

Giving Them a Chance...

Today's teens and young adults are facing greater mental health challenges than ever before. *The Seven Directions Coming Home Program* gives them a chance to see new possibilities by experiencing themselves differently.

Whether having to adjust to the pandemic, sensory overload from electronic devices, cyberbullying, academic & home pressures or making poor choices – they are in dire need of education in self-care and understanding, managing and expressing their emotions. This research-based program will allow them to:

- 1 Self-modulate through awareness
- 2 Understand, feel & move with their emotions
- 3 Develop mindfulness skills to reduce stress
- 4 Communicate with confidence
- 5 Improve and own decision making
- 6 Acknowledge and improve mental health
- 7 Find their center, their home

As a certified Breath Coach, a Heart Math practitioner, a Sundoor Firewalk Instructor and facilitator of both the MBSR-T* program & Feel Good Life methodology, Joanne is able to empower teens and young adults to take control of their well-being, increase self-esteem, make better choices and live life with renewed hope and enthusiasm. Equipping teens with skills they need to cope with and manage every day stress, bring mindfulness techniques and practices into their lives, and focus on positive experiences creates sustainable change.

*Mindfulness Based Stress Reduction - Teens

