



YODA

Youth Overcoming Depression & Anxiety

NOW TAKING REFERRALS

YODA is a small group therapy program for young people in grades 6, 7, and 8 who are dealing with depression and/or anxiety.

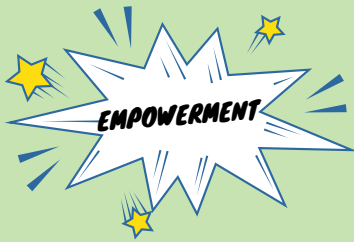
What is the focus of the YODA program?

The aim of the YODA program is to improve the social and emotional well-being of youth dealing with anxiety and depression. In a small group setting facilitators help youth learn new ways to manage.

The YODA program utilizes evidence-based Cognitive Behavioural Therapy (CBT), and the FRIENDS for Life Program to help young people reach their full potential. A formal diagnosis is not required to participate in the program.



Young people will learn:



developing confidence to learn the skills they need to cope with anxiety and depression



ensuring that each young person has their feelings, thoughts & experiences validated



providing youth with the opportunity to learn the necessary skills to cope with their feelings

We're Taking Referrals for Winter 2021 Sessions

Youth YODA (Online)

Start date: TBA
Virtual Platform:
Zoom Health
Time: 4:30 to 6:00 PM
1 day a week for 8 weeks

Parent YODA (Online)

Start date: TBA
Virtual Platform:
Zoom Health
Time: 6:00 to 8:00 PM
1 day a week for 8 weeks

How to make a referral:

Referrals can be made by parents, school staff or a medical or mental health professional.

Families please call the Halton Access and System Navigation service at 289-266-0036 to make a referral over the phone.

Service providers complete online referral form: <https://rockonline.ca/asn-for-service-providers>

For more information about YODA, please contact either:

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