

Psychology at JICS

As the first psychologist to join JICS, my role is evolving as we explore the myriad of creative ways for me to engage with the broader JICS community. What follows is a just a sample of what I will be doing:

1. Visiting classes to run workshops/lead discussions about social-emotional learning topics
2. Consulting with teachers about students' needs and how best to support them
3. Meeting with students individually or in small groups to provide counseling/support
4. Meeting with parents individually/in small groups to offer support/share resources
5. Running parent workshops on topics of interest to you

For items 2 through 4 above, I will always be getting in touch with you to seek your consent since that's part of my mandate as a psychologist.

Possible topics for classroom engagement might include:

- Understanding and managing feelings
- The relationship between thoughts, feelings and behaviours
- Cognitive flexibility: practicing stretching our brains
- Social decision-making and problem-solving
- Resolving conflicts with peers
- Fight, flight & freeze: understanding how anxiety works
- Preparing for the transition to middle school

Please don't hesitate to reach out to me (trina.epstein@utoronto.ca) with general questions, ideas for classroom or parent workshops, or just to introduce yourselves. I can't wait to meet you and your children and I'm looking forward to an amazing year ahead!