

Building Resiliency in Today's Youth

May 23, 2024

1:30-3:00pm MST

Before High School graduation, one-third of adolescent girls will experience depression, anxiety disorders, self-harm or an eating disorder. However, there is an incredible power in caregivers who can support our youth, both young women and men, before they seek therapy. At Juno House®, we believe in the extraordinary healing power of parents, caregivers, coaches, and teachers. In our 1.5 hour workshop presentation, we will share steps and strategies from the Juno House Therapeutic Model® that will provide effective emotional coaching tools for today's youth as they develop through adolescence and into young adulthood.

****Please note that this session will not be recorded or uploaded to our website.**



Learning Outcomes:

- Basic introduction of interpersonal neurobiology
- Where emotions live in our brains
- The essential role emotions play in mental well-being
- How to identify emotions in youth
- How to become an emotional coach in 5 steps

Speakers:

Andrea Halwas Larsen, PhD, CT, REACE. Juno House: Therapist & Education Coordinator



Target Audience: Parents, caregivers, and anyone who works with youth

Please register for session at:
<https://fntn.ca/Home/Registrar-VC?eid=21281>

To access this session from zoom:
<https://fntn.zoom.us/j/85466511723>
Meeting ID: 854 6651 1723
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