

Free parent education workshop

for parents of teens 13-15 years

Integrative Cognitive Yoga Therapy for Youth (InCYT-Y)

An introduction to a therapeutic yoga
program for children and youth

Monday March 4, 2019
6 - 8 p.m.

440 Jarvis St, Toronto
SickKids Centre for Community Mental Health

Yoga is a holistic practice that promotes the well-being of the whole person and heals both the body and mind. Yoga can be a powerful tool in helping our children & youth work with their distress, manage their anxiety, and improve their emotion regulation.

In this workshop, we will introduce **practical tools** from yoga that can help promote emotional and physical well-being, including:

Simple breathing techniques

Mind & movement

Approaches to nutrition

Relaxation strategies

Straightforward ways to work with those “tricky” thoughts

Presented by Upasana Krishnadev, MD RYT 500 (Staff Psychiatrist)
Vanika Chawla, MD RYT 200 (Psychiatry resident)
and Silviya Vukadinovic CYC, RTY 500 E
(Director of Toronto Sivananda Yoga Centre)

Registration is required and
child care supervision is available

To reserve your spot, email with details to
familiesfirst@sickkidscmh.ca
or call **416-924-1164 ext. 2167**



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