

# **Facing Your Fears Program**

Child and Youth Mental Health (CYMH) Surrey-Guilford is pleased to offer the Facing Your Fears anxiety group. This group is designed for high-functioning children and youth who are verbally fluent, have a diagnosis of autism spectrum disorder, and also have difficulties managing their anxiety. This is an evidenced-based approach supported by over 10 years of research.

## **About the Group:**

- This group focuses on helping children and their parents identify worries, develop coping strategies, and practice “facing their fears” with guidance and support from group facilitators
- Participants will work in a large group for part of each session and then divide into child and parent groups
- Parent participation is vital for sustaining strategies in their child’s day-to-day activities, therefore parent participation is required

**Eligibility:** Children and adolescents 8-12 years old with a formal diagnosis of Autism Spectrum Disorder (ASD) who also have difficulties managing their anxiety, and live in Surrey, BC.

**Time:** Wednesdays 3:30-5:00pm beginning October 25<sup>th</sup>. The groups take place weekly for 14 weeks (with a break on Dec. 20, 27, and Jan. 3).

**Location:** CYMH Guilford office: #8-15355 102A Ave. Surrey, BC V3R 7K1

**Cost:** Free of charge

**Referral Information:** Please attend your local CYMH Surrey office for intake on Wednesdays between 9:00am-3:30pm (Guildford: 8-15355 102A Ave; Cloverdale/Fleetwood: 15405 88<sup>th</sup> Ave; Newton: 200-13630 72<sup>nd</sup> Ave; Surrey North: 201-13680 105A Ave).

Please attend your local CYMH Surrey intake clinic listed above with a copy of your ASD diagnostic report to obtain a referral for screening for the group. If you require more general information about this group, please contact Dr. Kimberly Armstrong, R.Psych. at [Kimberly.Armstrong@gov.bc.ca](mailto:Kimberly.Armstrong@gov.bc.ca) or 604-586-2818.