

Military Family Services (Europe) Social Worker



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Counselling and Consultations

Generalist individual, couple and family **counselling** that is free and voluntary:

- Coping with symptoms of anxiety and depression
- Relationship and family issues
- Stress management
- Parental coaching, Grief, adjusting to difficult transitions, etc.

Also:

Assistance in finding appropriate resources in your community, and **advocating** on your behalf to assure the continuity of services.

Group Sessions

Consultation and **briefings** to MFS(E) and school staff on subjects such as:

- Family violence awareness and prevention
- Consultation on possible child protection issues
- Suicide awareness and prevention
- Conflict resolution

Do you have an idea for a talk or an activity? We would like to hear from you!

Workshops

Children and Teens

- Bullying
- Effective communication
- Conflict resolution
- Managing difficult emotions
- Social skills and self-esteem
- Mindfulness and relaxation, etc.

Adults

- Anxiety
- Depression
- Grief
- Intercultural adaptation
- Coping with difficult transitions
- Stress management
- Parenting
- Empty nesters
- Coping with menopause, etc.

Mental Health Library

A **mental health library** with informative and self-help books on different subjects such as:

- Parenting
- Enhancing your relationship
- Anger management
- Substance abuse
- Anxiety
- Depression
- Traumatic stress
- Stress management

You can borrow them **in person** in GK or have them **mailed to you** in other locations. If you have requests or suggestions, please let us know!



Mental health and mental illness are not two dichotomous categories, but rather two poles of a continuum.



It is normal to fluctuate somewhat between different states and to experience better or worse mental health over periods of time, and in response to certain life events.



Just like physical health, prevention and good habits can help.

Reach out to MFS(E) Social Worker Myriam Chebat to book a session.