



## Fall Groups 2016

Peel Children's Centre is pleased to offer our 2016 Fall Group Series. These groups are designed to:

- Share information with parents on specific topics and issues;
- Provide 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 groups are 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 and enhancing social, 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.**

**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

**September 21 – December 7, 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

**October 4 – December 6, 2016**

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.



## LEARNING ABOUT ADHD

**September 15 – October 20, 2016**

Thursdays (6 weeks)

6:30 p.m. – 8:00 p.m.

**OR**

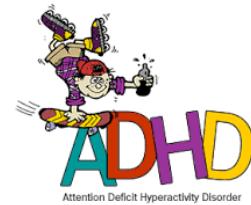
**November 3 – December 8, 2016**

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 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 their child's needs.



## Child and Parent Groups

### COPING POWER

(boys & girls 8 – 13 years)

**September 26, 2016 – January 23, 2017**

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 the appropriateness for this group.



### FEELING C.A.L.M.:

#### **Combat Anxiety and Learn to Manage**

(boys & girls 10 – 13 years)

**October 4 – December 6, 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 and their parents learn to cope in a variety of anxiety-provoking situations. Parents and children will learn: how to recognize the signs of anxiety and what triggers their anxiety; how to face their fears; effective ways of calming themselves when anxious; and how parents can help their children to cope with their anxiety. 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 21 – November 23, 2016**

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 playing, 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.



### FIRST CONTACT GROUP

(17 – 21 years old)

**October 5 – October 26, 2016**

Wednesdays (4 weeks)

**Fifth session: November 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 November 2<sup>nd</sup> for parents and supportive others to learn ways to help the youth with their goals.



### GIRLS CIRCLE

(girls 14 – 17 years)

**September 15 – November 17, 2016**

Thursdays (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 will discover different ways of expressing themselves and how to accept themselves for who they are; how to express their feelings; how to build healthy relationships; and how to 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

**October 12 – November 30**

Wednesdays (8 weeks)

**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 strategies and stress management skills, and learn about community resources available to support them.

