

**SPECIAL INTEREST GROUPS**

**GO GRRLS! CLUB  
(11 –13 years old)**

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.

**LOCATION:** 85A Aventura Court  
Mississauga, ON  
**DAY:** Tuesdays (9 weeks)  
**DATE:** Oct. 25 – Dec. 20, 2011  
**TIME:** 6:00 p.m. – 7:30 p.m.

**TEEN TALK (girls 14 –16 years)**

This group provides teen girls with an opportunity to discuss the conflicts, tensions and tears they endure daily involving their female peers. Teen girls will learn how to communicate effectively, show empathy towards others, and deal with their feelings safely. They will learn to manage healthy conflict to bring positive change to their female relationships.

**LOCATION:** 85A Aventura Court  
Mississauga, ON  
**DAY:** Tuesdays (6 weeks)  
**DATE:** Sept. 13 – Oct 18, 2011  
**TIME:** 6:00 p.m. – 7:30 p.m.

**FIRST CONTACT GROUP  
(14 – 18 year olds)**

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

**LOCATION:** 85A Aventura Court  
Mississauga, ON  
**DAY:** Wednesdays (4 weeks)  
**DATE:** Oct. 12 – Nov. 2, 2011  
Fifth session: Nov. 9, 2011  
**TIME:** 6:00 p.m. – 7:30 p.m.

**GRANDPARENTS RAISING GRANDKIDS**

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.

**LOCATION:** 85 A Aventura Court  
Mississauga, ON  
**DAY:** Thursdays (8 weeks)  
**DATE:** To be determined  
**TIME:** 10:00 a.m. – 11:30 a.m.

**FEELING GOOD ABOUT BEING YOU: A Group for Moms**

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.

**LOCATION:** 85A Aventura Court  
Mississauga, ON  
**DAY:** Tuesdays (8 weeks)  
**DATE:** To be determined  
**TIME:** 10:00 a.m. – 11:30 a.m.

Peel Children's Centre is grateful to receive generous financial support from RBC Foundation for our Group Services.



RBC Foundation®



**FALL GROUPS 2011**



Peel Children's Centre is pleased to offer the 2011 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;
- Help parents and children develop strategies for coping with the concerns in their lives.

All groups are free of charge. Groups are facilitated by Peel Children's Centre staff. Childcare is also available for most groups. Childcare groups provide structured activities that encourage cooperation and enhance social skills, problem-solving and coping skills.

For further information and to register for these groups, please call 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.

### Peel Children's Centre

85A Aventura Court  
Mississauga, ON  
L5T 2Y6

(SE corner of Derry Rd. & Hurontario St.)

Phone: 905-795-3500  
[www.peelcc.org](http://www.peelcc.org)  
Charitable Business Number:  
11908 7807 RR0001

## PARENTING GROUPS

### COPEing WITH TODDLER BEHAVIOUR

Learn how to foster a strong relationship with your toddler. Parents learn strategies to prevent challenging behaviour 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.

**LOCATION:** Malton Neighbourhood OEYC  
3540 Morning Star Dr.  
Mississauga, ON  
**DAY:** Fridays (8 weeks)  
**DATE:** Sept. 23 – Nov. 11, 2011  
**TIME:** 9:15 a.m. – 11:15 a.m.

\* To register call 905-677-6270 ext. 2245

### THE INCREDIBLE YEARS

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.

**LOCATION:** 85A Aventura Court  
Mississauga, ON  
**DAY:** Wednesdays (12 weeks)  
**DATE:** Sept. 21 – Dec. 7, 2011  
**TIME:** 6:00 p.m. – 8:00 p.m.

### COPEing WITH CHALLENGING BEHAVIOUR

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.

**LOCATION:** 85A Aventura Crt  
Mississauga, ON  
**DAY:** Thursdays (10 weeks)  
**DATE:** Sept. 29 – Dec. 1, 2011  
**TIME:** 6:30 p.m. – 8:30 p.m.

### LEARNING ABOUT ADHD

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.

**LOCATION:** 85A Aventura Court  
Mississauga, ON  
**DAY:** Tuesdays (6 weeks)  
**DATE:** Oct. 11 – Nov. 15, 2011  
**TIME:** 6:30 p.m. – 8:00 p.m.

## CHILD & PARENT GROUPS

### FEELING C.A.L.M.: Combat Anxiety and Learn to Manage (10 – 13 year old)

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, and how to face their fears. They practice effective ways of calming themselves when anxious and parents learn how to help their children deal with their anxiety effectively. An assessment at Peel Children's Centre is required to determine a child's appropriateness for this group.

**LOCATION:** 85A Aventura Court  
Mississauga, ON  
**DAY:** Thursdays (10 weeks)  
**DATE:** Oct. 6 – Dec. 8, 2011  
**TIME:** 6:00 p.m. – 7:30 p.m.

### TEMPER TAMING FOR BOYS (10 – 13 years old) AND PARENTS

This is a treatment group for boys who have difficulty managing their feelings in appropriate and safe ways. Parents also participate in this program to learn how to support their children in problem-solving challenging situations. Families learn what triggers their conflicts and how to use problem-solving and effective communication to resolve conflicts. An assessment at Peel Children's Centre is required to determine the appropriateness of a family for this group.

**LOCATION:** 85A Aventura Court  
Mississauga, ON  
**DAY:** Tuesdays (10 weeks)  
**DATE:** Oct. 4–Dec. 6, 2011  
**TIME:** 6:00 p.m.–7:30 p.m.



CHILDREN'S CENTRE