

ANXIETY:
TREATABLE
AND
MANAGEABLE



ANXIETY
MANAGEMENT
THAT
WORKS

Give your child
the opportunity
to learn
essential,
effective skills to
manage anxiety

**A proven program
for kids, teens,
& young adults**

LEARN MORE:

www.emable.org
antonia@emable.org
(+1) 647-561-2804



ABOUT COOL KIDS / CHILLED

The Cool Kids Program is a world-renowned skills-based program that teaches children (including teenagers – through the “Chilled” version) and their parent(s) how to better manage anxiety. The program has been running at Macquarie University (in Sydney, Australia) since 1993 and numerous research studies have found that most young people who complete the programs show significant improvement.

Topics covered in the program include:

- Learning about feelings and anxiety.
- Learning to think realistically.
- Parenting an anxious child.
- Fighting fear by facing fear (stepladders).
- Learning coping skills such as building confidence or problem solving.

Parents are shown how to support their child in the use of these new skills and a section of the program focuses specifically on parenting strategies that encourage children to self-manage anxiety.



THE COOL KIDS / CHILLED PROGRAM IS DESIGNED FOR CHILDREN:

- WHO ARE 7-17 YEARS OLD (GRADES 2- 12),
- WHERE ANXIETY IS THE MAIN PROBLEM BEING EXPERIENCED, AND
- WHERE ANXIETY IS IMPACTING THEIR DAY-TO-DAY LIFE.
- WE HAVE ALSO TAILORED THE CHILLED PROGRAM TO ADAPT TO THE NEEDS OF YOUNG ADULTS 18-24



HOW TO GET INVOLVED

TWO STAGES ARE INVOLVED:

ASSESSMENT

A thorough assessment will be conducted to determine if the program is likely to be helpful for your child. The assessment involves online questionnaires and a face-to-face or telehealth interview with a child and their parent(s).

TREATMENT PROGRAM

If the program is recommended, you will have the option to complete the treatment program, either in group format or individually. The 50-60 minute sessions take place at the same time each week over 10-12 weeks. These sessions can take place in person or by video-conferencing.

TO APPLY FOR THE PROGRAM OR LEARN MORE, CONTACT US OR VISIT OUR WEBSITE:

WWW.EMABLE.ORG
ANTONIA@EMABLE.ORG
(+1) 647-561-2804

