



## Spring Groups 2015

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

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

### UNDERSTANDING YOUTH SELF-HARM

April 13 – May 4, 2015  
Mondays (4 weeks)  
6:00 p.m. – 8:00 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 behaviour. This group helps parents to understand

what self-harming behaviour 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 behaviour. Self-care for parents to help them manage their stress will also be addressed.

### LEARNING ABOUT ADHD

May 5 – June 9, 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 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 7 – June 9, 2015  
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 15 – June 3, 2015  
Wednesday (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 29 – June 17, 2015  
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 13 – May 25, 2015  
Monday (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).





## FIRST CONTACT GROUP (14 - 18 years)

May 6 - May 27, 2015  
Wednesdays (4 weeks)  
5<sup>th</sup> session: June 3, 2015  
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 June 3<sup>rd</sup> for parents and supportive others to learn ways to help the youth with their goals.

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



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