

### 60 minutes

- Present the point of the program and how it works
- Discuss the difficulties experienced
- Set objectives
- Get the student and parents on board
- Obtain consent

Parent-child preparatory meeting

## Talking about anxiety stress-free...

# **HORS-PISTE – Expedition program**

Lead the workshops

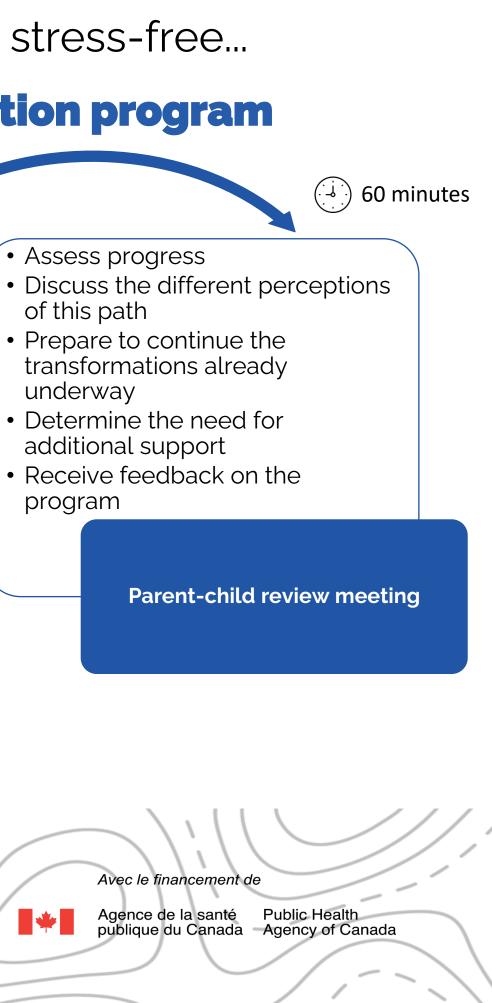
- 8 group meetings for students (60 minutes)
- 3 group meetings for parents (90 minutes)

60-90 minutes

**Centre RBC** d'expertise universitaire en santé mentale



Centre intégré de santé et de services sociaux de la Montérégie-Centre Québec 🏜 🏝





(;\_i ; ;

60

60

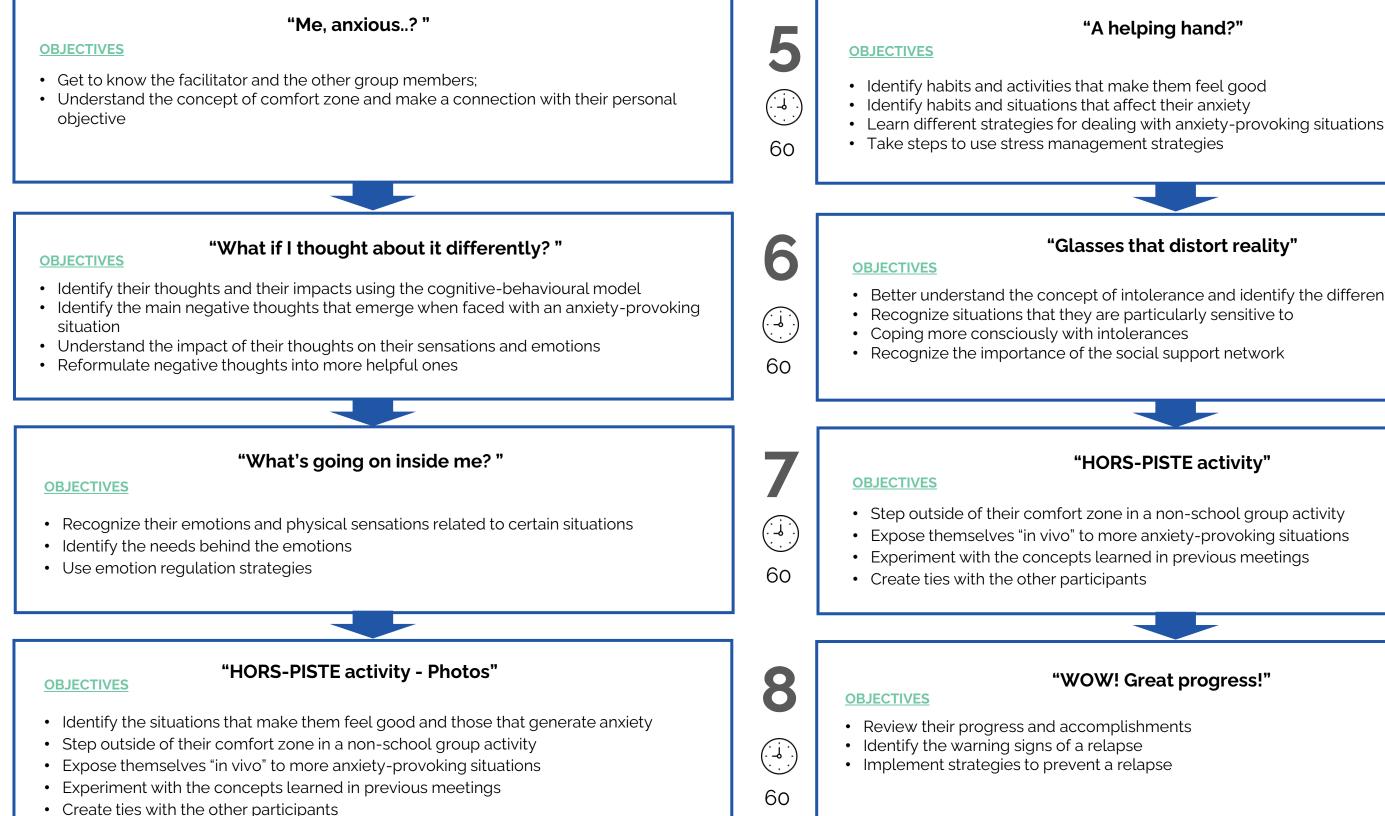
(-\_\_\_\_\_ ?

60

(;\_\_\_\_\_ ; \_\_\_\_\_\_;

60

### Talking about anxiety stress-free... HORS-PISTE - Expedition program (student component)





### "A helping hand?"

### "Glasses that distort reality"

- Better understand the concept of intolerance and identify the different types

### "HORS-PISTE activity"

### "WOW! Great progress!"



### Talking about anxiety stress-free... HORS-PISTE – Expedition program (parent component)

### "My child's anxiety... how can I help them step outside of their comfort zone?"

#### **OBJECTIVES**

(-\_\_\_\_\_\_) -\_\_\_\_\_\_

90

2

90

(-\_i ;

90

- Get to know the facilitator and the other group members
- Understand the concept of comfort zone and the program objectives
- Target avoidance behaviours in their child
- Understand the link between thoughts, emotions, sensations, and behaviours
- Help their child reflect on certain thought patterns by asking them questions

### "The accommodation trap"

#### **OBJECTIVES**

- Understand the concept of accommodation
- Target accommodating behaviours that they use
- Replace their accommodating behaviours with new ones
- Discuss the necessary changes with their child

### "Preventing anxiety on a daily basis"

#### **OBJECTIVES**

- Identify positive lifestyle habits
- Find stress management strategies
- Take steps to help their child apply their lifestyle habits and stress management strategies
- Review their progress and accomplishments
- Implement strategies to prevent a relapse

## What if we dared to step outside of our comfort zone?



Avec le financement de



Agence de la santé publique du Canada

Public Health Agency of Canada