

FACING FEARS TOGETHER: Teen Group Treatment for Anxiety
at the UNIVERSITY of WATERLOO CENTRE FOR MENTAL HEALTH RESEARCH and TREATMENT

GROUP FOCUS: Facing Fears Together group treatment program, focus on treatment of anxiety in adolescents ages 13-17 years.

TIME and DURATION: Wednesdays 6:00 to 7:30pm; 6 sessions plus one booster.

DATES: Wednesday March 25 to Wednesday May 6 (6 sessions), and Wednesday June 3, 2026 (Booster)

PLACE: University of Waterloo Centre for Mental Health Research and Treatment

GROUP LEADERS: Senior Doctoral Students in Clinical Psychology

SUPERVISOR: Elizabeth Stevens, Ph.D., C.Psych.

MAXIMUM NUMBER of CLIENTS: 8

DESCRIPTION: Facing Fears Together is a group cognitive-behavioural treatment (CBT) program designed to help adolescents understand and reduce their anxiety with the support of their peers facing similar challenges. The group will teach teens about the relationship between their thoughts, feelings, and actions. Teens will learn how to use this knowledge and develop skills and coping strategies that allow them to face their anxieties in a supportive group context. The therapy will involve weekly group meetings as well as between-session activities where teens will practice skills and begin to face their fears, build on their strengths, and develop a healthy lifestyle. Areas that will be addressed in the sessions include: understanding anxiety and the CBT model, relaxation strategies, the role of mindfulness and self-compassion, challenging avoidance through goal-setting, understanding and managing helpful and unhelpful thoughts, the role of self-care, and the importance of support teams.

TREATMENT COST: The fee for the group is on an income-based scale ranging from \$30 to \$100 per 90 minute session.

WHOM to REFER: Teenagers, ages 13 to 17, who self-report symptoms of anxiety and who would be amenable to group therapy. Teens must be able to commit to attending in person therapy sessions at the stated times and dates. Pre-group assessments will begin in January 2026.

HOW to REFER: Parents of potential clients should contact cmhrtintake@uwaterloo.ca and indicate in the intake form that they are interested in the FFT group.

OTHER IMPORTANT INFORMATION: Parents/Teens who express interest in the group will be contacted by UW CMHRT staff to arrange a more detailed assessment at the CMHRT to determine their eligibility for the group. Non-eligible clients can be referred to the individual waitlist at the UW CMHRT. Upon entrance to the group, client will be asked to enter a research study approved by UW Ethics in which they will complete self-report questionnaires on their symptoms (with all identifying information kept strictly confidential).