

November 20, 2009

Dear Supervisors/Colleagues:

**TEEN GROUP, BEFRIENDING ANGER, BECOMING KINDER
FEBRUARY 4TH TO MAY 27TH, 2010**

REGISTRATION DEADLINE DECEMBER 20, 2009

We are accepting referrals for a teen group.

MODEL AND CORE AIMS OF THE GROUP:

The teen group is based on the mindfulness approach to living. The core aims are:

1. to assist the teens in changing their habitual relationship to their thoughts, feelings and body sensations.
2. to help them choose skillful means of responding to challenging events, rather than being carried away by their experience of the event.

CRITERIA FOR ADMISSION:

1. Teenagers ages 14-17.
2. Teenagers who are challenging parental and community expectations, fighting with siblings and peers, having aggressive outbursts, not attending school, giving in to peer pressure, withdrawing from the usual activities.
3. Teenagers not actively suicidal.
4. Teenagers for whom substance abuse is not a central concern.

BENEFITS:

1. Letting go of old storylines which create anger, fear, anxiety and sadness and instead develop an attitude of curiosity towards these emotions.
2. Letting go of habitual patterns of thinking, feeling and behaving when relating with people.
3. Cultivating a friendly attitude or kindness towards themselves.
4. Developing a more respectful relationship towards their body.
5. Recognizing that they already possess the resources of wisdom and compassion needed to handle problems that they encounter.

FORMAT:

1. Semi-open group with a maximum of 8 teens at any given time.
2. Talking, writing, art, loving-kindness meditations, practicing silence, sharing experiences of kindness, cultivating an awareness of breathing, body sensations and thoughts from moment to moment.

APPLICATION PROCESS:

1. Referring worker returns referral form and two teen handouts, **completed**, to **Samara Mondor by December 20th, 2009**.
2. Referring worker indicates on form who will attend the screening interview.

SCREENING PROCESS:

1. Therapist will meet with the teen alone for the first 45 minutes of the interview unless the teen requests that the parents or worker be present.
2. Parents or worker are required to join in the last 15 minutes of the interview.
3. Screening interviews will take place on the following days:

Wednesday, January 13th	3:00, 4:00, 5:00, 6:00 p.m.
Thursday, January 14th	9:30, 10:30 a.m. and 1:30 p.m.
Wednesday, January 20th	3:00, 4:00, 5:00, 6:00 p.m.
Thursday, January 21 st	9:30 and 10:30 a.m.
Friday, January 22nd	9:30 and 10:30 a.m.
Wednesday, January 27th	1:30, 2:30 and 3:30 pm
4. Once the group is full, the remaining teens who are eligible will be put on a waitlist and invited to join the group when a space becomes available.

PREPARING THE TEENAGER:

1. **Based on several years experience, we have found that a key to the teen's success with the group are:**
 - a) **The quality of preparation done by the worker with the teen.**
 - b) **The commitment of the parent and/or worker to ensure that the teen attends the group.**
2. **Please prepare the teen by:**
 - a) **Informing them of the format and structure of the group and the screening process and give them the information brochure (white)**
 - b) **Involve them by having them assist you in completing the referral form.**
 - c) **Assist them in creating a quiet space, and have a conversation with them about the presence of kindness in their life (Handout 1).**

d) Assist them in creating a quiet space, so that they can respond to the questions in a reflective manner. (Handout 2).

- * The Teen Handouts are not meant to be filled out as a form. It is a process where you, the worker put yourself into a quiet space and engage the teen, assisting them to turn inward and be self reflective

This sets the tone for how they will start to view themselves and will set the context for the change process.

TIME AND PLACE:

- 16 Thursdays from 4:30 – 6:00 p.m.
- Starting February 4th, 2010, ending May 27th, 2010 (no session April 1 for Spring Break)
- New Directions for Children, Youth, Adults and Families
491 Portage Avenue - 4th Floor

Sincerely,

Tereza Gomes
Family Therapist

Shawna Matthes
Clinician

Attach. Referral Form
Information Brochure for Teen
Teen Handout 1
Teen Handout 2