



Winter Groups 2015



Peel Children's Centre is pleased to offer the 2015 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 developing 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**.

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 4 – May 20, 2015

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 to 6 year-old child's behaviour 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.

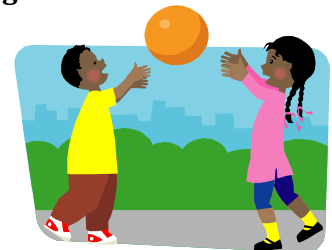
COPEing WITH CHALLENGING BEHAVIOUR

March 26 – May 28, 2015

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 children 7 – 11 years of age will find this group helpful in developing effective parenting skills.



LEARNING ABOUT ADHD

January 20 – February 24, 2015

Tuesdays (6 weeks)

6:30 p.m. – 8:00 p.m.

OR

March 17 – April 21, 2015

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 to 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 9 – June 22, 2015

Mondays (14 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 19 – May 21, 2015

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, 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)

January 13 – March 17, 2015

Tuesdays (10 weeks), 6:00 p.m. – 7:30 p.m.

OR

January 15 – March 19, 2015

Thursdays (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.

KIDS HAVE STRESS TOO!

February 18 – March 11, 2015

Wednesdays (4 weeks)

6:00 p.m. – 8:00 p.m.

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



This group is for parents of 4 to 8 year-olds who are concerned about their child's difficulties sleeping or eating, going to school or separating from their parent, or not getting along with others,

which may all be signs of 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 learn how to teach their child relaxation strategies, communication and problem-solving skills, and create a less stressful home environment.

GIRLS' CIRCLE

(girls 14 – 17 years)

January 21 – March 25, 2015

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.

FEELING GOOD ABOUT BEING YOU:

A Group for Moms

January 21 – March 11, 2015

Wednesdays (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.



FIRST CONTACT GROUP

(14 - 18 years old)

February 18 - March 11, 2015

Fifth session: March 18, 2015

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 4th for parents and supportive others to 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, including this Parenting Workshop Series.



RBC Foundation®