



Reducing Anxiety and Depression: A Mind-Body Therapy Group for Teens

An innovative 10-week therapeutic group for teens aged 14-18 integrating best practices in Mindfulness, Yoga and Cognitive-Behavioural Therapy (CBT)

"The wound is the place where the light enters." ~ Rumi

The purpose of this group is to help teens:

- Develop effective skills to reduce stress, worry, anxiety, and depression
- Increase self-awareness and feel more in control of their emotions/mood
- Quiet their "critical" inner voice and develop greater self-compassion
- Discover how mindfulness and yoga can support better understanding and acceptance of themselves and of others
- Meet other like-minded youth and learn from and with each other in a safe, supportive, fun and non-judgemental space
- Experience more peace, happiness, calm and gratitude :)

~ No experience with yoga or mindfulness is necessary ~

About the group:

This group is a mindfulness- and yoga-based group to help teens (aged 14-18) learn ways to more effectively manage their feelings, mood and thoughts, cultivate self-acceptance and self-compassion, and overall to better understand themselves. A basic belief of mindfulness is that each person is the best "expert" on themselves and what is going on with them - so we believe in connecting each person with their own inner teacher. Another basic assumption of mindfulness is that, as long as you are breathing, there is more right with you than wrong with you. We thus practice from this framework and support teens to cultivate the same.

Youth attending this group will learn evidence-based mindfulness practices, therapeutic yoga practices, and important skills from Cognitive Behavioural Therapy (CBT), in order to help them change their relationship with anxiety and depression to a more positive and healthy one, and reduce symptoms and unhelpful/harmful behaviours.

Each 2-Hour Group session begins and ends with a mindfulness and therapeutic yoga practice related to the session theme. Each session then includes a lesson on the week's theme, group discussion, reflections, and partner/small group exercises. There

will be a bit of home practice (reflections, mindfulness and skill practice) suggestions for youth to practice between sessions. Teens will receive a binder and material will be added each week. They will also receive a personal journal to use during the group, which is theirs to keep.

Please note that attendance is very important so that teens can benefit the most from the group. It is important that participants do not miss sessions as each session builds upon the previous, and it impacts the group collective energy as well. Of course things happen but as much as possible this is to be avoided. Making a sincere effort to attend all sessions is important and a minimum of 8 out of the 10 sessions must be attended to receive the most benefit; if you foresee your child missing more than two sessions, the group may not be a good fit at this time.

Note: Enrollment is limited to 8; A pre-group interview will be conducted with each participant before the group begins, to ensure that the group will meet your youth's needs at this time.

Eligibility: Youth must be high school aged (ages 14-18) and currently suffering from depression, anxiety, and/or other mood disorders or challenges. This group is also suitable for youth struggling with self-esteem, body image and/or self-acceptance. We will conduct a pre-group interview with each teen to ensure the group will be the right fit for your youth's needs at this time.

The next group will be in January 2019. Exact dates/times and cost are being determined and will be announced soon. The group will run for 10 consecutive weeks (2 hours weekly, barring holidays) at an accessible location in Markham.

An interest/referral list is currently being generated for the upcoming group. If you would like to place your teen on the list for the next group offering, please contact the Chrysalis Centre at 905-752-6789 ext. 124 or by email at chrysalisgroups@Mail.com. We will get in touch with all participants to schedule a pre-group interview.

If you are a clinician and would like to discuss the appropriateness of a referral please also contact us at the above information.

Thank you and we look forward to hearing from you.