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EMBRACING THE POWERFUL MIND

NEW GROUPS SERIES BEGINNING IN FEBRUARY 2017

We are excited to announce that we will be starting our first series of groups in February 2017 for parents of children and youth in the Orangeville and Dufferin areas. These groups will focus on several topics surrounding youth and family issues. Sessions will be held every third or fourth Saturday morning for one to two hours. Topics will include:

- ~ Understanding Self-Harming Behaviour
- ~ Understanding Depression and Anxiety
- ~ Communication with my Adolescent
- ~ Social Media and Internet Safety
- ~ Family Conflict Resolution
- ~ Boundary Setting



Uresha Salgado, M.Ed., RP, CCC, has over 10 years experience working with children, youth, and families in Ontario and British Columbia. She is also an active member of the Canadian Counselling and Psychotherapy Association, in addition to her involvement in various committees in the Region of Peel aimed at enhancing services to youth and families.

Cindy del Villar Nash, M.S.W., R.S.W. has over 15 years experience in mental health and social services. She is a registered member of the Ontario College of Social Workers and Social Services Workers and the Ontario Association of Social Workers. She has served on several committees that focus on service delivery and program reform.



"NONE OF US IS AS SMART AS ALL OF US." ~KEN BLANCHARD

HOW CAN GROUP THERAPY BE BENEFICIAL?

According to PsychCentral, there are 5 benefits of group therapy:

1. Group therapy helps you realize you're not alone.
2. Group therapy facilitates giving and receiving support.
3. Group therapy helps you find your "voice."
4. Group therapy helps you relate to others (and yourself) in healthier ways.
5. Group therapy provides a safety net.



UPCOMING GROUP SERIES

Youth-attended and Parent and Child-attended groups are also being developed. These groups will focus on learning more about mental health issues, coping with life stressors, and family communication.

YOUTH GROUPS SERIES (AGES 15–18)

A maximum of 8 spots will be available to youth to discuss various topics, such as:

- ~ Dealing with Transition (ex. Graduating from high school)
- ~ Identifying our Leadership (Self-Esteem)
- ~ Understanding my Anxiety and Depression
- ~ Internet and Social Media Safety
- ~ Navigating through Social Interactions

PARENT & CHILD GROUPS SERIES (AGES 6–9)

A maximum of 5 spots will be available to a parent-youth pairs to discuss various topics such as:

- ~ Teaching my Child about Mindfulness
- ~ Communicating during Conflict
- ~ Identifying and Expressing our Thoughts and Feelings

WE WANT YOUR INPUT!

We want to know what you think will be helpful, useful and needed topics for parent, youth and parent-child groups. Please take 3–5 minutes to complete the survey at the link below to give us your feedback:

<https://www.surveymonkey.com/r/QP2V9MM>

QUESTIONS?

Feel free to contact us if you have any questions or would like to receive our quarterly newsletter.

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