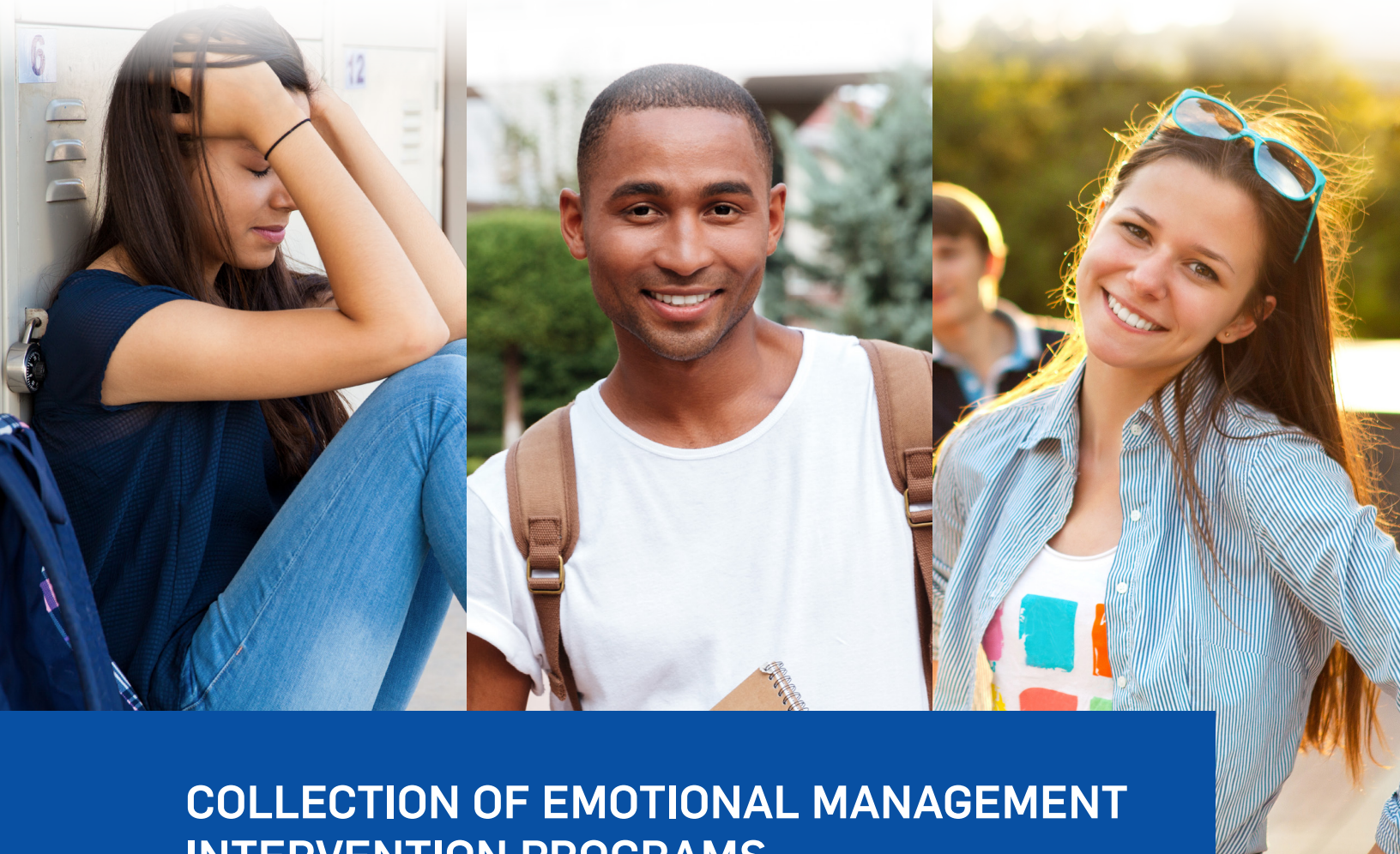




The TOOLBOX

TO HELP YOUNG PEOPLE WITH THEIR EMOTIONAL AND SOCIAL NEEDS



COLLECTION OF EMOTIONAL MANAGEMENT INTERVENTION PROGRAMS FOR TEENS

TOOL: Prevention | Intervention

TARGET AUDIENCE: Teens

TOOL INTENDED FOR: Professionals

DESIGN

Jeanne Lagacé-Leblanc
Line Massé
Claudia Verret



COLLECTION OF EMOTIONAL MANAGEMENT INTERVENTION PROGRAMS FOR TEENS

TOOL: Prevention | Intervention

TOOL INTENDED FOR: Professionals

– Details: Teachers, psychoeducators, special education technicians, psychologists.

TARGET AUDIENCE:

– Teens who have difficulty managing their emotions, particularly teens who are stressed, impulsive, inattentive, hyperactive, oppositional, aggressive, anxious, depressed or those with autism spectrum disorder.

NEEDS AND BEHAVIOURAL MANIFESTATIONS

– Difficulty managing frustration or anger.

SPECIFIC GOALS

– To provide professionals with suggestions for prevention and intervention programs that can be used to develop frustration and anger regulation skills in teens.

DESIGN

Jeanne Lagacé-Leblanc (Research Assistant) – Université du Québec à Trois-Rivières

Line Massé (Full Professor) – Université du Québec à Trois-Rivières

Claudia Verret (Full Professor) – Université du Québec à Montréal

COLLECTION OF EMOTIONAL MANAGEMENT INTERVENTION PROGRAMS FOR TEENS

Demers, A., Jacques, L. & Bazinet, C. (2013). *My life, it's cool to talk about it!: Educational activity guide. Mental health promotion and prevention.* Canadian Mental Health Association, Montreal Branch. (12-18 years old)

