

Group Therapy Program

for Parents of Children and Youth



Register today for a monthly session to learn about and share your experiences with various topics relating to youth mental health! The first three sessions are listed below:

Saturday, February 25th, 2017—11:00 a.m. to 1:00 p.m.

Understanding depression and anxiety in youth

Saturday, March 25, 2017—11:00 a.m. to 1:00 p.m.

Self-harming and Suicidal Thoughts

Saturday, April 22, 2017—11:00 a.m. to 1:00 p.m.

Communicating with your Teen

Cost: \$25 per person per session OR all 3 sessions for \$60*

LIMITED SPACES AVAILABLE

To Register, please email your name, contact information, and the sessions you would like to attend to one of the following email addresses:

cindynashcounselling@gmail.com



Uresha Salgado,
*Registered
Psychotherapist,*
M.Ed., CCC, RP

www.ureshasalgado.com



Cindy del Villar Nash,
Social Worker,
M.S.W., R.S.W.

cindynashcounselling.com

* Programs may be covered through Extended Health Benefits.