

# FACING YOUR FEARS



AN ANXIETY MANAGEMENT PROGRAM  
FOR CHILDREN WITH AUTISM (AGES 8-14)

"The safe, supportive small group setting allows my son to be more outgoing and vocal than he normally would be. FYF provides opportunities for him to practice skills in a safe environment with the support of skilled clinicians."

Facing Your Fears Parent

**Facing Your Fears** is designed for children on the autism spectrum who are having difficulties managing their anxiety. A well-developed caregiver education component is part of the program, allowing strategies learned in groups to be implemented at home. Facing Your Fears uses cognitive-behavioral principles to help young people identify their anxiety and fears, as well as learn supportive strategies to better manage these feelings. This program is based on over 10 years of funded research through the University of Colorado, School of Medicine.

## PROGRAM DETAILS

- 14-week program, 90-minute session once per week
- Focuses on helping children and their caregivers identify worries, develop coping strategies, and practice managing anxiety with guidance from program facilitators
- Caregiver participation is required
- Delivered by a Registered Psychologist and Occupational Therapist
- Funding may be provided by FSCD

## ELIGIBILITY REQUIREMENTS

- Participants must be 8 - 14 years old
- Must be verbal, conversational
- Must be able to read at a Grade 2 level

*An initial screening assessment will be conducted to ensure appropriateness of the program for the individual.*

## SESSION DATES

Recruitment for **Facing Your Fears** is ongoing.

Please contact us for upcoming session dates.

## PROGRAM COST

**With FSCD:** \$150 plus \$35 for the program workbook.

**Without FSCD:** \$1,800\*. A final report can be requested for an additional \$110.

\*The \$1,800 fee can be paid in three installments. A portion of this fee may be covered with OT or psychology hours under a private healthcare plan.

\*If cost is a barrier, please contact Anne for pricing options

## APPLY TODAY

## FOR MORE INFORMATION AND TO APPLY, CONTACT

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