



Winter Groups 2014



Peel Children's Centre is pleased to offer the 2014 Winter 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

March 19 – June 4, 2014

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.



LEARNING ABOUT ADHD

January 21 – February 25, 2014

Tuesdays (6 weeks)

6:30 p.m. – 8:00 p.m.

OR

March 18 – April 22, 2014

Tuesdays (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 Groups

COPING POWER

(boys & girls 8 – 13 years)
March 3 – June 23, 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)
March 20 – May 22, 2014
Thursdays (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, and how to face their fears. Children practice effective ways of calming themselves when anxious and parents learn how they can help their children 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)

January 8 – March 12, 2014

Wednesdays (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, positive self-image, peer relationships, decision-making and sexuality. Activities, games, role plays, discussion, and art are used to 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)

January 14 – March 18, 2014

Tuesdays (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.



KIDS HAVE STRESS TOO!

February 12 – March 5, 2014

Wednesdays (4 weeks)

6:30 p.m. – 8:30 p.m.

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



This group is for parents of 4 – 8 year olds who are concerned about their child's difficulties sleeping, eating, going to school, separating from their parent, and/or getting along with others – all of which may be signs of too much stress. Parents will learn to recognize the signs of too much stress for their child and understand the impact stress has on their child's emotional, physical, social and academic wellbeing. Parents will also learn how to teach their child relaxation strategies, communication problem-solving skills, and how to create a less stressful home environment.

UNDERSTANDING YOUTH SELF-HARM

March 17 – April 7, 2014

Mondays (4 weeks)

6:30 p.m. – 8:30 p.m.

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

This program supports parents by addressing the concerns they have regarding their youth's self-harming behavior. This group helps parents to understand what self-harming behavior is; how to identify the early warning signs; and the many reasons for youth self-harm. Parents will also learn about the recovery process for youth and specific strategies to support their youth in reducing their self-harming behavior. Self-care for parents to help them manage their stress will also be addressed.





FIRST CONTACT GROUP

(14 – 18 years old)

February 26 – March 19, 2014

Fifth session: March 26, 2014

Wednesdays (4 weeks)

6:00 p.m. – 7:30 p.m.

**LOCATION: Peel Children's Centre
85A Aventura Court
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 each youth's request, a fifth session will be offered on March 26th for parents and supportive others to learn ways to help the youth with their goals.



FEELING GOOD ABOUT BEING YOU:

A Group for Moms

January 28 – March 18, 2014

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 and 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.



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



RBC Foundation®