

Child & Parent Group Services

These groups are held at intervals throughout the year and registration is ongoing. Please contact us at 403-502-8257 to start the intake and consultation process to see if this meets your needs. Please note that all of our groups have a corresponding Parent Group and attendance of at least one parent or guardian is required.



Kids in Control

This is a 6-session program for children aged 3 through 7, who could benefit from anger management, self-control, and emotional expression training. Anger can be a confusing and overwhelming emotion to feel and respond to. Physical symptoms which accompany anger may include trembling, increased perspiration and heightened blood pressure and heart rate. This is one reason why children often associate anger with loss of control. But anger is a useful emotion which can be managed and directed, given the right skills and coping strategies. Through art, games and activities, children in the group will learn self-calming methods and other constructive ways to express their feelings without using aggression. Children will have the opportunity to enhance their social skills, feelings of competency, and personal effectiveness in the area of anger control while reducing self-defeating behaviours.



Kids in Between

This is a 6-session program for children aged 6 and 7 years, who are experiencing parental separation or divorce. Children who have been affected by parental separation and divorce are often struggling with a variety of unfamiliar and uncomfortable feelings. They will sometimes feel that they are the only ones experiencing these feelings and that no one will be able to understand them. Through art, games and activities, children have the opportunity to express their feelings and have them validated. They will also learn positive coping strategies to assist them in grieving the loss of their nuclear family and in dealing with divided loyalties.



Bravehearts

This is a 6-session skill building group for children ages 3 to 5 years that focuses on stimulating independence, building confidence, and developing coping skills. Through art, games and stories, children have opportunities to examine how they express their feelings and to develop coping skills which will aid in expressing feelings. This group also focuses on stimulating independence in children and increasing their confidence. Parents learn how to support their children's growing independence and support the use of coping strategies they learn during group sessions.