



## Winter Groups 2019



Peel Children's Centre is pleased to offer the 2019 Winter 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 all 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

February 6 – April 24, 2019  
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 videos, discuss common concerns, and problem-solve how to implement specific parenting strategies in their own family.



### LEARNING ABOUT ADHD

January 31 – March 7, 2019  
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.



## Child and Parent Groups

### **COPING POWER**

(boys & girls 8 – 12 years)

February 25 –

June 24, 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)

February 12 – May 7, 2019

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 GRRRLS! CLUB**

(girls 11 – 13 years)

January 15 – March 5, 2019

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 tasks for 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.

### **GIRLS’ CIRCLE**

(girls 14 – 17 years)

January 17 – March 28, 2019

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 how to accept themselves for who they are, as well as how to 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.





## **PARENTING YOUR ANXIOUS CHILD A Two-Part Workshop**

February 5 **and** 12, 2019

Tuesdays (2 weeks)

10:00 a.m. – 12:00 p.m.

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**

January 15 –

March 5, 2019

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.



## **CIRCLE OF SECURITY®**

(ages 0-6)

January 15 – March 5, 2019

Tuesdays (8 weeks)

10:00 a.m. – 12:00 p.m.

At times all parents feel lost or without a clue about what our child might need from us. Imagine what it might feel like if you were able to make sense of what your child was really asking from you. The Circle of Security® Parenting™ program is based on decades of research about how secure parent-child relationships can be supported and strengthened.

Learning objectives of the Circle of Security® program include:

- Understanding your child's emotional world by learning to read the emotional needs;
- Supporting your child's ability to successfully manage his/her emotions;
- Enhancing the development of your child's self-esteem; and
- Honouring your innate wisdom and desire for your child to be secure.