



## Winter Groups 2018



Peel Children's Centre is pleased to offer the 2018 Winter 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, children 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. 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**  
**February 7 - April 25, 2018**  
**Wednesdays (12 weeks)**  
**6:00 p.m. - 8:00 p.m.**

Learn how to manage your 3- to 6-year-old child's behaviour with confidence and respect. Parents will 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 families.



**LEARNING ABOUT ADHD**  
**February 1 - March 8, 2018**  
**Thursdays (6 weeks)**  
**6:30 p.m. - 8:00 p.m.**

Learn more about ADD/ADHD, including helpful parenting strategies, the role of medication, how to access resources, and how to work with the school system collaboratively. Parents of children 6 to 12 years of age with an ADHD diagnosis will find this group helpful to better understand and meet the needs of their child.





## Child and Parent Groups

### **COPING POWER**

**(boys & girls 8 - 13 years)**  
**February 26 - June 25, 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 to implement parenting strategies to support their child in learning these coping skills to 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)**  
**February 13 - May 8, 2018**  
**Tuesdays (12 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)**  
**January 16 -**  
**March 6, 2018**  
**Tuesdays (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 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.

### **GIRLS' CIRCLE**

**(girls 14 - 17 years)**  
**January 18 - March 29, 2018**  
**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 will discover different ways of expressing themselves and will learn how to accept themselves for who they are, express their feelings, build healthy relationships, and deal with conflict. Journaling, role-playing, 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 16 - March 6, 2018**

**Tuesdays (8 weeks)**

**10:00 a.m. - 11:30 a.m.**



This group provides an 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 available to support them.

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