

FIGHTING WORRY MONSTERS



A TREATMENT PROGRAM FOR CHILDREN WITH ANXIETY

Dr. Kate Aubrey | Registered Psychologist

PROGRAM GOALS

- Understand anxiety and its triggers
- Learning how to manage stress and solve problems
- Identify and challenge negative thoughts
- Gradually approach feared situations

Fighting Worry Monsters is a treatment program developed by Dr. Kate Aubrey for **school aged children** with anxiety or worries.

The program is designed for children with a range of worries, such as social anxiety, obsessive compulsive disorder, and generalized worries.

Fighting Worry Monsters uses **empirically supported cognitive behavioural strategies** to help children overcome fear.



At present, Fighting Worry Monsters is only offered to individuals but may be offered as a group in the future. If you are interested in this program, please contact Dr. Aubrey's office to schedule an appointment.