



SHADES YOUTH

FremantleMind Inc. are pleased to offer a specialised group (SHADES-Youth) for adolescents experiencing anxiety and depression based on the very popular and successful Self Help for Anxiety and Depression Education Sessions (SHADES) adult group therapy program. SHADES-Y was developed and successfully trialled using adolescents experiencing anxiety and depression.

The program is suitable for adolescents aged 13-18 years, who are experiencing and struggling with anxiety and/or depression.

The group runs over eight weeks and typically consists of between 6 and 10 participants.

SHADES-Y combines cognitive behavioural therapy (CBT) and acceptance and commitment therapy (ACT) frameworks and interventions to help young people gain increased awareness into their anxiety and develop strategies to manage it. The progress of participants is measured across the 8 weekly sessions and feedback is provided to each group member at the conclusion of the group. Adolescents are surprised at how helpful and enjoyable they find the group. Outcome measures of anxiety and depression from SHADES-Y have shown demonstrated benefits to participants.

If you suffer from anxiety or depression your General Practitioner can provide you with a referral to the SHADES-Y group under a Medicare Mental Health Care Plan

HOW TO GET INVOLVED?

Seek a Mental Health Care Plan and referral from your GP

WHEN?

Wednesdays 430pm to 6pm commencing March 18th

WHERE?

FremantleMind Inc. Hub @ 3 Beach Street
Fremantle

WHAT TO BRING?

Open mind, heart, and good attitude essential

HOW MUCH? FREE with a Mental Health Care Plan

ABOUT THE FACILITATORS:

DR KAINE GRIGG MAPS: Kaine has a wealth of clinical experience and knowledge across a variety of settings, including working with children, adolescents, and adults; individuals impacted by substance use/dependence; psychosis; trauma; and individuals with offending histories. Kaine has worked in various roles as a Youth Worker, Outreach Worker, and Psychologist. Kaine's passion for community mental health led to the establishment of MyLocalMind Inc. and subsidiaries.

MAGDALIENE HADJIELIAS: Magdaliene holds a Bachelor of Social Work and has founded two successful small businesses. Magdaliene thrives on being creative, working with exceptional people, and taking on new challenges. She has experience working in both substance use and youth contexts. Her passion for community mental health led to her involvement with MyLocalMind Inc. and FremantleMind Inc.