

# Empowered Kids Group



**Do you know a child that has a significant person in their life with an addiction issue?**

(Such as a family member, or other person with whom they have frequent contact)



**Age Range:** 7-15 Years Old

**Duration:** 8 Weeks

**When:** Wednesday Evenings 6-7:30pm;  
May 4<sup>th</sup> – June 22<sup>nd</sup>, 2022

**Where:** 60 James St., St. Catharines, ON  
Suite 401

**Cost:** FREE (supplies will be provided)

## **\*Registration Is Required\***

Please complete attached referral information and send to the following counsellor:

Jeff Sica

[jsica@cason.ca](mailto:jsica@cason.ca)

Phone 905-684-1183 ext. 236

Fax 905-684-1551

### Group objectives:

- To increase their understanding of addiction (and the related mental health aspects)
- To increase their ability to understand and express their feelings
- To increase self-esteem & self-confidence
- To improve relationships with loved ones (especially with the significant person in their life with an addiction concern)
- To reduce stigma and isolation by giving them the opportunity to interact with other children that share similar experiences

### The weekly topics are:

1. Introduction
2. Identifying Emotions and Introduction to Substances
3. Healthy relationships, identifying roles and boundary setting
4. Empowering youth through building self-esteem. Learning to cope with difficult emotions
5. Effective communication skills and self-care
6. Prevention, recovery, support, and safety

