



## Childhood Depression

<b>Facilitator(s):</b>	Melissa Prins
<b>Date:</b>	November 04, 2024
<b>Time:</b>	1:00 pm – 3:00 pm
<b>Cost:</b>	
<b>Location:</b>	Virtual
<b>Type:</b>	Webinar
<b>Session Code:</b>	25-IE-008-CARC

### Target Audience

Teachers, Educational Assistants, Administrators

### About this Learning Opportunity

This 2-hour virtual presentation will focus on the physiological, emotional, cognitive, and behavioral components of childhood depression. Risk factors, signs/symptoms, and specific strategies to support children experiencing depression will be addressed.

### 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.*