



Fall Groups 2018



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

These groups are designed to:

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



These groups are all offered **free of charge**. Groups are facilitated by Peel Children's Centre staff and childcare is available for most groups. Childcare groups provide structured activities focused on encouraging cooperation and enhancing social, problem-solving and coping skills.

To register for most of these groups, please call
WhereToStart.ca at **905-451-4655**.

Helpful Reminders:

- Some groups require an assessment at Peel Children's Centre in order to determine appropriateness for a specific treatment group.
- Parents/children can participate in multiple groups, but due to high demand, each individual group may only be attended once.
- All groups take place Peel Children's Centre, 85A Aventura Court in Mississauga, unless otherwise stated.



Parenting Groups

THE INCREDIBLE YEARS

September 19 –
December 12, 2018
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 will learn the importance of playing 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

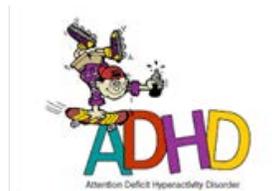
September 25 – November 27, 2018
Tuesdays (10 weeks)
6:30 p.m. – 8:30 p.m.



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

September 13 –
October 18, 2018
Thursdays (6 weeks)
6:30 p.m. – 8:00 p.m.



OR

November 1 – December 6, 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 – 12 years of age with an ADD/ADHD diagnosis will find this group helpful to better understand and meet the needs of their child.

PARENTING YOUR ANXIOUS CHILD

A Two-Part Workshop

September 27 and October 4, 2018
Thursdays
10:00am -12:00pm

This two-part psychoeducational workshop will provide parents/caregivers with an opportunity educate themselves on the following topics: what is anxiety; what anxiety can look like; avoidance; Cognitive Behavioural Therapy (CBT); tools for communication; and the ratings thermometer. Parents will also discuss helpful and unhelpful parenting strategies for anxious children, relaxation strategies, and the principles of exposure.



FEELING GOOD ABOUT BEING YOU: A Group for Moms

October 9 – November 27, 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 and learn about themselves and how to manage the stress in their 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 – 12 years)

October 1, 2018 –

January 28, 2019

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 will learn to implement 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)

September 18 – December 4, 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. Participants will learn to recognize the signs of anxiety, what triggers their anxiety, how to face their fears, how to 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 26 – November 14, 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 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-play, discussion, and arts and crafts will be used to actively involve girls in this program. An assessment at Peel Children's Centre is required to determine appropriateness for this group.

FIRST CONTACT GROUP

(youth 14-18 years)

November 7 – November 28, 2018

Wednesdays (4 weeks)

Fifth session: December 5, 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 December 5th for parents and supportive others to learn ways to help the youth with their goals.

GIRLS CIRCLE

(girls 14 – 17 years)

September 13 – November 15, 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; 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 will be used to engage girls in this program. An assessment at Peel Children's Centre is required to determine appropriateness for this group.

MAKING THE CONNECTION

(birth to age one)

September 27 – November 22, 2018

Thursdays (8 weeks)

1:15pm – 3:15pm

LOCATION TO BE DETERMINED

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.



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