

**Children's Allied Health, Behavioural Services**

# Children's Groups

## Kids in Control



*An anger management, self-control and emotional expression training program.*

- ★ Ages 3 - 7
- ★ Assist children in identifying and expressing their emotions
- ★ Learn tools and strategies to help them manage their anger appropriately
- ★ Corresponding parent group

## Kids in Between



*A program for children experiencing the effects of parental separation or divorce.*

- ★ Ages 6 & 7
- ★ Assist children in expressing their feelings about their parent's separation or divorce
- ★ Learn positive coping strategies to assist them in grieving the loss of their nuclear family
- ★ Corresponding parent group

## Bravehearts



*A program for children experiencing anxiety, sadness, or having difficulties developing independence and confidence.*

- ★ Ages 3 - 5
- ★ Assist children in identifying and expressing their emotions
- ★ Learn tools and coping strategies to build their independence and increase their confidence
- ★ Corresponding parent group

**For more information call 403-502-8257**

Children's Allied Health, Behavioural Services is a family based, early intervention program designed to provide behavioural strategies to children and support parents to manage behaviours in the home. Our groups are run throughout the year and registration is ongoing.