# Kid Collective

*A 'collective' of professionals, businesses, children, and families with the goal of creating opportunities to live their best life.*

**A Therapeutic Collaboration with:**

INNER WELLNESS THERAPY
*www.innerwellnesstherapy.ca*

functional THERAPY INC.
*www.functionaltherapy.ca*

AC PSYCHOLOGY
*amanda@acpsych.ca*



# Worry Warriors



**Helping kids understand anxiety, build coping and calming skills & feel more confident facing worries.**

## Does worry get in the way of your child's everyday life?

Worry Warriors is an 8-week therapeutic group for children who may experience frequent worries, anxiety, reassurance seeking, avoidance, or difficulty facing new and challenging situations.

### GRADES 1 - 3

**Thursdays**
**5:00 - 6:00 PM**

### GRADES 4-6

**Thursdays**
**6:30 - 7:30 PM**

**October 8 - December 3, 2026**
**No group November 12**
**8 SESSIONS**

## Learn more about Worry Warriors!

See page 2 for full program details.

**$110 / Session**
✓ DIRECT BILLING available
Please check your benefit coverage

Please call **780-977-4222**
or email **info@functionaltherapy.ca** to register



# Worry Warriors



**Helping kids understand anxiety, build coping and calming skills & feel more confident facing worries.**

## IS THIS GROUP RIGHT FOR MY CHILD?

This group is designed for children who may:

- Worry excessively or need frequent reassurance
- Have difficulty separating from parents
- Avoid new, social, or challenging situations
- Worry about making mistakes
- Experience physical symptoms such as stomach aches or headaches
- Have difficulty settling their mind at bedtime

## WHAT WILL MY CHILD LEARN?

In this groupm your child will learn to better understand what anxiety is, how it affects their thoughts and bodies, and what they can do to manage it.
Through interactive activities and evidence-based therapeutic strategies, children will learn skills to:

- Recognize and understand their anxiety
- Identify anxious thoughts and patterns
- Manage physical symptoms of anxiety
- Use coping and calming strategies
- Challenge unhelpful thinking
- Build confidence when facing worries and challenging situations

Group therapy also gives children the opportunity to connect with peers who experience similar challenges and practice these skills in a supportive and understanding environment.

## GROUP DETAILS

**October 8 - December 3, 2026**

***No group November 12***

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**Thursdays**
**5:00 - 6:00 PM**

**GRADES 4 - 6**
**Thursdays**
**6:30 - 7:30 PM**

## FACILITATED BY:


**Amanda Crouse**
AC Psychology
*Registered Psychologist*

**Heather Beaton**
Inner Wellness Therapy
*Registered Provisional Psychologist*


**DIRECT BILLING AVAILABLE** | **$110 / SESSION** | **REGISTERATION: 780-977-4222**