



## Fall Groups 2013



Peel Children's Centre is pleased to offer the 2013 Fall Group Series. These groups are designed to:

- Provide information for parents on specific issues;
- Give opportunities for parents and/or children to interact and learn from each other;
- Help parents and children develop strategies for coping with the concerns in their lives.



These are all offered **free of charge**. Groups are facilitated by Peel Children's Centre staff. Childcare is also available for most groups. Childcare groups provide structured activities focused on encouraging cooperation, enhancing social skills, problem-solving and coping skills.

**To register** for any of these parenting groups, please call **Mental Health Services for Children and Youth** (Centralized Intake) at **905-451-4655**. (Unless another phone number is given).

**Note:** Some groups require an assessment at Peel Children's Centre in order to determine appropriateness for a specific treatment group.

## Parenting Groups

### THE INCREDIBLE YEARS

September 25 – December 11, 2013

Wednesdays (12 weeks)

6:00 p.m. – 8:00 p.m.

**LOCATION:** Peel Children's Centre  
85A Aventura Court  
Mississauga ON

Learn how to manage your 3 – 6 year old child's behaviours with confidence and respect. Parents learn the importance of play with their child and how to increase positive behaviour and cooperation. Parents will view videotapes, discuss common concerns and problem solve how to implement specific parenting strategies in their own family.



### COPEing WITH CHALLENGING BEHAVIOUR

October 8 – December 10, 2013

Tuesdays (10 weeks)

6:30 p.m. – 8:30 p.m.

**LOCATION:** Peel Children's Centre  
85A Aventura Court  
Mississauga ON

Learn skills to increase positive behaviour, avoid conflicts, encourage cooperation and respond to aggression. Parents will watch videotapes, talk about common concerns and share their ideas with each other. Parents of children 7 – 11 years of age will find this group helpful in developing effective parenting skills.





### PARENTING YOUR TEEN

(Parents of 14 - 17 year old teens)  
**October 16 - November 20, 2013**  
**Wednesdays (6 weeks)**  
 6:30 p.m. - 8:30 p.m.

**LOCATION:** Peel Children's Centre  
 85A Aventura Court, Mississauga ON



This is a group to help parents meet the challenges of raising teens today. Parents view videotapes, discuss common concerns and practice

specific parenting skills. Parents learn effective communication and problem solving skills; respectful discipline methods; how to encourage respectful and responsible behaviour in their teens; and strategies to reduce risky behaviour (drugs, sexuality, violence).

### LEARNING ABOUT ADHD

**September 19 - October 24, 2013**  
**Thursdays (6 weeks)**  
 6:30 p.m. - 8:00 p.m.

OR

**November 7 - December 12, 2013**  
**Thursdays (6 weeks)**  
 6:30 p.m. - 8:00 p.m.

**LOCATION:** Peel Children's Centre  
 85A Aventura Court, Mississauga ON

Learn more about ADD/ADHD, helpful parenting strategies, the role of medication, resources available and how to work with the school system collaboratively. Parents of children 6 - 12 years of age with an ADHD diagnosis will find this group helpful to better understand and meet the needs of their child.



## Child and Parent Group

### COPING POWER

(boys & girls 8 - 13 years)  
**September 30, 2013 - January 27, 2014**  
**Mondays (15 weeks)**  
 6:00 p.m. - 7:30 p.m.

**LOCATION:** Peel Children's Centre  
 85A Aventura Court, Mississauga ON

This treatment group helps children develop healthy social skills, make good decisions and manage strong feelings effectively. Parents learn to implement parenting strategies to support their child in learning these coping skills and improve the parent-child relationship. An assessment at Peel Children's Centre is required to determine the appropriateness for this group.



### FEELING C.A.L.M.:

**Combat Anxiety and Learn to Manage**  
 (boys & girls 10 - 13 years)  
**October 8 - December 10, 2013**  
**Tuesdays (10 weeks)**  
 6:00 p.m. - 7:30 p.m.

**LOCATION:** Peel Children's Centre  
 85A Aventura Court, Mississauga ON

This treatment group helps children and their parents learn to cope in a variety of anxiety-provoking situations. Parents and children learn to recognize the signs of anxiety, what triggers their anxiety, how to face their fears, practice effective ways of calming themselves when anxious and how parents can help their children to deal with their anxiety effectively. An assessment at Peel Children's Centre is required to determine appropriateness for this group.





## Special Interest Groups

### GO GRRLS! CLUB

(girls 11 – 13 years)

September 24 – November 26, 2013

Tuesdays (10 weeks)

6:00 p.m. – 7:30 p.m.

**LOCATION:** Peel Children's Centre  
85A Aventura Court  
Mississauga ON

This program prepares pre-adolescent girls for the transition to adulthood by addressing critical tasks for their healthy development. Girls will explore gender-role identity, body image and positive self-image, peer relationships, decision making and sexuality. Activities, games, role plays, discussion, and arts and crafts are used to actively involve girls in this program. An assessment at Peel Children's Centre is required to determine appropriateness for this group.



### GIRLS CIRCLE

(girls 14 – 17 years)

September 18 – November 20, 2013

Wednesdays (10 weeks)

6:00 p.m. – 7:30 p.m.

**LOCATION:** Peel Children's Centre  
85A Aventura Court  
Mississauga ON

This group is designed to enhance girls' awareness of their relationships with themselves and others. Girls discover different ways of expressing themselves;

learn how to accept themselves for who they are; express their feelings; build healthy relationships; and deal with conflict.



Journaling, role play, sculpting and more are used to engage girls in this program. An

assessment at Peel Children's Centre is required to determine appropriateness for this group.

### GRANDPARENTS RAISING GRANDKIDS

November 7 – December 12, 2013

Thursdays (6 weeks)

10:00 a.m. – 11:30 a.m.

**LOCATION:** Peel Children's Centre  
85 A Aventura Court  
Mississauga, ON

This is a support group for grandparents who are parenting a second time, raising their grandkids. Meeting with other grandparents, they will have the opportunity to share their experiences and concerns about parenting in today's society, understanding and supporting their grandkids and their unique needs. They will also explore their stressors and learn self-care and stress management strategies to help them cope with the many demands in their lives.





**FEELING GOOD ABOUT BEING YOU:  
A Group for Moms**

**September 24 – November 12, 2013**  
**Tuesdays (8 weeks)**  
*10:00 a.m. – 11:30 a.m.*

**LOCATION:** Peel Children's Centre  
85A Aventura Court  
Mississauga ON

This group is a supportive opportunity for moms who are isolated and stressed to connect with others, learn about themselves and how to manage their stressful lives. Moms will learn to recognize their strengths and uniqueness, practice self-care ideas and stress management skills, and learn about community resources to support them.



**FIRST CONTACT GROUP**

**(14 – 19 years old)**  
**September 24 – October 15, 2013**  
**Fifth session: October 22, 2013**  
**Tuesdays (4 weeks)**  
*5:00 p.m. – 6:30 p.m.*

**LOCATION:** Nexus Youth Centre  
Mississauga Central Library  
Second Floor  
301 Burnhamthorpe W.  
Mississauga, ON

This four-week group helps youth increase their awareness of substance use, understand how it impacts them, and develop strategies to begin replacing it with other healthier options. At the October 22<sup>nd</sup> session, parents and supportive others will learn ways to help the youth with their goals.



Peel Children's Centre is grateful to receive generous financial support from **RBC Foundation** for our Group Services.



RBC Foundation®