

NEW MAGAZINE AIMS TO BOOST YOUTH MENTAL HEALTH

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A Georgetown-based psychotherapist is launching a magazine aimed at addressing mental health issues among youth.

Psychotherapist Susanne Dorder launched Kids Esteem Magazine in April.

The magazine is designed to help children build their emotional awareness and intelligence.

"As a registered psychotherapist with extensive experience working with children, I've noticed increasing concerns about mental health," Dorder said.

In partnership with students at Centennial College's Story Arts Centre, Dorder developed the quarterly magazine to help provide children with healthy coping tools for life.

"If we can teach our children to manage their emotions from a young age, that increases the chances they'll learn to self-regulate and cope with stressors in a healthy way," Dorder said.

While Dorder said she didn't remember the subject material being taught when she was growing up, emotional awareness is now part of the conversation.

"COVID-19 provided me the motivation to get started," Dorder said.

A survey of more than 1,000 parents and nearly 350 youths, conducted by the Hospital for Sick Children from April to June of 2020, revealed more than 70 per cent of school aged children reported deterioration of mental health.

Dorder said Kids Esteem Magazine is focused on teaching kids between the ages of 4 and 8 emotional intelligence, positive thinking, and self-care practices.

Each issue is available for \$8 plus tax and delivery.

Subscriptions are available at www.kidseestempublishing.com.

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