



## SNAP® (Stop Now And Plan) Program

SNAP® is a 13 week group program with ongoing support for children ages 6-12 who are struggling with serious behavioural issues. SNAP® teaches children how to make better choices, manage their emotions and “keep problems small.”

SNAP® also offers parenting groups to help parents and caregivers learn effective child management techniques and other SNAP® strategies to deal with their child’s behaviours.

### Benefits specific to the SNAP® Program:

- Children, siblings and parents are able to build supports within a group setting
- You will receive support where and when you need it the most – at school, in your home, or in the community once the group has completed
- You may receive help and support to connect with other professionals if further assessments are needed to support the treatment plan
- There is one plan that all team members are working on together – creates fewer individual meetings
- Helps to foster positive relationships with families and agencies working together to achieve the same goal

### Considerations specific to the SNAP® Program:

- Due to the nature of this program, there are risks to your privacy when communicating with your counsellor/group facilitator outside the office environment
- Treatment in the home may result in families feeling a sense of intrusion
- You may feel that others will see your family differently because you have visited a children’s mental health care centre
- You may feel vulnerable sharing in a group setting
- Your son/daughter may feel that he or she is the problem and this may have a negative effect on the family
- Children and youth may distort the picture of the family or the situation

It is very important to us that parents understand our services and that we work together towards the success of your son or daughter. Please feel free to discuss any issues or concerns you may have with your facilitator. We hope that Woodview provides a positive experience for you and your family.