



MixedEmotions

Anxiety and Depression Group for Children & Youth

“Mixed Emotions” will provide support to children and youth between the ages of 8-18 who are experiencing anxiety and/or depression.

“Mixed Emotions” will strengthen the participant’s knowledge of anxiety and depression, expand their “toolbox” of coping skills, increase personal accountability and assist in relapse prevention.

“Mixed Emotions” includes parent/caregiver sessions that assist in understanding anxiety and depression, provides practical coping skills and support. These sessions will take place on the first, second and last sessions. * indicates parent session

Ages 8-12

Tuesday

October 6*, 13*, 20, 27

November 3 & 17*

No Class November 10

3:30-4:30pm

Ages 13-18

Wednesday

October 7*, 14*, 21, 28

November 4 & 18*

No Class November 11

3:30-4:30pm

All Groups will take place at Prince Albert Mental Health –2345 – 10th Avenue West

To register, please contact Intake at (306) 765-6055. For more information please contact Chelsey Beres at Prince Albert Mental Health (306) 765-6055

