

Registration Please complete the following and return it with payment to confirm your registration.

Children's Groups:

Child's Name: _____

Date of Birth: _____

Parents' Names: _____

Address: _____

E-Mail: _____

Phone: (H) _____

(W) _____

Please check which age group you are registering for:

Ages 6-9 years 9:30 am – 10:45 am

Session 1 Session 2

Ages 10-13 years 11:00 am – 12:15 pm

Session 1 Session 2

Registration Deadlines

Session #1 – October 25, 2024

Session #2 – January 24, 2025

Method of Payment:

Cash Cheque VISA MASTERCARD

CARD #: _____

Expires: _____

MIND MATTERS CLINIC

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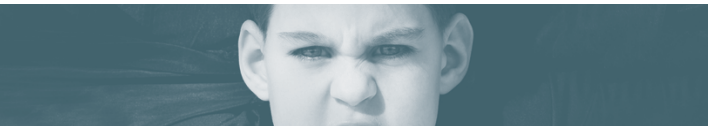
ANGER MANAGEMENT

**Groups for Children and Teens
Ages 6-13**



**mind
matters
clinic**

**3-1250 Waverley Street
Winnipeg, Manitoba
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Anger Management Groups for Children

The Anger Management Group is designed to teach children and adolescents the skills that they will need to better understand their feelings and express their anger in healthy ways. Anger is an emotion like any other, and in order to express it in a healthy way, we must first recognize and acknowledge its presence. Once we have done that, we can then move on to learning cognitive behaviour therapy techniques to reframe the thoughts that led to the anger. And, we can learn alternative ways to release anger (e.g. relaxation techniques; visualizations; physical activity).

During the group sessions, we will be teaching and rehearsing appropriate anger management techniques, and there will be assigned work for practice throughout the week. The group sessions will focus on:

- Identification, differentiation, and appropriate expression of feelings
- Learning how to self-monitor rising feelings of anger and frustration, and how to decrease the build-up of feelings
- Learning communication and active listening skills
- Self-control development
- Self-esteem enhancement
- Practicing learned techniques at home and school

If your child is new to the practice, we would like to schedule an individual session with parent and child in order to formulate personal goals for your child.

Dates and Fees

Children's Groups:

Ages 6-9: 9:30 a.m. – 10:45 a.m.

Ages 10-13: 11:00 a.m. – 12:15 p.m.

FEES:

\$130 for each of the five group sessions (\$650 in total)

Prior to the start of the group, an individual session with parent and child will be scheduled at your convenience. This session is designed for the therapists to better understand the needs of your child, and learn about the goals that you have for your child's participation in the group. If your child has already been assessed by Mind Matters Clinic, an individual appointment may not be necessary. The cost of the individual session is \$225.00, and can be billed in the parent's name.

Individuals with extended Health Care benefits may be eligible for coverage. Check your benefits to determine whether you are covered by a 'Registered Clinical Psychologist'. Call us to determine how your coverage can be applied to the fees.

Session One – 2024

November 3, 10, 17, 24

December 1, 2024

Session Two – 2025

February 2, 9, 16, 23

March 2, 2025