

Peel Children's Centre is pleased to offer the 2012 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.

For further information and **to register for 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.

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

Charitable Business Number:
11908 7807 RR0001

CHILD AND PARENT GROUPS

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: Thursdays (10 weeks)

DATE: Feb. 23 – Apr 26, 2012

TIME: 6:00 p.m. – 7:30 p.m.

FEELING C.A.L.M.: Combat Anxiety and Learn to Manage (10 – 13 years 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, 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 a child's appropriateness for this group.

LOCATION: 85A Aventura Court
Mississauga, ON

DAY: Tuesdays (10 weeks)

DATE: Mar. 6 – May 8, 2012

TIME: 6:00 p.m. – 7:30 p.m.

PARENTING GROUPS

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: Tuesdays (10 weeks)

DATE: Jan. 17 – Mar. 20, 2012

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: Thursdays (6 weeks)

DATE: Jan. 26 – Mar. 1, 2012

TIME: 6:30 p.m. – 8:00 p.m.

It's about HOPE

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 (10 weeks)

DATE: Jan. 10 – Mar. 13, 2012

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: Wednesdays (6 weeks)

DATE: Feb. 8 – Mar. 14, 2012

TIME: 6:00 p.m. – 7:30 p.m.

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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: Thursdays (10 weeks)

DATE: Feb. 16 – Apr. 19, 2012

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®



Web site: www.peelcc.org

Charitable Business No. 11908 7807 RR0001



It's about
HOPE



Winter
Groups
2012

PEEL CHILDREN'S CENTRE