

A Creative Approach to Using Mindfulness With Youth

Tuesday, May 19, 2020 | 1:30pm to 2:30pm (EST)

Diana Coholic is a practicing social worker and Full Professor in the School of Social Work at Laurentian University located in Sudbury, Ontario, Canada. Since 2005, she has been studying the benefits of arts-based mindfulness group methods for the improvement of resilience in children and youth. The 12-week arts-based mindfulness group program she and her team have developed is called Holistic Arts-Based Program (HAP). HAP helps youth improve their mood and self-esteem, and develop better coping skills and relationships through the enjoyable experience of creative group work. A session by session outline of HAP can be found in Diana's book: [Facilitating Mindfulness: A Guide for Human Service Professionals](#). At Laurentian University, Diana is a core member of the research group [ECHO](#) (Evaluating Children's Health Outcomes). For almost six years, Diana was the Academic Director for the Northern Ontario Region of YouthREX.

Tricia Goeldner is a Social Worker with the Rainbow District School Board, facilitating prevention and promotion programs within the schools, as well as offering clinical intervention to support students' mental health and enhance student success. She is a yoga instructor and a mindfulness facilitator trained in Mindfulness Based Cognitive Therapy and the Holistic Arts-Based Program. She holds an Education degree from the Ontario Institute for Studies in Education, University of Toronto, and a Masters of Social Work from Laurentian University. Tricia wants to live in a world where mindfulness is cultivated in schools. When she's not busy at work you can find her running.

Amanda Hardy has been teaching elementary school students in Northern Ontario for over 15 years. She holds a bachelor's degree in Psychology and Education, an Early Childhood Education diploma and a Master's degree in Interdisciplinary Health. Amanda has facilitated the Holistic Arts-Based Program with marginalized youth in her community and utilizes the key components of the program to engage and support her students. Amanda has delivered numerous arts-based workshops for cultivating mindfulness to various helping professionals, including teachers, social workers, and child and youth workers, across Ontario. It is her hope that children and youth acquire the tools and skills necessary to contribute to overall healthy lives.