that we work with.

Other programming available:

CIRCLE OF SECURITY

PHOTO/ART THERAPY

BEATING THE BLUES

MEAL SUPPORT

KIDS IN CONTROL

GIRLS SELF ESTEEM

Group Coordinator:
Deneen Jensen

Team Leader:
Paul Enns

Team Leader:
Allison Blackwell

Programs are funded by:



**CHILD AND YOUTH MENTAL HEALTH
in coordination with MCFD**

All participants must have active referrals prior to participating in these groups.

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ABBOTSFORD Child and Youth Mental Health Services



Program Guide

2nd Fl., 2828 Cruickshank St.
Abbotsford, BC V2T 5M4

Phone: (604) 870-5880

Fax: (604) 870-5878