



## Spring Groups 2017

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

- Provide information for parents on specific issues;
- Create opportunities for parents and/or youth to interact and learn from each other; and
- Help parents and youth develop strategies for coping with the concerns in their lives.



These groups are all offered **free of charge** and childcare is available for most groups.

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

To register for any of these groups, please call  
**Mental Health Services for Children and Youth (Centralized Intake)**  
**905-451-4655**

*Note: Some groups require an assessment at Peel Children's Centre in order to determine appropriateness for a specific treatment group.*

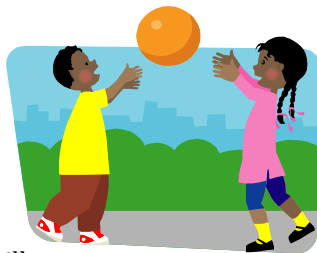
### COPEing WITH CHALLENGING BEHAVIOUR

April 4<sup>th</sup> – June 6<sup>th</sup>, 2017

Tuesdays (10 weeks)

6:30 p.m. – 8:30 p.m.

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.



### GO GRRLS! CLUB (girls 11 - 13 years)

April 19 – June 7, 2017

Wednesdays (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.





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

**April 11 – May 30, 2017**  
**Tuesday (8 weeks)**  
*10:00 a.m. – 11:30 a.m.*

This group creates opportunities for moms who are isolated and stressed to connect with others. Together, moms will learn about themselves and how to manage their stressful lives. Moms will also learn how to recognize and celebrate their strengths and unique qualities; practice self-care and stress management skills; and how to access community resources to support them.



## MOTHER/DAUGHTER CIRCLE (girls 11 – 14 years and their moms)

**April 20 – June 8, 2017**  
**Thursdays (8 weeks)**  
*6:00 p.m. – 7:30 p.m.*

This group for mothers and daughters aims to promote a healthy relationship during the transition years from girlhood to young womanhood. Participants will learn healthy communication and problem-solving skills, self-care strategies, and how to embrace positive messages about being female.



## FIRST CONTACT GROUP (14 – 18 years)

**May 3 – May 24, 2017**  
**Wednesdays (4 weeks)**  
**5<sup>th</sup> session: May 31, 2017**  
*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 May 31st for parents and other supportive people to learn ways to help the youth with their goals.

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