

COPING CATS (ANXIETY) PROGRAM

**MONDAY,
SEPTEMBER 16 to NOVEMBER 4, 2019
6 p.m. to 8 p.m.
at AJAX WELCOME CENTRE**

What is COPING CATS?

Coping Cat is a cognitive-behavioral treatment for children with anxiety. The program incorporates the following components:

- ◆ Recognizing and understanding emotional and physical reactions to anxiety.
- ◆ Clarifying thoughts and feelings in anxious situations.

**If you would like to access Children's Mental Health or for more information, please contact
Kinark Children and Youth , Central Intake at
1-888-454-6275**



**Welcome Centre - Ajax
458 Fairall Street, Unit 5
Ajax, ON L1S 1R6**

**Toll-free: 1-877-761-1155
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