

Maplewoods Centre for Family Therapy and Child Psychology



DOES YOUR CHILD STRUGGLE WITH SELF-CONFIDENCE, ANXIETY, AND HAVE DIFFICULTY MAKING FRIENDS?

JOIN THE POSITIVE AND CONFIDENT KIDS (PACK) GROUP!
PACK is a Cognitive Behavioural Therapy group that will provide
skills to manage anxiety, develop confidence, and foster friendships.

Who

Children 8-13 years old with anxiety or a neurodevelopmental disorder (e.g. FASD, ASD, ADHD) that have difficulty with friendships

When

Begins Fall 2023
7-week in-person group

Where

Maplewoods Centre for Family Therapy and Child Psychology
50 College Avenue West | Guelph | ON