

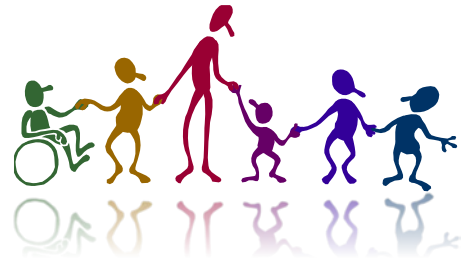


## Spring Groups 2018

Peel Children's Centre is pleased to offer the 2018 Spring Groups Series.

These groups are designed to:

- Provide information for parents on specific issues;
- Offer 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 are all offered **free of charge** and childcare is available for most groups.

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

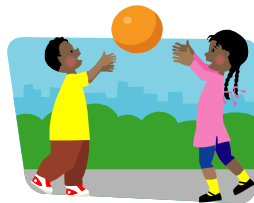
**All groups take place at Peel Children's Centre** (85A Aventura Court, Mississauga, ON) unless otherwise specified.

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

### COPEing WITH CHALLENGING BEHAVIOUR

**April 3 – June 5, 2018**  
**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.



### LEARNING ABOUT ADHD

**April 19 – May 24, 2018**  
**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 to 12 years of age with an ADHD diagnosis will find this group helpful to better understand and meet the needs of their child.





**GO GRRRLS! CLUB**  
(girls 11 - 13 years)

**April 18 - June 6, 2018**  
**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 in their healthy development. Girls will explore topics such as "Growing Up Female", "Growth and Self Care" and "Female Role Models". Activities will include collages, affirmations and theme-related crafts. An assessment at Peel Children's Centre is required to determine appropriateness for this group.



**MOTHER/DAUGHTER CIRCLE**  
(girls 11 - 14 years and their moms)

**April 19 - June 7, 2018**  
**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.



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

**April 24 - June 12, 2018**  
**Tuesdays (8 weeks)**  
10:00 a.m. - 11:30 a.m.

This group is a supportive opportunity for moms who are isolated and stressed to connect with others. Moms will learn about themselves, how to manage their stressful lives, as well as how to recognize their strengths and uniqueness. Moms will also learn self-care practices, stress management skills, and how to find and access community resources to support them.



**FIRST CONTACT GROUP**  
(14 - 18 years)

**May 2 - May 23, 2018**  
**Wednesdays (4 weeks)**  
**5<sup>th</sup> session: May 30, 2018**  
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 30<sup>th</sup> for parents and supportive others to learn ways to help the youth with their goals.





## Parenting Your Anxious Child (2-Part Workshop)

April 5<sup>th</sup> and April 12<sup>th</sup>, 2018

Thursdays (2 weeks)

10:00am -12:00pm



*To register for Parenting Your Anxious Child, please contact Michelle at 905-795-3500, ext. 2229*

This two-part psychoeducational workshop will provide parents/caregivers with an opportunity to educate themselves on the following topics:

- What is anxiety?
- What does anxiety look like?
- Avoidance
- Cognitive Behavioural Therapy (CBT)
- Tools for communication

Parents will also discuss helpful and unhelpful parenting strategies for anxious children, relaxation strategies, and the principles of exposure.

## Making the Connection (birth to age one)

May 10<sup>th</sup> – June 28<sup>th</sup>, 2018

Thursdays (8 weeks)

1:15pm – 3:15pm



*To register for Making the Connection, please contact Celeste at 905-791-1585, ext. 8705*

A program for parents and babies (birth to one). Come with your baby and have fun together! Eight weeks of love, language and learning. This is an inclusive program. We welcome parents of babies with all abilities. The group will be facilitated by staff with expertise in child development, attachment and children's mental health.

**Note:** *Making the Connection meets at Caledon Parent-Child Centre (150 Queen Street South, Bolton, Ontario)*

