



## Spring Groups 2014

Peel Children's Centre is pleased to offer the 2014 Spring Group Series. These groups are designed to:

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



These are all offered **free of charge** and childcare is available for most groups.

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.*

### COPEing WITH CHALLENGING BEHAVIOUR

April 3 – June 5, 2014  
 Thursdays (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 youth 7 - 11 years of age will find this group helpful in developing effective parenting skills.

### LEARNING ABOUT ADHD

May 6 – June 10, 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 youth 6 - 12 years of age with an ADHD diagnosis will find this group helpful to better understand and meet the needs of their child.



### GO GRRLS! CLUB

(girls 11 - 13 years)  
**April 8 – June 10, 2014**  
**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.

### FEELING GOOD ABOUT BEING YOU:

**A Group for Moms**  
**April 29 – June 17, 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, 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.

### MOTHER/DAUGHTER CIRCLE

(girls 11 - 14 years and their moms)  
**April 23 – June 11, 2014**  
**Wednesdays (8 weeks)**  
 6:00 p.m. - 7:30 p.m.

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



This group for mothers and daughters aims to promote a healthy relationship during the transition years from girlhood to young womanhood. Participants learn healthy communication and problem-solving skills, self-care strategies, and embrace positive messages about being female.

### PARENTING YOUR TEEN

(Parents of 14 – 17 year old teens)  
**April 16 – May 21, 2014**  
**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).



## GRANDPARENTS RAISING GRANDKIDS

April 17 – June 5, 2014

Thursdays (8 weeks)

10:00 a.m. – 11:30 a.m.

**Location:** Peel Children's Centre  
85A 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.

Peel Children's Centre thanks **RBC Foundation** for its generous financial support for our Group Services.



RBC Foundation®