

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.

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Scan to learn more!

