



Do you have a child with autism who struggles with anxiety?

FACING YOUR FEARS is a family-focused 14-week program for children with high functioning autism who need help learning to manage anxiety and fears.

This small-group program uses cognitive-behavior therapy (CBT) strategies to help young people identify and manage their anxieties and fears. A parent education component is an integral part of the program and allows for the practice of strategies learned in the group at home and in the community.

This program is ideal for children 8-12 years old with an autism diagnoses, who read at a grade 2 level and perform close to their peers in language and intellect. An initial screening interview will be conducted to ensure the program is appropriate for your child and family needs.

Next Session begins April 3, 2018 (6:30-8:00 pm)

Phoenix Centre for Learning, 437 Welland Ave., Suite 300, St. Catharines

For more information or to register:

call 289-362-5069 or email info@phoenixcentreniagara.ca

www.phoenixcentreniagara.ca



Facing Your Fears is offered in Niagara by **Autism Community** and is supported by the proceeds of Evan's Ride for Autism

