



# THE YOUTH PASSING LANE: MOVE OVER AND FORWARD!

This workshop is designed for youth, parents, grandparents, caregivers, teachers, social workers and those who work with youth. There are considerable issues facing today's youth. This interactive and informative session delivers current information as well as solutions for issues including: anxiety, anger management, dating violence, depression, grief & loss, healthy lifestyles and relationships. During these collaborative sessions, the solutions often come straight from participants. These solutions and ideas can be taken back and implemented in communities anywhere.

## TOPICS COVERED WILL INCLUDE:

- ➔ The Teen Brain – This Site Under Construction: How teen brains are different and why teens do the things they do.
- ➔ Teen Depression, Anxiety & Worry – all these issues interfere with teens being able to fully develop and participate in school, home & outside activities.
- ➔ Teen Anger Management - triggers and coping techniques.
- ➔ Teens Experiencing Grief & Loss – how teens experience and learn to cope with loss.
- ➔ Dating Violence – what it is, effects on boys & girls.
- ➔ Components of a healthy lifestyle.
- ➔ Healthy **R**elationships building the 4th and most important **"R"** into education.
- ➔ Learning life skills, social skills and building emotional intelligence.
- ➔ Building resilience and promoting healthy choices, reduce bullying and improve quality of life.

Created for First Nations by First Nations



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