



Winter Groups 2016

Peel Children's Centre is pleased to offer the 2016 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 February 10 – April 27, 2016

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 playing 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 24 – May 26, 2016

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 21 – February 25, 2016

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 collaboratively with the school system. Parents of children 6 – 12 years of age with an ADHD diagnosis will find this group helpful to better understand and meet their child's needs.



Child and Parent Groups

COPING POWER

(Boys & Girls 8– 13 years)

February 29 - June 27, 2016

Mondays (15 weeks)

6:00 p.m. – 7:30 p.m.

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

FEELING C.A.L.M.:

Combat Anxiety and Learn to Manage

(Boys & Girls 10 – 13 years)

February 16– April 26, 2016

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 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.

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 5 – March 8, 2016

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, positive self-image, peer relationships, decision making and sexuality. Activities, games, role play, discussion, and art are used to engage 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 20 – March 30, 2016

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.



FIRST CONTACT GROUP

(14 – 18 years old)

February 3 – February 24, 2016

Wednesdays (4 weeks)

Fifth session: March 2, 2016

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 2nd 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 20 – March 9, 2016

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, learn about themselves and how to manage their stressful lives. Moms will learn to recognize their strengths, 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, including this Parenting Workshop Series.



RBC Foundation®