



Understanding Teen Depression

Facilitator(s):	Melissa Prins
Date:	January 19, 2023
Time:	4:00 pm – 6:00 pm
Cost:	\$25.00
Location:	Virtual
Type:	Webinar
Session Code:	23-MH-009-CARC

Target Audience

All educators, parents, caregivers

About this Learning Opportunity

Depression causes physiological, emotional, cognitive, and behavioral impacts. Parents, teachers, and caregivers will learn about the causes of depression, symptoms, and how they can help.

About the Facilitator(s)

Melissa Prins

I obtained my Master of Science in Marital and Family Therapy from Loma Linda University in 2008. I have been a Registered Psychologist since 2014. I have worked with a wide range of clients and presenting concerns throughout my career. I am passionate about working with couples and families, as well as adolescents. I also enjoy facilitating group therapy. My interests and experience are in the areas of trauma, parent-child attachment, grief and loss, and mental health concerns such as depression and anxiety. I use a trauma focused, narrative approach in my work. I am honored to be able to sit with my clients in their pain, witness their stories, and work collaboratively to support them to find a sense of hope, safety, and integration. I believe a therapeutic relationship based on acceptance, genuineness, safety, and collaboration can support people on their healing journey. In my spare time I enjoy running, traveling, reading, and spending time with family and friends.

This learning opportunity is being subsidized through funding from Alberta Education.