

In this Issue:

- ~ Meet the Clinicians
- ~ New Location and Contact Information
- ~ Anxiety in Children and Youth
- ~ Talking to Teenagers

EMBRACING THE POWERFUL MIND

CINDY DEL VILLAR NASH, M.S.W., R.S.W. & URESHA SALGADO, M.ED., CPRO



MEET THE CLINICIANS -

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URESHA SALGADO, M.ED., R.P., CCC

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Cindy del Villar Nash is a Registered Social Worker with over 15 years experience in mental health and social services in Canada and Bermuda. Currently, Cindy is employed as a Youth and Family Counsellor for a non-profit organization in Brampton. She is a registered member of the Ontario College of Social Workers and Social Services Workers and the Ontario Association of Social Workers. She has served on several committees that focus on service delivery and program reform.

Cindy has extensive knowledge and experience in addressing various issues, including: anxiety, depression, self-esteem, trauma, bullying, family conflict, communication and relationships, self-harming, suicidal ideation, and grief and loss. In addition to working with youth, she has previous work experience with young children and adults.

Cindy is extremely excited and passionate about providing private practice and hopes to help others feel better about themselves and their life situations.

Cindy is a mother of two boys, a soccer and dance mom, a party planner, an advocate, and a professional Netflixer.



Cindy del Villar Nash.



Uresha Salgado

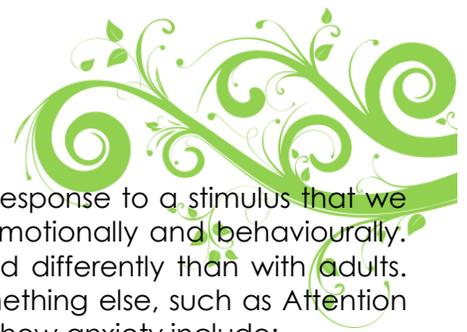
Uresha Salgado is a Registered Psychotherapist with over 10 years experience working with children, youth, and families in Ontario and British Columbia. She is also an active member of the Canadian Counselling and Psychotherapy Association, in addition to her involvement in various committees in the Region of Peel aimed at enhancing services to youth and families. She is excited to be expanding into private practice in Orangeville and looks forward to engaging within the community.

Uresha has extensive experience working with the following presenting issues: academic challenges, depression, anxiety, self-harm, suicidal ideation, loss and grief, interpersonal challenges, and low self-esteem. Her client-centered, non-judgmental, anti-oppressive approach creates a safe place for clients to discuss challenges authentically, identify existing strengths, and explore effective strategies. In addition to adolescent and family sessions, Uresha also provides sessions centered on parenting support. These sessions could address issues related to parenting through the various stages of child development, handling transitions associated with separation, divorce, and blending of families.

NEW LOCATION!!

We are very excited to be offering individual and group therapy sessions in downtown Orangeville.

ANXIETY IN CHILDREN & YOUTH



Anxiety is an emotion that human beings all experience. It is our natural response to a stimulus that we believe may be threatening or harmful. Anxiety is exhibited physically, emotionally and behaviourally. However, with young children and adolescents, anxiety can be expressed differently than with adults. Because of this, the expressions of anxiety are sometimes mistaken as something else, such as Attention Deficit Hyperactivity Disorder (ADHD). Some ways that children and youth show anxiety include:

PHYSICAL

- ~ Stomach aches
- ~ Head aches
- ~ Restlessness
- ~ Nausea or vomiting
- ~ Difficulty breathing

EMOTIONAL

- ~ Fear
- ~ Anger
- ~ Worry
- ~ Confusion

BEHAVIOURAL

- ~ Difficulty focusing & concentrating
- ~ Crying or angry outbursts
- ~ Reassurance seeking
- ~ Difficulty with completing tasks
- ~ Social withdrawal

What can we do if our child or youth is feeling anxious? The most important thing to do is to give them a sense of safety, as well as, addressing the physical symptoms to reduce feelings of panic. This can be done through relaxation strategies, physical affection, or distraction with enjoyable activities. Counselling can help develop and strengthen these strategies if the symptoms begin to affect their functioning. For more information about strategies to assist your child, you can refer to helpful websites, such as <https://www.anxietybc.com/>.



TALKING TO YOUR TEENAGER

"The biggest communication problem is we do not listen to understand, we listen to reply"

As children transition into adolescence, they experience many changes within themselves as well as within their environments. Competing priorities and values and communication breakdowns within parent-child relationships, can create many parenting challenges. Here are some helpful tips to keep in mind when talking to your teen and trying to rebuild open and honest communication:

- **Seize the moment** by being responsive when your teen spontaneously wants to talk
- **Really try to listen and understand** – do not prejudge what you think your teen will say
- **Show respect for your teens opinions** – does not mean you have to agree
- **Don't attack** - keep questions neutral as to invite discussion, rather than making your teen feel defensive
- **Don't lecture, have a conversation** – remember the 50% rule where you should not be speaking more than 50% of the time and do not be condescending
- **Stay focused** and only bring up relevant information

QUESTIONS?

Feel free to contact us if you have any questions or would like to receive our quarterly newsletter.

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