

## Understanding Childhood Depression

<b>Facilitator(s):</b>	Tania Johnson
<b>Date:</b>	January 18, 2023
<b>Time:</b>	4:00 pm – 6:00 pm
<b>Cost:</b>	\$25.00
<b>Location:</b>	Virtual
<b>Type:</b>	Webinar
<b>Session Code:</b>	23-NC-061-CARC

### Target Audience

Teachers, educational assistants, parents, caregivers

### About this Learning Opportunity

Depression can significantly impact a child, and those caring for them are often left with questions about how to best help. In this workshop parents and professionals will learn more about childhood depression and how to best help children and teens manage it. All strategies are science-informed, and practical for working with children and youth. This workshop will empower adults to be agents of change in a child's life offering concrete ways in which they can support the children in their lives.

### About the Facilitator(s)

#### Tania Johnson

I am a Registered Psychologist and a Registered Play Therapist. I completed my undergraduate studies in South-Africa before engaging in a one year, full time internship in Chicago at the Cancer Treatment Centers of America. In 2012, I received my Masters of Counselling from City University of Seattle. During my Master's degree, I worked both on the front lines and as a counsellor with foster and adoptive families who faced a range of emotional, behavioural and cognitive challenges.

Since completing my degree, I have worked in a private practice setting with children, teens, adults and families. I work primarily from an attachment based perspective. This means that I work with clients to explore how early relationships affect how we come to understand our self, other people and the world.

It is an honour to work with clients and families to create a space for lasting change. I endeavour to always approach my clients with respect, honesty, integrity and warmth.

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