

# FACING YOUR FEARS

A group program for youth aged 9-12 with **Autism Spectrum Disorder (ASD)** & average cognitive abilities who have difficulties managing their **anxiety**

## ABOUT

A **group-based** treatment focused on helping **children** and their **parents identify worries**, develop **coping strategies**, and practice **facing their fears** with support from group facilitators  
Parent attendance is required at all sessions

## WHERE

**The Child Development Centre**  
3820 24 Ave NW, Calgary, AB

## WHEN

**Wednesdays from 4:30-6:00pm** for 14 weeks  
Must be committed to attending all 14 sessions  
First session in **October 16, 2019**

**SPACE IS LIMITED**

**ENROLL NOW!**

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**CALGARY**

This study has been approved by the University of Calgary  
Conjoint Health Research Ethics Board (REB17-1711)