

## **ARE YOU (OR DO YOU KNOW) A TEEN WHO IS STRUGGLING WITH ANXIETY OR DEPRESSION AND NEEDS SOME HELP?**

If so, we may be able to help. Starting in January 2018, the UNB Psychological Wellness Centre (PWC) will be **offering a FREE therapy group** for teens with symptoms of anxiety and depression. The group will use Cognitive Behavioural Therapy strategies to teach teens (and their parents) skills for managing emotions and behaviour, and reducing anxious and depressive symptoms.

Sessions will occur on Wednesday evenings from approximately 6:45-9pm (including a break) for approximately 10 weeks. The group will occur on the University of New Brunswick campus. Additionally, **parents of participating teens will be given the opportunity to take part in 3-4 group sessions**, which will occur separate to, but at the same time as, the teen sessions. Parents are not required to participate, but it is strongly recommended.

Groups will be offered twice a year and **referrals can be made at any time**. Eligible teens who are not able to participate in the current group will be put on the waitlist for the next group. There are **no costs** associated with participating in this program and all teens will be provided with materials to use throughout the group.

The groups (teen and parent) will be facilitated by advanced graduate students in the doctoral program in Clinical Psychology at UNB and Dr. Christina Jones, L. Psych. Supervision of student facilitators will be provided by Licensed Psychologists at UNB, including the Director of the Psychological Wellness Centre, Dr. Meghan Richards (L.Psych).

**We are looking for teens aged 14 or older, with symptoms of depression and/or anxiety to participate.** Teens with certain severe mental health problems (e.g., psychosis, bipolar disorder, severe trauma) may not be appropriate for this group.

**If you think you may benefit from this therapy group, and are interested in participating, PLEASE CONTACT US at the PWC at (506) 452-6301 or e-mail [pwc@unb.ca](mailto:pwc@unb.ca) to set up an intake interview** to determine your eligibility for the group.

**PLEASE NOTE: Depending on the age of the adolescent, parental consent may be required to participate.** If you, or your parent(s) have any questions about your eligibility to participate or the group in general, please do not hesitate to contact us.