

New Service to Help Kids with Anxiety

Confident Parents: Thriving Kids – Anxiety Program is a phone-based coaching service for parents and caregivers that effectively reduces mild to moderate anxiety in their children ages 3 – 12.

Through a series of online videos supported by 4 to 8 weekly coaching sessions, parents and caregivers build skills and strategies they can use with their child at home, at school and with friends.

Developed by the Canadian Mental Health Association, BC Division in collaboration with experts on child anxiety, the program incorporates concepts from cognitive behavioural therapy (CBT).

The program is available for free across BC through physician referral beginning April 29.

For more information and referral forms, please visit www.confidentparentsbc.ca