



# Facing Your Fears

## Anxiety Group for Children with Autism

**Pacific Autism Family Network/ ABLÉ Developmental Clinic**  
Group Leaders: Drs. Kristen McFee, Krista Johnston, Sophia Sandhu

**Sept-Dec 2018; Jan-Apr 2019**

**WHO:** Children with high-functioning ASD aged 8 - 12 years and their caregiver(s)

**WHAT:** Facing Your Fears is an evidence-based intervention for anxiety in children with ASD. Caregiver(s) and children work together to learn strategies to manage anxiety and to face fears in small steps in a fun and engaging environment.

**WHERE:** Groups are run out of two locations:

- **PAFN** (3688 Cessna Dr., Richmond, BC, V7B 1C3)
- **ABLE Clinic** (Suite 110 585 16<sup>th</sup> St., West Vancouver, BC, V7V 3R8)

**COST:** \$200/session (1.5 hours), 14 sessions, extended health/AFU funds applicable

Please contact ABLÉ Clinic for information

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