

Parent Engagement Session at Elmira District Secondary School May 16, 2018 at EDSS Library

7:00pm doors open, presentation at 7:15 - 8:30

Promise or Potential for Your Stressed or Anxious Teen

The goal is to engage and empower parents to take an active role in their students' well-being, with a focus on teen anxiety. The session will provide strategies to help your teens succeed in school academically, socially, and emotionally.



Dr. Michele Foster, Ph.D.
Clinical Psychologist and Co-Director



Dr. Nina Mafrici, Ph.D.
Clinical Psychologist and Co-Director

Description of workshop: The primary goal of this workshop is to equip parents with the strategies to engage and support anxious or stressed teenagers optimizing their teen's ability to cope with stressors effectively. It will help parents identify methods for increasing resiliency factors for their teens, while enhancing their own effectiveness as parents. A question and answer period will offer tailored recommendations based on participant inquiries and needs. Resources will be provided.

Speakers: Dr. Michele Foster and Dr. Nina Mafrici are clinical psychologists and co-directors of the Toronto Psychology & Wellness Group. This is a private practice supporting teenagers and adults in the city of Toronto. Both doctors obtained their degrees at the University of Toronto and received their clinical training at SickKids and Ontario Shores Centre for Mental Health Sciences. They provide specialized support to teenagers facing difficulties with emotion regulation, anxiety, self-harm, suicidality, disordered eating, and addictions. They also provide regular support to parents of teens looking to increase connection with their children and foster their recovery.

This free event for parents and caregivers is hosted by

Elmira District Secondary School Council

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