

Don't Flip Your Lid!



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VIRTUAL GROUP FOR CHILDREN STRUGGLING WITH EMOTION REGULATION & THEIR CARING ADULTS

Is your child quick to "flip their lid"? Do they struggle to stay calm when they get frustrated? Once they are worked up, do they take a long time to calm down?

This 6-week virtual group is designed to help children & their caregivers learn skills to effectively **cope with big feelings**.

Each week:

- a group of max. **8 children** will meet virtually with **2 clinicians** for **1 hour**
- caregivers will be emailed a **family resource**, outlining ways they can **practice and expand** on the week's content at home

Caregivers will **meet twice** with clinicians, at **weeks 3 & 6**, to review what has been taught in the group and discuss how they can support their kids with their big feelings.

GRADES 1-3

SUNDAYS, 4-5PM
STARTING MAY 29, 2022

CAREGIVER SESSIONS:
MAY 29 & JULY 3, 8PM

GRADES 4-6

SUNDAYS, 6-7PM
STARTING MAY 29, 2022

CAREGIVER SESSIONS:
MAY 29 & JULY 3, 8PM

COST: \$800 (\$100 PER SESSION)

*Note: receipts will be provided, and the cost of the session will be reimbursed by most comprehensive insurance plans. Please check with your provider to see if your plan will cover the sessions.

For more information, or if you would like to register, please contact:
Michela DiStefano at mdistefano@cafco-ceafo.ca

additional details:

The group will use elements of **cognitive behavioural therapy** (CBT), **dialectal behaviour therapy** (DBT), **mindfulness**, and **body-oriented approaches** to help children **develop emotion regulation skills**.

Amongst other topics, we will discuss:

- emotional vocabulary
- what emotions feel like in the body and how to tune into them
- identifying triggers
- how thoughts, feelings, and actions are related
- how to notice and challenge unhelpful thoughts
- concepts of control, measuring challenges & making mistakes
- self-compassion

Children will be **provided with a workbook** to use throughout the group, and **each session** will:

- open and close with a **relaxation/mindfulness exercise** & feelings check in
- use a **hands-on activity** to cover that week's topic
- teach **three new skills** with opportunities to practice in group
- incorporate **colouring** and **drawing**
- be **interactive** and **fun!**

Home practice will be an important part of the learning and caregivers will be encouraged to actively incorporate skills taught in the group at home.

