



SPACE Group

*Supportive Parenting for
Anxious Childhood Emotions*

Wednesdays, 10:30-11:30am on Zoom

Start Date: May 6, 2026 | 10-week curriculum

➔ About the Group:

Supportive Parenting for Anxious Childhood Emotions (SPACE), is an evidence-based program that empowers caregivers to more effectively respond to their child's anxiety and/or OCD-related symptoms. Caregivers will learn practical strategies to implement after each session, with the ultimate goal of helping their child gain emotional resiliency and independence in the face of anxiety.

NEW! One-on-one support through at least 1 required caregiver coaching session to individualize treatment for your family.

➔ What You'll Learn:

- **Understand Child Anxiety:** gain a comprehensive understanding of what can lead to, maintain, and reduce your child's anxious feelings and behaviors.
- **Learn Effective Strategies:** know what to say/do (and what not to say/do) when your child is expressing worries, refusing to do something because of anxiety, as well as support your child's bravery, independence, and self-efficacy.
- **Feel More Confident as a Caregiver:** increase your feelings of self-efficacy as a caregiver to set boundaries that align with your family's needs and values.

➔ Group Format

Each group session will include the following components:



Instruction



Discussion



Skills
Review



Q & A

➔ Group Leaders



Vanessa Ng, PhD



Marisa Serchuk, PhD

➔ Fees & Policies

Fee: \$135 per group session, per family
\$275 per 1:1 caregiver coaching session
(sliding scale available)

Group members must be able to attend a minimum of 8 out of 10 group sessions to enroll.