



COPE PROGRAM

6-Week In-Person CBT Group Therapy

WHO: Grades 3 to 5 (ages 8 to 11)

WHAT: COPE Program (self-regulation skills)

WHERE: 19 Thorne St. (conference room)
Cambridge, ON

WHEN: Wednesdays from 5:30 to 7:00 p.m.
January 11th – February 15, 2023

WHY: The **COPE Plan** is designed to help improve self-regulation and problem-solving skills in children. This skill building intervention is based on a combination of Cognitive-Behavioural Therapy (CBT), mindfulness, and play-based strategies to increase “tools in one’s toolbox.”

FACILITATORS: Gillian Hay, M.Sc., Psychological Clinician &
Dr. Natasha Whitfield, Ph.D., C.Psych., Registered Child Psychologist

COST: \$600.00 *

TO REGISTER:

☎ : 226-600-4712
✉ : intake@cpbs.ca
🌐 : cpbs.ca

