

ISLAND CLINICAL COUNSELLING

Anxiety/Social Groups

Groups for Children and Youth

ICC offers regular child and youth specific group programming throughout the year. Child therapists provide groups for children and youth that are inclusive. Groups allow children and youth to receive both connection and support. We use creative methods to engage participants and make them feel comfortable. All groups are neurodivergent and diverse ability friendly. Ages are based on your child or youth's developmental age and fit for group rather than just chronological age.

The following groups are offered throughout the year. [Email Hannah](#) to sign up for:

1. Stress Busters *Ages 8-11 years old*

Description: Connect with like minded peers who can relate to similar challenges as we learn about anxiety and stress management skills. Develop and trial practical tools and techniques through the use of art, games, and fun activities. Key areas of focus include understanding the effects of anxiety, everyday triggers, and coping strategies such as mindfulness, reframing, and cognitive restructuring. Join us as we learn and grow together.

2. Artful Masterminds *Ages 11-14*

Description: Join our safe, neurodivergent-affirming environment where members connect with like minded peers who share similar interests and experiences. Learn new skills and let your creativity shine as we learn and grow together. Key areas of focus include anxiety, peer relationships, positive self talk, self compassion, time, and stress management. Build friendships, experiences, and an appreciation of your unique gifts in this gender inclusive space.

Groups for Caregivers

We offer a multitude of online Caregiver Support Groups. These are an opportunity for parents to learn from each other under the guidance of a Registered Clinical Counsellor. This space facilitates new learning and also emphasises to caregivers that they are not alone.

[Email Kathryn](#) for:

- OCD Caregiver Support Group: Obsessive Compulsive Disorder impacts the entire family system. Family accommodation, burn out, and frustration with limited services are the typical experiences family's report when they have a child with OCD. Join us in a welcoming and supportive atmosphere for a time of sharing and listening as parents come together to encourage and problem solve together. Facilitated by Kathryn, a clinical counsellor, this group is for individuals who have children of any age with OCD like tendencies.

Groups for Body Focused Repetitive Behaviours

Kathryn has teamed up with Jason Yu, from Fidget Podcast to offer some very exciting BFRB opportunities! Island Clinical Counselling offers specific group therapy options for people with Body Focused Repetitive Behaviours. We offer a regular workshop, which is four weeks that outlines the basic treatment for BFRBs. We also host several ongoing support groups that allow individuals with BFRBs the space to come together to discuss their experiences and support one another with strategies and accountability:

1. BFRB Support Group: Ages 17 and up, this group provides individuals with BFRBs a safe place to share their struggles and victories, share ideas, and learn ways to cope.
2. BFRB Teen Support Group: Ages 11 to 18 on Zoom, Wednesdays at 5pm
3. BFRB Caregiver Support Group: A place for caregivers of individuals with BFRBs to share their experiences, learn ways to support their loved ones, and find encouragement, Mondays at 8pm

[Sign up here.](#)

Resources:

See the trailer for our workshop here: <https://www.youtube.com/watch?v=BbjQE1Ep5lQ>

Jason has created an amazing resource list.

This free PDF comes with a BFRB Process Quick Start Guide and can be obtained at <http://eepurl.com/hKOyW5>

Jason describes the process of having a BFRB here: <https://www.youtube.com/watch?v=Ni3z5rLTzvU>

Adult Support Groups

We offer a few online and in person opportunities throughout the year, such as an OCD support group for adult clients.

[Email Kathryn](#) for:

- Online OCD Support Group: For adults who have OCD tendencies and are looking for ideas on how to manage their symptoms. This is also a safe space to discuss things like medication, relationships, workplace challenges, and the nature of their OCD symptoms.

Fees and Registration

Child and Youth Groups: \$30 per session; package prices may apply.

Adult and Caregiver Groups: \$40 per session.

Some benefit plans will cover these groups. We can apply for Autism funding for caregiver and child/youth groups.

We can apply to the Variety Charity for funding if your family qualifies.

Registration is easy! Email the clinic at: info@islandclinicalcounselling.ca or call **(778)762-3750** and Press 0 to speak to intake.