



SPRING
2020

YODA Youth Overcoming Depression & Anxiety

Moving into the teen years can be a challenging time for young people. Many deal with depression and anxiety. If your child exhibits any of the following, the YODA program can help. For youth in grades 6, 7, and 8.

- sadness
- anxiety
- low self-esteem
- bullying
- stress
- school refusal
- social withdrawal
- depression
- conflict
- loneliness
- worry
- low mood

YODA is a client-centred, **skills-based group that empowers youth by providing them with tools and strategies to manage their anxiety and depression.** The program utilizes evidence based Cognitive Behavioural Therapy (CBT), and the FRIENDS for Life Program to help young people reach their full potential.

Referrals can be made by parents, school personnel, medical, and mental health professionals. For more information and to make a referral, please contact:

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Georgetown

Family YODA
10 Week Program
Parent Session Starts March 31
6 PM - 8 PM
Youth Session Starts April 2
4:30 PM - 6:30 PM
Apply by March 15

Burlington / Oakville

YODA
10 Week Program
Youth Session Starts April 1
9 AM - 12 PM
Apply by March 15

Halton Hills

YODA
10 Week Program
Youth Session Starts April 2
9 AM - 12 PM
Apply by March 15