

Youth Mental Health Program

Multimodal group therapy for youth (12-18 years) with emotional disorders

- **GROUP THERAPY WITH DR. FRIEDRICH**
- **PHYSICAL ACTIVITY**
- **HEART RATE VARIABILITY TRAINING**
- **PARENT COACHING**

Start Date: September 18, 2023
Monday and Wednesday 15:30-17:00
20 sessions
Group-size limit: 6 youth

**CONTACT ORACLE MENTAL HEALTH CLINIC
FOR MORE INFORMATION OR TO REGISTER
3062449944**



Oracle's Youth Mental Health Program is beneficial for youth age 12-18 who are struggling with difficult emotions and who have responses to these emotions that are interfering with functioning and enjoying their life. The therapy group is skills-based and involves practice. The skills taught are based on the *Unified Protocol for Transdiagnostic Treatment of Emotional Disorders in Adolescents*, which is an evidenced-based treatment for emotional disorders. Each session will also include physical activity and heart rate variability training to improve mood and regulation of the body's physiological response to emotions. Complementary monthly caregiver-only sessions are incorporated to help caregivers respond to their teen's emotional distress and reduce caregiving practices that can reinforce unhelpful emotional behaviours.

Caregiver Commitment

- Intake session
- 3 group sessions

Virtual group caregiver-only session dates:

September 21, October 12, and November 2 12:00-13:00

Investment

Youth: \$2000

Caregiver: \$500

