



# THE CENTRE FOR HUMAN DEVELOPMENT GROUP OF COMPANIES LIMITED (TCHD)

WELCOMES



## DR. ASHA PEMBERTON

**MBBS (Hons) DM (Paediatrics) UWI**  
**Clinical Fellowship in Adolescent Medicine (University of Toronto)**  
**Specialist Consultant Paediatrics and Adolescent (Teen) Health**

Dr. Asha Pemberton is a Consultant Paediatrician at the Sangre Grande Hospital and Clinical Lead of the CALM Teen Clinic and Mental Health Program. She is a proud alumna of St Joseph's Convent, St Joseph, she graduated with honours from the Faculty of Medical Sciences at UWI, St Augustine with her undergraduate medical degree and then completed the DM postgraduate qualification in Paediatrics. It was during residency that her interest in adolescent health peaked, as she recognized that the holistic health care needs of teenagers were often complex and challenging to determine and address. This led her to the University of Toronto and SickKids Hospital in Canada, where she completed sub-speciality clinical fellowship training in Adolescent Medicine.

Over the last 8 years, Dr. Pemberton has served as a Consultant to both PAHO and UNICEF Eastern Caribbean Offices on projects in the areas of adolescent health and the prevention of violence and sexual violence against girls and young women. Her work has taken her through many territories of our Caribbean region. Now returned home to Trinidad and Tobago, her research and clinical interests are the development of a model for sustainable adolescent friendly healthcare, and strategies to prevent child abuse and sexual violence against girls and young women. At present, she is a member of two World Health Organization Guideline Development Committees on child maltreatment and sexual abuse prevention and continues clinical work in the areas of:

- Parent Education and Support for Teen Development
- Teen HealthCare
- Behavioural Management for Children and Adolescents
- Obesity Management for Teenagers
- Adolescent Mental Health

**The Centre for Human Development Limited**  
**is pleased to offer the following services:**

1. Paediatric and Adolescent Health Medical Services
2. Teen Behavioural and Mental Health Management (ADHD, Anxiety, Depression, Self-Harm, Low Self Esteem)
3. Parent Education and Support
4. Medically Supervised Healthy Weight Management for Teenagers (Eating Disorders, Obesity, Emotional Eating)
5. Educational Support for Adolescents

**For Appointment, please call:** 1( 868) 235-5181 Ext 0 / 374-9934 / 317-3471

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