

Where and when

Join the group weekly with Tara:
Wednesdays 3:15 - 4:45pm (bi-weekly)
Starts 10th January 2024
Snacks provided
126 Hurontario Street, Suite 201,
Collingwood.
\$900 for 10wks (\$90 per session) paid
in advance or up to 3 installments.



Interested in being part of, and consciously building a supportive group? Are you open minded? Want to work with other teens on your mental health and wellbeing? This could be the group for you.

What you will experience

- Facilitated therapy group for teens, providing one of the best grounding for growth.
- Building maturity through peer reflection and relationship, encouraging self reflection and building self esteem

Who should attend?

This group is for teens 15 - 19 yrs of all genders who want to work on:

- Social Anxiety
- Developing healthy relationships with friends & partners
- Building healthier relationships at home
- Emotional regulation skills including yoga practice
- Healthy sexuality

- Developing a sense of self
- Being able to express yourself fully
- Developing maturity and self responsibility
- Understanding how neurobiology affects our moods and behaviours
- Managing moods and behaviours for positive outcomes

How to register

Go to www.cpyc.ca to learn more about this group. Please contact us to register at info@cpyc.ca or call 705 300 2329 Ext. 0



Where and when

Join the group weekly with Tara:

Bi-weekly Wednesdays 3:15 - 4:45pm

Starts 10th January 2024

Snacks provided

126 Hurontario Street, Suite 201,

Collingwood.

\$900 for 10wks (\$90 per session) paid in advance or up to 3 installments.



Interested in being part of, and consciously building a supportive group? Are you open minded? Want to work with other teens on your mental health and wellbeing? This could be the group for you.

About Tara McGee

- Tara McGee, MSW, RSW, Dip TIRP is a Psychotherapist, Social Worker (OCSWSSW), and Yoga Therapist (IAYT) who has been working with teenagers since she was a teenager herself! She has brought countless youth on canoe trips ranging from 8-36 days at Camp Wapomeo, Project Canoe (canoe trips for at risk youth), and in collaboration with Project Canoe and Eva's Initiatives Homeless Shelters for Youth. She also worked at Camp Horizon in Alberta as a counsellor for children and teens who were experiencing disabilities, cancer, loss, blindness, impaired hearing and ostomies. She worked individually with children diagnosed with autism and was the child and youth worker at the Victoria Women's Transition House for women fleeing abusive relationships.
- She turned her love for working with youth into a career after completing both her Diploma in Psychotherapy and Masters in Social Work in 2007. Tara was blessed to work at the Blake Boulton Youth Outreach Service (BBYOS) in Toronto, offering long term, relational psychotherapy for individuals youth, groups and even some canoe trips for 7 years. She then moved to Creemore with her family, working at the Pine River Institute as a psychotherapist and team lead for 5 years.
- For the past 5 years, Tara has been developing the Collingwood Psychotherapy and Yoga Centre, working with adults, youth, children and families. Over those 5 years the team has grown from just her to now include 3 other therapists, a student therapist and an office manager. During this time, Tara has also offered clinical supervision and training to the Georgian Bay Family Health Team counselling services and to Athena's Sexual Assault Counselling and Advocacy Centre.
- She is excited to be offering a group for teens as therapeutic groups have been one of the most powerful tools she has experienced for developing teen maturity, self esteem, helping youth to build positive peer relationships and make healthier choices in their lives. She still hears from some of the wonderful youth she worked with over 10 years ago at BBYOS about how powerful the group was for them and continues to inspire them in their lives today.

***Please note: At times, guest speakers may be invited to attend depending on the needs of the group.