

YOUNG ADOLESCENT PEOPLE (YAP'S)

A PSYCHOLOGY WORKS PROGRAM



What is the YAP's Program?

Adolescents and young adults are in a unique transitional stage where support is often needed to help them deal with the complexities associated with the increasing responsibilities of emerging adulthood. Behavioural difficulties, emotional concerns often have specialized issues that can prevent them from interacting with their peers or achieving success academically.

These combined issues can cause undue emotional distress and confusion for our young people. Our goal is to assist young people in learning new skills, increase psychological flexibility, build resilience and increase their confidence so that they are able to reach their full potential and lead a rich and meaningful life.

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Through our YAPS program, young people will have the opportunity to expand on their perspective taking skills, learn the importance of goal setting and how to set smart goals, understand the purpose and function of stress and anxiety, develop problem-solving skills, and become more skillful at recognizing unhelpful thoughts and how to reframe negative thinking. YAPS program also includes reflective exercises for young people to practice outside of session to promote independency and deepen the practice. Sessions include mindfulness-based exercises, video modeling, role play and interactive games to enhance communication skills, anxiety management, problem-solving, self-esteem and self-regulation.

Learn More

For more information, contact Maria Christopoulos at 905-946-8007 or visit our website: www.psychologyworks.net

How does YAP's work?

At Psychology Works, our 10 session YAPS program is specifically structured by our clinicians to guide young people to self-discovery and learn cognitive-behavioural strategies to manage stress and anxiety in a supportive environment. Our experienced clinicians will facilitate the groups and provide assistance to help young people better cope through important transformational period.

The program provides young people with the opportunity to consecutively grow their social and coping skills through an evidence-based interactive group. The approach is designed to be interactive and stimulating, allowing young people to participate in group discussions and engage with their peers.

Group interventions have been proven to be very powerful. Young adults are invited to share their experience and brainstorm ideas, which can help normalize experiences and foster a sense of community. Sharing experiences in a safe environment also encourages growth as lessons brought forward by peers can be beneficial to others in the group.

