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Contact us to  
make a referral  
**1-833-635-7277**

# VIRTUAL



## FACING YOUR FEARS

ANXIETY MANAGEMENT FOR YOUTH WITH AUTISM

ONLINE PARENT AND CHILD COGNITIVE BEHAVIOUR  
THERAPY GROUP FOR MANAGING ANXIETY IN  
CHILDREN 8-14 YEARS OLD WITH AUTISM

Facing Your Fears is a 14-week program for children and parents that uses a cognitive-behavioural group therapy approach for the reduction of anxiety symptoms in children with autism spectrum disorders.

**COST: \$2,704**

**-\$300.00 SUBSIDIZED BY THE  
ONTARIO TRILLIUM FOUNDATION**

**14 Week Program  
Weekly on Wednesdays  
Starting May 1, 2024**



## PARTIALLY SUBSIDIZED BY THE ONTARIO TRILLIUM FOUNDATION

### PARENT SESSION TOPICS

Psychoeducation about anxiety disorders  
Basic principles of CBT • Child specific anxiety symptoms • Graded exposure  
Parental anxiety and parenting styles • Social and communicative challenges related to ASD

### CHILD SESSION TOPICS

Introduction to anxiety symptoms (individual expression of anxiety symptoms) • Common CBT strategies  
Tools and strategies to treat anxiety symptoms

### GROUP ACTIVITIES

Group curriculum using the principles of cognitive-behaviour therapy • Variety of fun and individualized activities & engaging lessons • Worksheets and home practice

### PARTICIPATION REQUIREMENTS

Access to an internet connection • Electronic device with camera and microphone • Private space for learning

### PROGRAM INCLUDES

Weekly parent & child sessions • Parent attendance and participation required • Initial virtual assessment to determine eligibility • Oversight by a Board Certified Behaviour Analyst/Clinical Supervisor • Facilitated by Registered Behaviour Technicians

### ELIGIBILITY & SKILL REQUIREMENTS

Must provide documentation supporting Autism Spectrum Disorder diagnosis • Strong verbal communication skills • Significant anxiety, worry, fears, social phobia, specific phobia, generalized anxiety disorder, or separation anxiety disorder • Average or above-average intellectual ability • 2nd grade reading level or above • Safety concerns and challenging behaviour are low and/or caregivers are able to safely manage any challenging behaviour • Commitment of both parent and child to attend weekly sessions • Ability to attend to a lesson up to 45 minutes • Basic keyboard/typing skills an asset

**To make a referral for this group call us at (905) 666 9688 EXT. 640 or email [akennedy@lrcss.com](mailto:akennedy@lrcss.com)**

