

MENTAL HEALTH ONLINE: Taming the Worry Dragons

The goal of this mental health group is for participants to experience a decrease in anxiety.

Our Clinical Counsellor will help to equip the participants with knowledge, tools and skills to decrease anxieties and stressors in every day life.

Sessions will be structured in the following way:

- Check in (worry dragon scale & weekly statement - prepared ahead of time)
- Psychoeducation about the topic of the week
- Independent time to work on worksheet or group practice
- Discussion about topic, worksheets, or practice
- Time to write hopeful statement
- Closing - sharing hopeful statement and end of group worry dragon rating

Cost: \$420.00 for 8 weeks

AGES 9-14



Pivot Point Online Services

Pivot Point offers a wide range of interactive online services for young children, youth and teens, adults and caregivers. Most online groups are limited to FIVE participants with 1 or 2 staff members. This ensures each person receives ample individual attention, while being part of an active group.

Scan this QR Code to register and to learn about our additional group activities.



Online Group Features

- ✓ Each session topic and agenda is thoughtfully preplanned
- ✓ All group time is carefully lead and monitored by trained staff
- ✓ Additional time is available for those needing 1-1 attention
- ✓ The same course is offered on different days and at different times, making it easy to fit your schedule
- ✓ We focus on making learning fun!