



C A F C O
C E A F O



SPACE

Supportive Parenting for Anxious Childhood Emotions

a virtual therapy group for caregivers
of anxious children and youth

The group may be right for you if your child in grades 1 - 8 struggles with:

- separation anxiety,*
- social anxiety,*
- generalized anxiety,*
- fears/phobias,*
- panic disorder,*
- agoraphobia,*
- selective mutism,*
- obsessive-compulsive disorder*

SPACE is a caregiver-based treatment program for children and adolescents struggling with anxiety, OCD, and related problems.

SPACE was developed by Dr. Eli Lebowitz at the Yale Child Study Center. It has been tested, and found to be effective in randomized controlled clinical trials. In fact, researchers have found that supporting caregivers of anxious kids using SPACE is just as effective as 1:1 treatment of the kids themselves.

The treatment focuses on changes that caregivers can make to their own behaviour to support their child.

Starting May 17th, 2022

7 consecutive weeks

Thursdays, 7:30pm - 9pm ET

\$125/week

For more information or to register, please email Michela DiStefano at mdistefano@cafco-ceafo.ca

EVERYONE
is welcome here.