



reaction to ACTION

Caregiver Group

A group for Parents & Primary Caregivers whose struggle with responding to their child's anxiety.

Does your child's anxiety....

- Prevent your child and family from enjoying social events and activities?
- Impact how your family members interact with each other?
- Have a major influence on how you parent your child?

If so, the **reaction to ACTION** group may be for you!

Is reaction to ACTION the right group for me?

Reaction to ACTION is a group for Hamilton-Wentworth District School Board parents and primary caregivers of children in Junior Kindergarten to Grade 8 who notice themselves having to work around and make changes (called accommodation) for their child's anxiety.

Examples of accommodating behaviour by parents/primary caregivers may include:

- Allowing your child to stay home from school when they are feeling anxious and you know they are not sick.
- Having to stay with your child at their social or sporting events when other children manage by themselves.
- Being more lenient with consequences for your child's inappropriate behaviour because you know it will increase their anxiety.
- Avoiding certain family events because you know your child will be anxious and you don't like when your child is uncomfortable or can't manage.

If you recognize yourself in these examples, please know there is good news! This group focuses **specifically** on the caregiver's behaviour **in response** to their child's anxiety. Your child **does not** need to be ready to engage in counselling themselves to overcome their anxiety. This group is **about you** and giving you information and skills to **change what you do** to support your child and their anxiety.

Please note:

The reaction to ACTION group is **not** designed to address challenges related to child depression; neurodivergent stress (ADHD, ASD, FASD); developmental concerns, impact of separation and divorce, trauma, grief or caregiver's own mental health struggles. Caregivers living with these challenges can find support via other community partner workshops and groups.

Referrals: Please talk to your child's teacher or school Principal to connect with the School Social Worker for further information.