



STRONG

SUPPORTING TRANSITION RESILIENCE OF NEWCOMER GROUPS

WESTERN UNIVERSITY'S MARY J. WRIGHT CHILD AND YOUTH DEVELOPMENT CLINIC IS OFFERING A **FREE STRONG GROUP FOR NEWCOMER CHILDREN STARTING WINTER 2024. NOW RECRUITING!**

ABOUT STRONG

- Evidence-informed mental health intervention for newcomer children and youth
- Psychology graduate students will deliver the program, with supervision from a licensed clinical psychologist
- Culturally informed approach

BENEFITS



- Increase resilience
- Learn important coping & problem-solving skills
- Build connections and strengthen relationships
- Ease the transition to new surroundings

WHO



- Newcomer children, ages 11-17
- Struggling with their transition, peer relationships and/or problems with mood, attention, or anxiety
- Eligibility does not depend on a specific time period since arrival to Canada

PARENT SESSIONS




Parent sessions will be offered. Parents will learn about the skills taught to their child in the program.

CONTACT US

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STRONG Project Manager

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HOW TO REFER A NEWCOMER CHILD

Please complete the referral form with the necessary information. We will follow up regarding the group.

[HTTPS://BIT.LY/MJWCYDCSTRONG](https://bit.ly/mjwcydcstrong)

