

## CHADS Behavioral Services

Medicine Hat: 403-502-8257

Brooks: 403-793-6664



## Child & Parent Group Services Information:

June 2017



### ***Kids in Control:***

This is a 6-session program for children who could benefit from anger management, self-control, & emotional expression training. Anger can be a confusing & overwhelming emotion to feel & respond to. Physical symptoms which accompany anger may include trembling, increased perspiration & heightened blood pressure & 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 & directed, given the right skills & coping strategies. Through art, games & activities, children in the group will learn self-calming methods & other constructive ways to express their feelings without using aggression. Children will have the opportunity to enhance their social skills, feelings of competency, & personal effectiveness in the area of anger control while reducing self-defeating behaviors. There

is a corresponding Parent Support Group; attendance of at least one parent or guardian per child is required. Pre-registration is necessary; call one of the phone numbers above.

### ***START DATES FOR UPCOMING GROUPS:***

#### ***Medicine Hat:***

***KIC for 3-4 Year Olds: Sept. 26***

***KIC for 4-5 Year Olds: Sept. 11***

***KIC for 6-7 Year Olds: Aug. 14***

#### ***Brooks:***

***KIC for 4-5 Year Olds: Aug. 21***

***KIC for 6-7 Year Olds: Aug. 21***



### ***Kids in Between:***

This is a 6-session program for children aged 6 & 7 years, who are experiencing parental separation or divorce. Children who have been affected by parental separation & divorce are often struggling with a variety of unfamiliar & uncomfortable feelings. They will sometimes feel that they are the only ones experiencing these feelings & that no one will be able to understand them. Through art, games & activities, children have the opportunity to express their feelings & have them validated. They will also learn positive coping strategies to assist them in grieving the loss of their nuclear family & in dealing with divided loyalties. There is a corresponding Parent Support Group; attendance of at least one parent or guardian per child is required. Pre-registration is necessary; call one of the phone numbers above.

***START DATES FOR UPCOMING GROUPS (Medicine Hat): Aug. 14***



### ***Bravehearts - Stimulating Independence, Building Confidence & Developing Coping Skills:***

This is a 6-session skill building group for children ages 3-5 years. Through art, games & stories, children have opportunities to examine how they express their feelings & to develop coping skills which will aid in expressing feelings. This group also focuses on stimulating independence in children & increasing their confidence. Parents learn how to support their children's growing independence & support the use of coping strategies they learn during group sessions. There is a corresponding Parent Support Group; attendance of at least one parent or guardian per child is required. Pre-registration is necessary; call one of the phone numbers above.

***START DATES FOR UPCOMING GROUPS (Medicine Hat): Oct. 18***