



TRAILS to Wellness: Coping with Anxiety



Virtual Group for Grade 3-5 DCDSB Students

Does this sound like your child?

- Avoiding situations or places because of fears
 - Constant Worrying
 - Clinging, crying and/or tantrums when you separate
 - Complaints of frequent stomach or head aches with no medical explanation
 - Difficulties sleeping or sleeping independently due to fears or worries
- (checklist courtesy of AnxietyCanada)

If you answered yes to any of these questions, your child may be dealing with feelings of anxiety or sensitivity and may benefit from the TRAILS to Wellness: Coping with Anxiety Virtual group, which is an evidenced based group intervention aimed to reduce anxiety in children.

Join Us for a Parent Information Session to learn about anxiety and sensitivity in children, how you can support your child and to learn if the TRAILS to Wellness: Coping with Anxiety Virtual group may be right for your child.

TRAILS to Wellness Coping with Anxiety Parent Information Session

When: September 26, 2023 from 6:00 to 7:30 pm

Where: Virtual

To Register: <https://www.eventbrite.ca/e/650900188987?aff=oddttdtcreator>

Frequently Asked Questions

Who is TRAILS to Wellness for?

TRAILS to Wellness: Coping with Anxiety is for DCDSB students in Grades 3-5 whose anxieties and sensitivities are affecting their daily life.

Who leads TRAILS to Wellness?

TRAILS to Wellness is delivered by two Registered Social Workers who work for the Durham Catholic District School Board. Both Social Workers have a Masters degree in Social Work and experience providing intervention to children with anxiety.

How are students selected for TRAILS to Wellness?

Parents and caregivers who are interested in the series will attend a virtual information session to learn more. If TRAILS to Wellness: Coping with Anxiety seems like it may be a good fit for their child, parents or guardians will sign up for a brief telephone screening with one of the group leaders. During this screening, the group leader will ask some key questions to help determine if TRAILS to Wellness: Coping with Anxiety would be a good fit or if there are other resources that may be more helpful.

If my child is selected for TRAILS to Wellness, when and where will the series be held?

TRAILS to Wellness: Coping with Anxiety is a 10 week group and will be held virtually every Thursday from 5:30-6:30pm and is expected to begin on October 26, 2023 to January 18, 2024.

Is there a parent component?

Parents and guardians will be responsible for ensuring their child is able to connect virtually each week, and to ensure that someone is in the home as a support during session time if needed. Parents will also receive a weekly email to review the content of the group and ways they can support their child.

What if I am not sure if TRAILS to Wellness is right for my child?

Please attend the Information Session. The session will provide you with key information to help you to decide. If TRAILS to Wellness isn't right for you, you will still learn some general information about anxiety and will be informed of other resources that may be of interest.

What if I have questions?

If you have questions about the Parent Information Session or the TRAILS to Wellness series, you can email Jillian.Cipriani@dcdsb.ca or Kim.Sundal@dcdsb.ca