Taming Sneaky Fears

“Taming Sneaky Fears” is a 10 week therapeutic group program for children between the ages of 4 and 7 who struggle with symptoms of anxiety and their parents/guardians. Children learn: to recognize and identify their own internal feelings, relaxation techniques, coping strategies and age appropriate social skills. Parents learn: to understand the development of anxiety, to understand how to manage various Anxiety Disorders, to implement coping strategies that their child learns, to identify what anxiety looks like in their child and to facilitate change in the home environment.

Building Bridges

The Building Bridges Program is an early intervention program for students in senior kindergarten and grade 1. The goal of this program is to maximize school adjustment. When support is provided to the child, parent and the school, children develop skills that produce appropriate social behaviours. As a result, children feel more successful and have a positive outlook.

Building Bridges provides an opportunity for the children to experience a non-academic, structured time with their peers with the focus being to learn and maintain positive social behaviours.

The Program runs from mid-October through to early June and includes 16 students who meet weekly at school with trained AFS counsellors. Each session is 45 minutes.

Throughout the group, parents/caregivers of the children are invited to attend “Open Houses”, which give the children opportunities to show off what they have learned. Open Houses also give the parents/caregivers a chance to have fun with their child. If their children are experiencing other behavioural difficulties, parents are offered additional supports from Algoma Family Services.

- Algoma Family Services continues to provide this program for both the Algoma District and Huron-Superior Boards of Education.
- Parents are encouraged to speak to their child’s principal to have this Program at their school. To apply for this program, School Principals shall contact the Mental Health Leader of their respective Boards.

Al’s Pals: Kids Making Healthy Choices

Al’s Pals is a school based prevention program that develops young children’s (SK/Grade 1) social-emotional skills, self-control, problem-solving abilities, and healthy decision-making.

- Algoma Family Services 0-6 Team members offer a supportive role to teachers in the Algoma District.
- Algoma Family Services provides Booster Lessons Training for teachers in Grades 1 to 3.
- Algoma Family Services provides consultation to teachers that are trained to deliver the Al’s Pals program.