

## What else should I be aware of when considering the program?

- This is a strengths-based parenting program empowering you as the primary change agent for your child
- The program includes short educational online videos supported by weekly coaching sessions
- Family-focused coaching is delivered at flexible times over 4–6 weeks by phone and web to parents and caregivers across BC



## Is the program free for me?

Yes! All Confident Parents program services and materials are free to participants and phone calls take place on a toll-free line.

## How can I access program?

The program is launching in Spring 2019 through a phased implementation approach to support quality service delivery. The first phase will consist of referrals from general practitioners, pediatricians, child psychiatrists and Ministry of Children and Family Development funded Child and Youth Mental Health teams across BC.

To be notified when the Confident Parents: Thriving Kids - Anxiety Program is accepting families, please sign up for our email list online at [www.ConfidentParentsBC.ca](http://www.ConfidentParentsBC.ca) and we will get back to you within two business days.

## About CMHA

Founded in 1918, the Canadian Mental Health Association (CMHA) is a national charity that promotes mental health for all and supports the resilience and recovery of people experiencing mental illness.

CMHA responds to the unique needs of each community, through experience and expertise on community-based mental health promotion and support.

CMHA BC is proud to be part of a family of local, provincial and national CMHAs across Canada, including 14 branches in BC, whose grassroots involvement and direct services touch the lives of over 100,000 British Columbians each year.

Learn more at [www.cmha.bc.ca](http://www.cmha.bc.ca)



Canadian Mental  
Health Association  
British Columbia  
*Mental health for all*

[www.ConfidentParentsBC.ca](http://www.ConfidentParentsBC.ca)



Canadian Mental  
Health Association  
British Columbia  
*Mental health for all*

# Confident Parents Thriving Kids

## ANXIETY PROGRAM

Worried about your child's anxiety?  
Struggling to get through daily activities?  
We can help!



[www.ConfidentParentsBC.ca](http://www.ConfidentParentsBC.ca)

Funding for the Confident Parents: Thriving Kids - Anxiety Program is provided by the Province of British Columbia

## What is Confident Parents: Thriving Kids - Anxiety Program?

Confident Parents: Thriving Kids - Anxiety Program is a skill-building program designed to help parents support their children aged 3–12 who experience mild to moderate anxiety. Offered at no cost to BC families, the program provides short educational videos supported by family-focused telephone coaching to Indigenous and non-Indigenous parents and caregivers across BC.

The program teaches effective skills and strategies to strengthen your role as a parent and help manage your child's anxiety symptoms to improve quality of life for your child and family. The telephone sessions with trained coaches can be completed from the comfort and privacy of your own home or office during day, evening and weekend hours to meet your needs.

We believe that parents are their children's most important teachers. Our primary goal is to provide education and coaching to parents in cognitive-behavioral techniques that will help you support your child to face and manage their fears and worries at home, at school and with friends. You and your child will develop lifelong skills and strategies that will improve your ability to cope with your child's worries and fears.



## Where is the program available?

The Canadian Mental Health Association (CMHA) is excited to deliver the Confident Parents: Thriving Kids - Anxiety Program throughout British Columbia through web-based content. The web-based program improves access to early interventions by reducing barriers to support such as long wait times, cost, distance and stigma associated with accessing interventions.

## What is a Confident Parents coach?

The role of the coach is to help you develop and practice new skills, to keep you motivated, to answer your questions and support your progress. Your coach will guide you through the program materials to help you complete the program step by step. Coaches are not counsellors or family therapists—they don't provide counselling or work directly with your child. Instead, they support you to become the primary change agent for your child.

## Does the program work?

The Confident Parents: Thriving Kids - Anxiety Program is based on the best available research evidence. Developed in collaboration with BC experts who work extensively with children experiencing anxiety and their families, this 'made in BC' program incorporates concepts from cognitive-behavioural therapy (CBT).

This program may not be the right fit for some children who need more intensive and specialized supports—for example, children with diagnoses such as autism spectrum disorder, fetal alcohol syndrome or significant developmental delays. Please see your primary health care provider to explore alternative services for children with these diagnoses.

## Is this program right for my family?

This program is specifically designed for parents whose children are experiencing mild to moderate anxiety symptoms that get in the way of their ability to function in their daily lives. If you answer yes to the following questions then this program may be for you!

- Are you a resident of British Columbia?
- Is your child between the ages 3 and 12 years?
- Does your child live with anxiety, excessive worry or fears?



## How does the program support the needs of Indigenous families?

CMHA is working with an Indigenous Reference Group to develop a program to meet the needs of Indigenous families across BC, launching in Fall 2019. The content and delivery will be culturally grounded in Indigenous perspectives. The program will take into consideration cultural contexts for anxiety in Indigenous children such as identity/belonging, separation from loved ones and land, racism and intergenerational trauma related to colonialism, and factors such as poverty and lack of infrastructure that can create stress for Indigenous children and their families.