



## Winter Groups 2017



Peel Children's Centre is pleased to offer the 2017 Winter Groups Series. These groups are designed to:

- Provide information for parents on specific issues;
- Offer 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 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 groups, please call  
Mental Health Services for Children and Youth (Centralized Intake) at 905-451-4655.*

All groups are held at Peel Children's Centre (85A Aventura Court, Mississauga) unless otherwise specified.

**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 8 – April 26, 2017  
Wednesdays (12 weeks)  
6:00 p.m. – 8:00 p.m.



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 learn how to implement specific parenting strategies in their own family.

### LEARNING ABOUT ADHD

January 19 – February 23, 2017  
Thursdays (6 weeks)  
6:30 p.m. – 8:00 p.m.  
OR  
March 23 – April 27, 2017  
Thursdays (6 weeks)  
6:30 p.m. – 8:00 p.m.



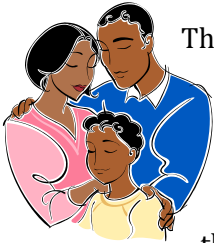
Learn more about ADD/ADHD, helpful parenting strategies, the role of medication, resources available, and how to work with the school system collaboratively. Parents of children 6 to 12 years of age with an ADHD diagnosis will find this group helpful to better understand and meet the needs of their child.



## Child and Parent Groups

### COPING POWER

(boys & girls 8 - 13 years)  
Feb 27 - June 26, 2017  
Mondays (15 weeks)  
6:00 p.m. - 7:30 p.m.



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)  
Feb 14 - April 25, 2017  
Tuesdays (10 weeks)  
6:00 p.m. - 7:30 p.m.



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. Children will practice effective ways of calming themselves when anxious, and parents will learn how they 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 17 - March 7, 2017  
Tuesdays (8 weeks)  
6:00 p.m. - 7:30 p.m.

This program prepares pre-adolescent girls for the transition to adulthood by addressing critical tasks for their healthy development. Girls will explore topics such as "Growing Up Female," "Growth and Self Care" and "Female Role Models". Activities include collages, affirmations and theme-related crafts. An assessment at Peel Children's Centre is required to determine appropriateness for this group.



### GIRLS' CIRCLE

(girls 14 - 17 years)  
January 19 - March 30, 2017  
Thursdays (10 weeks)  
6:00 p.m. - 7:30 p.m.

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 playing, 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 15 - March 8, 2017**

**Fifth session: March 15, 2017**

**Wednesdays (4 weeks)**

**6:00 p.m. - 7:30 p.m.**

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 4<sup>th</sup> 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 18 - March 8, 2017**

**Wednesdays (8 weeks)**

**10:00 a.m. - 11:30 a.m.**

This group is a supportive opportunity for moms who are isolated and stressed to connect with others and to 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 to support them.

