



Fall Groups 2012

Peel Children's Centre is pleased to offer the 2012 Fall 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; and
- 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 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

COPEing WITH TODDLER BEHAVIOUR

October 5 – November 23, 2012

Fridays (8 weeks)

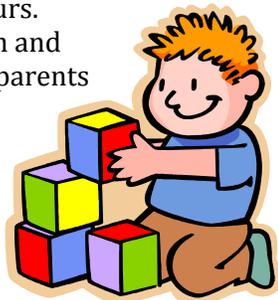
9:15 a.m. – 11:15 a.m.

LOCATION: Caledon Parent-Child Centre
150 Queen St. South
Bolton ON

***To register call 905-857-0090**

Learn how to foster a strong relationship with your toddler. Parents learn strategies to prevent challenging behavior, as well as how to manage challenging toddler behaviours.

Videotapes, group discussion and role plays are used to assist parents to successfully implement these strategies in their family.



COPEing WITH CHALLENGING BEHAVIOUR

October 16 – December 18, 2012

Tuesdays (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.





THE INCREDIBLE YEARS

September 26 – December 12, 2012

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

September 20 – October 25, 2012

Thursdays (6 weeks)

6:30 p.m. – 8:00 p.m.

or

November 8 – December 13, 2012

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 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)

October 1, 2012 – January 28, 2013

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 appropriateness for this group.

FEELING C.A.L.M.:

COMBAT ANXIETY & LEARN TO MANAGE

(boys & girls 10 – 13 years)

October 9 – December 11, 2012

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 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)

September 19 - November 21, 2012

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 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.

GIRLS CIRCLE

(girls 14 - 17 years)

October 2 - December 4, 2012

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.

FIRST CONTACT GROUP

(14 - 18 years)

October 3 - October 24, 2012

Fifth session: October 31, 2012

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 October 31 for parents and supportive others to learn ways to help the youth with their goals.





GRANDPARENTS RAISING GRANDKIDS

October 4 – December 13, 2012

Thursdays (10 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.

FEELING GOOD ABOUT BEING YOU:

A GROUP FOR MOMS

October 2 – December 4, 2012

Tuesdays (10 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®