



Spring Groups 2019

Peel Children's Centre is pleased to offer the 2019 Spring Groups Series.

These groups are designed to:

- Share information with parents on specific topics;
- Provide opportunities for parents and/or children to interact with and learn from each other; and
- 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.





COPEing WITH CHALLENGING BEHAVIOUR

April 2 – June 4, 2019

**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 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 18 – May 23, 2019

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 collaboratively with the school system. Parents of children 6 to 12 years of age with an ADHD diagnosis will find this group helpful.



GO GRRLS! CLUB (girls 11 – 13 years)

April 17 – June 5, 2019

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 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.



FEELING GOOD ABOUT BEING YOU: A Group for Moms

April 23 – June 11, 2019

Tuesdays (8 weeks)

10:00 a.m. – 11:30 a.m.

This group is an opportunity for moms who are isolated and stressed to connect with others, learn about themselves and learn how to manage their stressful lives. Moms will learn how to recognize and appreciate their strengths; how to practice self-care; how to access community resources to support them; and improve their stress management skills.





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

April 25 – June 13, 2019
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.



PARENTING YOUR ANXIOUS CHILD Part 1 & 2

May 2 & May 9, 2019
Thursdays (2 weeks)
10:00 a.m. – 12:00 p.m.

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.

CIRCLE OF SECURITY (0-6 years)

April 9 – May 28, 2019
Tuesdays (8 weeks)
6:00 p.m. – 8:00 p.m.

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.

This training will help you:

- Understand your child's emotional world by learning to read the emotional needs
- Support your child's ability to successfully manage emotions
- Enhance the development of your child's self esteem
- Honour your innate wisdom and desire for your child to be secure

FIRST CONTACT GROUP (14 – 18 years)

April 10 – May 1, 2019
Wednesdays (4 weeks)
5th session: May 8, 2019
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 8 for parents and supportive others to learn ways to help the youth with their goals.