



School Avoidance Program


Helping Your Child Feel Ready for School Again


Many children find it hard to go to school because of anxiety or stress. This program provides support to help you and your child overcome these challenges.


Your child could benefit from this program if:


- School mornings are stressful, emotional, or full of conflict. → Make mornings calmer and less stressful for the whole family.
- They feel anxious, overwhelmed, or upset about going to school. → Help your child feel more confident and less worried about school.
- They want to do well in school but struggle to get there. → Get to school consistently and help your child show up for learning.
- They have frequent physical complaints (stomachaches, headaches) → Feel better physically with fewer stress-related symptoms.


How the Program Works

 **Regular sessions for your child**
Your child meets 1:1 with a caring therapist to build coping skills, manage anxiety, and feel more comfortable getting to school.

 **Sessions for parents and caregivers**
We'll help to guide you with simple, practical strategies to use at home. Parent participation is an important part of the program.

 **Teamwork with your child's school**
We partner with your child's school team so everyone understands what your child needs to be successful.

 **Flexible telehealth access**
Evening & weekend appointments make it easier to fit care into your family's schedule—even when leaving home feels hard.

 **Medication support (optional)**
Our child psychiatrists and nurse practitioners are available to support your family's care plan and discuss whether medication is a helpful option.