



Helping Your Anxious Child

Parenting Group – Seattle and Bellevue

To Learn More

- Psychiatry and Behavioral Medicine
206-987-2164
- Ask your child's healthcare provider
- www.seattlechildrens.org

Who should attend?

If you have a child or adolescent who struggles with worries and fears, this group will provide you with information, support and parenting practices that are most helpful in freeing your child from anxiety. Guided by research on the most effective strategies, we provide you with the same tools that we use in treating your anxious child. Please join us for this remarkable program!

How long is the group and what does it cover?

The group meets for 9, 60-minute classes. The classes cover these topics:

- Recognize, understand and accept anxiety
- Learn how thoughts relate to anxiety
- Change irrational thoughts with “detective thinking”
- Effective strategies for parenting an anxious child
- Help your child face rather than avoid fears
- Develop exposure tasks using “stepladders”
- Helping your child with exposure activities (facing fears)

Where does the group take place?

- Seattle Children's Hospital in the Psychiatry Clinic (level 5, Ocean zone).
- Seattle Children's at Overlake Medical Center, 1135 116th Ave NE, Bellevue WA 98004, Suite 400.

Free Interpreter Services

- In the hospital, ask your child's nurse.
- From outside the hospital, call the toll-free Family Interpreting Line 1-866-583-1527. Tell the interpreter the name or extension you need.

How much does it cost?

Your insurance will be billed for each group session that you attend. We recommend that you call your insurance company to find out if the cost of the group is covered and how much you need to pay if the full amount is not covered. The procedure code billed for parent groups is: 90849 multiple-family group psychotherapy.

How do I register?

If you are new to the Psychiatry and Behavioral Medicine Clinic, please call 206-987-2164, option #2 to schedule an assessment. If you are a current patient, please talk to your provider about attending this group.

Seattle Children's offers interpreter services for Deaf, hard of hearing or non-English speaking patients, family members and legal representatives free of charge. Seattle Children's will make this information available in alternate formats upon request. Call the Family Resource Center at 206-987-2201.

This handout has been reviewed by clinical staff at Seattle Children's. However, your child's needs are unique. Before you act or rely upon this information, please talk with your child's healthcare provider.

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