

# Pathways to SUCCESS

Connecting with your depressed or anxious teen

**Pathways** to Success is an educational group designed for parents who have teens dealing with depression and/or anxiety. Parents will learn some concrete communication skills needed to reconnect with their teens, as well as how to recognize adolescent symptoms of distress while helping their teens cope better at school, at home and with peers. Parents will find this group informative as they deal with crisis situations, drug and alcohol concerns and everyday parenting issues. Previous group experience is not necessary and parents are not required to participate in discussions in this group.



## Groups run for four weeks:

Week 1: How teens experience depression and anxiety differently than adults.

Week 2: How anxiety and depression distorts thinking and changes behaviour.

Week 3: Dealing with crisis moments, suicide, and school-related challenges.

Week 4: Finding hope at home when your teen seems lost.

A Second Stages Group (four weeks) is offered to parents who have completed this course and who are ready for a more therapeutic group where discussion of your personal issues is more of the focus.

For further details, or to register, please call Pam Fanjoy, the Group Facilitator, at: (647) 348-1866.

## Dates:

Call for upcoming start dates.

Groups are generally offered on Wednesday or Thursday mornings 9:30am to 11:30am

Group size is kept to a maximum of 8 participants to ensure that they get the greatest benefit **SO WITH SPACE EXTREMELY LIMITED, CALL NOW TO RESERVE YOUR SPOT!**

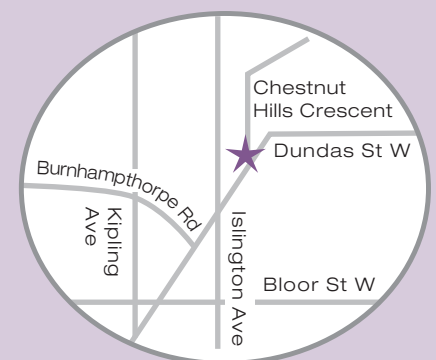
## Cost:

\$275.00 per person + HST

Full payment is due one week prior to the date of the workshop and is non-refundable. Credit for future workshops will be given if you cancel after that time.

## Location:

1 Chestnut Hills Crescent  
Toronto, ON



Together, Pam and Sheila offer a broad range of individual, family and group services.

For more information, please visit our website at [www.facilitatingchange.ca](http://www.facilitatingchange.ca)



**SHEILA I. BROWN**  
SOCIAL WORK PROFESSIONAL CORPORATION

**SHEILA BROWN**, MSW, RSW, Acc. FM (OAFM) is a Registered social worker and experienced Accredited Mediator whose practice specializes in helping parents to create and implement parenting plans and improve their communication. Sheila also provides post separation counselling and works with individuals and couples who are experiencing problems in their relationships.



**PAM FANJOY** is a registered Social Worker who specializes in working with children and teens experiencing depression, anxiety, ADD/ADD-H, behavior problems, peer or school concerns. Pam is an experienced Child Specialist and Neutral Family Professional in Collaborative Practice who works with parents and children going through separation or divorce. Pam is committed to keeping the needs of children at the forefront of developing parenting plans, teaching parents to parent across two homes and helping children cope with life after divorce.

**Pamela Fanjoy**  
SOCIAL WORK  
PROFESSIONAL CORPORATION