



Anxiety Group Program for Children with ASD

- Has your child received a diagnosis of Autism Spectrum Disorder (ASD)?
- Does your child experience heightened levels of anxiety?
- Is he/she aged between 8-12 years?



If you answered yes to each of these questions, an upcoming project at UWA and Curtin University may be of interest to you.

We are running free anxiety groups for children with ASD.

The treatment will closely follow the 'Cool Kids' program, an effective group therapy for decreasing anxiety. It is being delivered as part of an Autism CRC research project studying the degree to which reducing anxiety improves school functioning. It runs for 10 weeks, for 1.5 hours each week, with sessions for both parent and child held at the same time.

For a random half of the children, we will also conduct two sessions (one face-to-face and one over the phone) with your child's class teacher to provide them with anxiety management strategies specifically targeted to assist your child at school.

Your child can continue with any existing therapy or medication throughout that he/she is already involved in throughout the group program.

If you are interested, please contact Adelln Sng at ADELLN.SNG@UWA.EDU.AU or 6488 2644 for more information.