



## Fall Groups 2017

Peel Children's Centre is pleased to offer the 2017 Fall 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. **Note:** Some groups require an assessment at Peel Children's Centre in order to determine appropriateness for a specific treatment group.

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

## Parenting Groups

### THE INCREDIBLE YEARS

**September 20 – December 6, 2017**

Wednesdays (12 weeks)

6:00 p.m. – 8:00 p.m.

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 videos, discuss common concerns, and problem-solve how to implement specific parenting strategies in their own family.



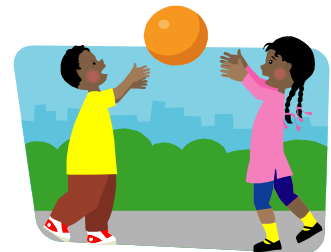
### COPEing WITH CHALLENGING BEHAVIOUR

**October 3 – December 5, 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 videos, talk about common concerns and share ideas with each other. Parents of children 7 – 11 years of age will find this group helpful in developing effective parenting skills.





### LEARNING ABOUT ADHD

**September 14 – October 19, 2017**

Thursdays (6 weeks)

6:30 p.m. – 8:00 p.m.

OR

**November 2 – December 7, 2017**

Thursdays (6 weeks)

6:30 p.m. – 8:00 p.m.

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.

### FEELING GOOD ABOUT BEING YOU:

#### A Group for Moms

**October 10 – November 28, 2017**

Tuesdays (8 weeks)

10:00 a.m. – 11:30 a.m.

This group is a supportive opportunity for moms who feel 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 available to support them.



## Child and Parent Groups

### COPING POWER

(boys & girls 8 – 13 years)

**October 2, 2017 – January 29, 2018**

Mondays (15 weeks)

6:00 p.m. – 7:30 p.m.

This treatment group helps children develop healthy social skills, make good decisions and manage strong feelings effectively. Parents learn how 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)

**October 3 – December 5, 2017**

Tuesdays (10 weeks)

6:00 p.m. – 7:30 p.m.

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.





## Special Interest Groups

### GO GRRLS! CLUB

(girls 11 – 13 years)

**September 20 – November 8, 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 points 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 playing, 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.



### GIRLS CIRCLE

(girls 14 – 17 years)

**September 14 – November 16, 2017**

Thursdays (10 weeks)

6:00 p.m. – 7:30 p.m.

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.



### FIRST CONTACT GROUP

(14 – 18 years old)

**October 4 – October 25, 2017**

Wednesdays (4 weeks)

**Fifth session: November 1, 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 November 1<sup>st</sup> for parents and supportive others to learn ways to help the youth with their goals.

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