

SPACE Parent Group

Supportive Parenting for Anxious Childhood Emotions

Parents

- Does your child struggle with anxiety?
- Does your child's anxiety impact your family life?
- Have you tried other approaches that have not been successful?

About SPACE

Developed at Yale Child Study Center, SPACE is an evidence-based treatment for child anxiety. SPACE focuses on how parents can make changes to improve their child's anxiety symptoms. While the child's anxiety is the treatment target, only parents attend sessions.



Group Details

- Led by Registered psychologists
- For parents of children age 5-12
- Virtual group, meaning that parents can join across Alberta
- 8 weekly sessions that are 90 minutes in length

www.tandempsychology.ca 780-761-3871

