

SUPPORTING TEEN'S MENTAL HEALTH DURING THE PANDEMIC

QUARAN-TEEN

*A workshop with two trauma-informed therapists
who specialize in children/youth mental health
treatment*



DO YOU FEEL....

- Worried for your youth's mental health?
- Frustrated with your youth's behaviour?
- Concern for your teen's inactivity?

ARE YOU STRUGGLING WITH....

- Balancing competing responsibilities with work and parenting?
- Concern for your youth's current wellness and coping?
- Fear and concern for your youth's future?
- Your own mental health?

YOU WILL LEARN...

- Stress vs Burnout
- Nervous vs Anxiety
- Sadness vs Depression
- Grief vs Mourning
- Trauma-Informed Resilience Factors for Whole Health Wellness
- Skills-based and adversity based resilience
- How to create a wellness plan for you and your teen

OUR WORLD HAS CHANGED DRAMATICALLY....

This 1.5 hour workshop takes you through signs and symptoms in youth to learn:

- Current stressors for teens during the pandemic
- Signs and symptoms of stress, anxiety, and depression
- Tools and resources to help support your teen's mental health
- Strategies to reinstate balance for study, rest, and physical activity

BOOK NOW: VIRTUAL WORKSHOP

Thursday May 27th, 2021

7:00-8:30 PM

\$50 plus HST

Payment by e-transfer to: janart1@sympatico.ca

Deadline for Registration: Friday May 21st, 2021

**ZOOM LINK FOR ATTENDANCE WILL BE PROVIDED WITH
RECIEPT**

Joddie Walker, MSc, RP, CTRP, Certified Trauma Specialist

Joddie Walker holds a Masters of Science in Forensic Psychology. She is a Registered Psychotherapist with the College of Registered Psychotherapists of Ontario and a Certified Trauma Specialist from the National Institute of Trauma and Loss in Children. She holds Diplomate status with the American Academy of Traumatic Stress and is a National (USA) Credentialed Advanced Advocate. Joddie is trained in TF-CBT, Eye Movement Desensitization and Reprocessing Therapy (EMDR), and Structured Intervention Trauma-Child and Adolescent (SIT-CAP). To learn more visit jwalkertrauma.com or behindthemaskcovidmentalhealth.ca. Visit Joddie's social media: @jwalkertrauma on Instagram or Joddie Walker Psychotherapisy on Facebook.

Janice LeBlanc, BFA.(hons), BEd., DTATI, R.P, RCAT, CTP-Clinical

Janice LeBlanc is a Registered Psychotherapist, Registered Art Therapist, EMDR Therapist. and has over 20 years of clinical experience working with children and youth. She holds certification as a Certified Trauma and Resilience Practioner - Clinical and holds extensive training in treating PTSD, Trauma, and Mental Health Challenges. Janice has expertise in CBT, CPT, DBT, and EMDR Therapy. She is also a retired educator with over 30 years teaching experience in the Secondary School System. Visit Janice's website to learn more: expressitarttherapy.com or visit her Facebook: Janice LeBlanc Psychotherapy.

