

# YODA Programs

Youth Overcoming Depression & Anxiety

## Skill-building for youth mental wellness.

YODA is a group therapy program for young people in grade 6, 7 and 8 who are experiencing symptoms of depression and/or anxiety. YODA programs aim to improve the social and emotional well-being of youth. In small group settings, youth and their families learn new skills to improve their mental wellness. Woodview Mental Health & Autism Services offers YODA programs to youth and families in Halton.

## YODA programs help youth reach their full potential.

Through a variety of evidence-based approaches including Cognitive Behavioural Therapy (CBT), Dialectical Behavioural Therapy (DBT), and Emotional Focused Family Therapy (EFFT), young people will learn:



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



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



youth will learn skills to cope with their feelings and manage better

## YODA Programs

**Youth group** empowers youth with skills and strategies that help them manage overwhelming feelings.

**Parent group** empowers parents with skills and strategies so they can effectively support their young person.

**Family group** focuses on supporting families by having both parent and youth attend the program.

**Virtual group** focuses on supporting young people through the use of a virtual platform.

### How to make a referral:

Referrals to YODA can be made by parents, school staff or members of the community.

**Service providers** can contact ASN by phone or online: <https://rockonline.ca/for-service-providers/make-a-referral>

**Family members** can call the Halton Access and System Navigation (ASN) service to speak with a system navigator, who will assist with the referral to YODA. The number for ASN is 289-266-0036.

### Learn more about YODA:

For more information about YODA, please reach out to either Steve or Vanessa or visit [woodview.ca/yoda](http://woodview.ca/yoda).

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Scan to learn more!

