



Winter Groups 2013

Peel Children's Centre is pleased to offer the 2013 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; and
- 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.

To register for any of these parenting 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.

Parenting Groups

THE INCREDIBLE YEARS

March 20 – June 5, 2013
Wednesdays (12 weeks)
6:00 p.m. – 8:00 p.m.

LOCATION: Peel Children's Centre
85A Aventura Court
Mississauga ON



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.

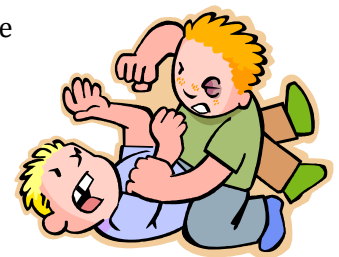
COPEing WITH CHALLENGING BEHAVIOUR

January 24 – March 28, 2013
Thursdays (10 weeks)
6:30 p.m. – 8:30 p.m.

LOCATION: Peel Children's Centre
85A Aventura Court
Mississauga ON

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.





COPEing WITH TODDLER BEHAVIOUR

January 18 – March 8, 2013

Fridays (8 weeks)

9:15 a.m. – 11:15 a.m.

LOCATION: Tomken Ontario Early Years Centre
Tomken South Senior Public School
3160 Tomken Road
Mississauga, ON

***To register call 905-276-6392**

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



PARENTING YOUR TEEN

(Parents of 14 -17 year old teens)

February 13 – March 20, 2013

Wednesdays (6 weeks)

6:30 p. m. – 8:30 p.m.

LOCATION: Peel Children's Centre
85A Aventura Court
Mississauga ON

This is a group to help parents meet the challenges of raising teens today. Parents view videotapes, discuss common concerns and practice specific parenting skills. Parents learn effective communication and problem solving skills; respectful discipline methods; how to encourage respectful and responsible behaviour in their teens; and strategies to reduce risky behaviour (drugs, sexuality, violence).



LEARNING ABOUT ADHD

January 22 – February 26, 2013

Tuesdays (6 weeks)

6:30 p.m. – 8:00 p.m.

or

March 19 – April 23, 2013

Tuesdays (6 weeks)

6:30 p.m. – 8:00 p.m.

LOCATION: Peel Children's Centre
85A Aventura Court
Mississauga ON

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.



Special Interest Groups

GO GRRLS! CLUB

(girls 11 – 13 years)
January 15 – March 19, 2013
Tuesdays (10 weeks)
6:00 p.m. – 7:30 p.m.

LOCATION: Peel Children's Centre
85A Aventura Court
Mississauga ON



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.

GRANDPARENTS RAISING GRANDKIDS

January 24 – March 21, 2013
Thursdays (8 weeks)
10:00 a.m. – 11:30 a.m.

LOCATION: Peel Children's Centre
85A Aventura Court
Mississauga ON

This is a support group for grandparents who are parenting for 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.

GIRLS CIRCLE

(girls 14 – 17 years)
January 16 – March 20, 2013
Wednesdays (10 weeks)
6:00 p.m. – 7:30 p.m.

LOCATION: Peel Children's Centre
85A Aventura Court
Mississauga ON

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 play, 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.

FEELING GOOD ABOUT BEING YOU:

A Group for Moms

January 22 – April 2, 2013
Tuesdays (10 weeks)
10:00 a.m. – 11:30 a.m.

LOCATION: Peel Children's Centre
85A Aventura Court
Mississauga ON



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



Child and Parent Groups

COPING POWER

(boys & girls 8 –13 years)

March 4 – June 24, 2013

Mondays (15 weeks)

6:00 p.m. – 7:30 p.m.

LOCATION: Peel Children's Centre
85A Aventura Court
Mississauga ON



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)

March 7– May 9, 2013

Thursdays (10 weeks)

6:00 p.m. – 7:30 p.m.

LOCATION: Peel Children's Centre
85A Aventura Court
Mississauga ON



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 appropriateness for this group.

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



RBC Foundation®