

Registration Please complete the following and return it with payment to confirm your registration.

Children's Groups:

Child's Name: _____

Date of Birth: _____

Parents' Names: _____

Address: _____

Phone: (H) _____

(W) _____

Please check which age group you are registering for:

Ages 6-9 years 9:30 am – 11:00 am

Session 1 Session 2

Ages 10-13 years 11:30 am – 1:00 pm

Session 1 Session 2

Registration Deadlines

October 20th, 2011 for the first session

March 25th, 2012 for the second session

Method of Payment:

Cash Cheque VISA MASTERCARD

CARD #: _____

Expires: _____

DR. CATHY MOSER AND ASSOCIATES

**Assessment and Treatment
of Children and Adults**

Professional Psychologists, Social Workers, Speech-Language Pathologists and Art Therapists who are trained to assess and treat a full range of emotional, behavioural, academic, and relationship problems.

Also available on premises:

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**3-1250 Waverley Street
Winnipeg, Manitoba
R3T 6C6**

**Phone: (204) 477-8555
Fax: (204) 487-4248**



**3-1250 Waverley Street
Waverley at Buffalo Place
www.drcmoser.com**

ANGER MANAGEMENT



Group Therapy for Children

Anger Management Groups for Children

The Anger Management Group is designed to teach children and adolescents the skills that they will need to better understand their feelings and express their anger in healthy ways. Anger is an emotion like any other, and in order to express it in a healthy way, we must first recognize and acknowledge its presence. Once we have done that, we can then move on to learning cognitive behaviour therapy techniques to reframe the thoughts that led to the anger. And, we can learn alternative ways to release anger (e.g. relaxation techniques; visualizations; physical activity).

During the group sessions, we will be teaching and rehearsing appropriate anger management techniques, and there will be assigned work for practice throughout the week. The group sessions will focus on:

- Identification, differentiation, and appropriate expression of feelings
- Learning how to self-monitor rising feelings of anger and frustration, and how to decrease the build-up of feelings
- Learning communication and active listening skills
- Self-control development
- Self-esteem enhancement
- Practicing learned techniques at home and school

If your child is new to the practice, we would like to schedule an individual session with parent and child in order to formulate personal goals for your child.

Dates and Fees

Children's Groups:

Session #1:

November 6th, 13th, 20th, 27th, and December 4th 2011

Ages 6-9:

9:30 a.m. - 11:00 a.m.

Ages 10-13:

11:30 a.m. - 1:00 p.m.

Session #2:

April 8th, 15th, 22nd, 29th, and May 6th 2012

Fees:

\$90.00 for each of the five Group Sessions. (\$450.00 in total).

Prior to the start of the group, an individual session with parent and child will be scheduled at your convenience. This session is designed for the therapists to better understand the needs of your child, and learn about the goals that you have for your child's participation in the group. If your child has already been assessed by Dr. Moser, an individual appointment may not be necessary. The cost of the individual session is \$150.00, and can be billed in the parent's name.

Individuals with extended Health Care benefits may be eligible for coverage. Check your benefits to determine whether you are covered by a 'Registered Clinical Psychologist'. Call us to determine how your coverage can be applied to the fees.

Cathy Moser, Ph.D., C.Psych.

Dr. Moser is a Clinical Psychologist with a private practice in Winnipeg. She has been practicing as a Psychologist since 1986. Dr. Moser brings to the practice ten years of experience in the School System and many years of experience in private practice. She combines Cognitive Behavioural and short-term solution focused therapies to provide a unique blend of therapy that gives clients a skill set that is used to solve problems that are encountered as roadblocks to happiness. In her practice, she has had the opportunity to treat children with **Mood Disorders, Anxiety, Academic, and Behavioural Problems**. She also treats adults experiencing **Anxiety, Depression, Addictions (smoking, eating, gambling etc.), Relationship Issues, and, Separation and Divorce**.

Susan Eilers, B.A., DVATI

Susan Eilers is a Professional Art Therapist and a member of the Canadian Art Therapy Association. Susan works with children and adults of all ages, with a special interest in working with children. Susan has been able to add a unique contribution to the **Therapy Groups that Dr. Moser offers**. Within Dr. Moser's practice, Susan specializes in helping children express their feelings through Art while making the behavioural changes that allow them to function better within their classroom, peer group, and family.