



# Selena Lasota

## Child & Youth Mental Health Ahousaht & Tla-o-qui-aht



### Services I can offer to your Family & Community include:

#### One To One

- Psychoeducational learning through art, and play
- Mindfulness techniques for emotion regulation
- Increasing tools for interpersonal relationships
- Client centered goal attainment planning

#### Groups

- Young Women's Empowerment 4-week Group

### Communities Served

Tla-o-qui-aht  
Ahousaht Ditidaht

### Contact Information

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### Training Experience

- Bachelor of Science Human Development and Psychological Services
- One year in master's in counselling psychology
- Dialectical Behavioral Therapy
- Mental Health First Aid in Small Communities
- Island Health's Introduction to Trauma Informed Practice
- safeTALK Suicide alertness for everyone
- Sexual Assault Care