

# MASTERCLASSES

## PRE-PACKAGED CONTENT



Focus on unpacking the biology and psychology of managing different mental health concerns and are designed to deliver tools, tips and tricks to better understand an individual's needs. The masterclass often includes a presentation, Q&A and a take home for participants to refer to after the event.



EVENT *Types*

# Masterclasses



## EVENT TYPE BREAKDOWN

### TACKLING ANXIETY

- MINDFULNESS INTRO
- UNPACKING THE BIOLOGY AND PSYCHOLOGY OF ANXIETY
- 1 HR PRESENTATION
- Q & A TIME
- HANDOUTS/



### RESILIENCE IN OLDER ADULTS

- INTRO TO MHFA
- HOW TO ACCESS CARE
- CAUSES OF A MH ISSUE
- HOW TO STAY MENTALLY HEALTHY



### PARENTING BIG EMOTIONS

- CORE EMOTIONAL NEEDS
- COGNITIVE DEVELOPMENT & EMOTIONS
- REGULATION VS. CO-REGULATION
- MEETING A CHILDS NEEDS
- STRATEGIES



### PARENTING TEENS

- OVERVIEW OF BRAIN / COGNITIVE DEVELOPMENT
  - CORE NEEDS OF TEENS
  - COMMON MH CHALLENGES
  - WARNING SIGNS
  - STRATEGIES
- \*MODIFIED CONTENT AVAILABLE

