

Are you a teen struggling with :

stress

worries

self-esteem

feeling sad

confidence

friendships



Tell Your Story!

You are invited to take part in a 6-session group writing program. This program is offered free of charge as part of a research study about how teens express themselves in writing.

opening up by writing it down



Dr. Sladeczek and Dr. Groleau at McGill University are investigating whether writing can help teens build resilience and coping skills by better understanding, expressing, and managing their emotions. Options for outdoor socially distanced writing groups in Oshawa and virtual writing groups are available.

CHOOSE BETWEEN CLASSIC WRITING OR SLAM POETRY WRITING

You will be asked to complete:

- Six group sessions of writing (50 mins each)
- Questionnaires about your mental health and how you manage emotions (30-45 hour each time for 3-4 times total)
- One interview about your experience (30 mins)

You will receive:

- A \$10 gift card to Subway or Tim Hortons
- A journal to keep
- Snacks at every in-person session

For more information & to find out if you are eligible to participate please contact: Janet Amos at janet.amos@mail.mcgill.ca.