

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

The 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 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

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 in successfully implementing these strategies in their family.

LOCATION: Brittany Glen OEYC
5602 Tenth Line W. Unit 106
Mississauga, ON
DAY: Thursdays (8 weeks)
DATE: Mar. 22 – May 10, 2012
TIME: 9:15 a.m. – 11:15 a.m.

*To register call 905-286-4455

THE INCREDIBLE YEARS

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.

LOCATION: 85A Aventura Court
Mississauga, ON
DAY: Wednesdays (12 weeks)
DATE: Mar. 21 – Jun 6, 2012
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 Court
Mississauga, ON
DAY: Thursdays (10 weeks)
DATE: Apr. 5 – Jun. 7, 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: Tuesdays (6 weeks)
DATE: Apr. 17 – May 22, 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 (9 weeks)
DATE: Apr. 3 – Jun. 5, 2012
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: Apr. 25 – May 16, 2012
Fifth session: May 23, 2012
TIME: 6:00 p.m. – 7:30 p.m.

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**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, and 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: Tuesdays (8 weeks)
DATE: Apr. 3 – May 22, 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®



CHILDREN'S CENTRE

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Spring
Groups
2012