



Summer Workshops & Youth Programs 2019

Peel Children's Centre is pleased to present our Summer 2019 Workshops and Youth Programs. Most of our **workshops for parents** consist of one-night, two-hour sessions designed to:

- Share current information with parents on specific topics of interest;
- Create opportunities for parents to discuss issues with other parents; and
- Inform parents about other community resources and supports.

We are also pleased to offer a selection of **multi-week parenting workshops** and **week-long programs for youth**. All workshops and youth programs are offered **free of charge** at Peel Children's Centre (85A Aventura Court, Mississauga). You are encouraged to attend as many workshops as are of interest to you. Programs will be facilitated by Peel Children's Centre staff.

Limited childcare spaces are also available for most workshops.

To register for any of these programs, please call **WhereToStart.ca** at

905-451-4655



PARENTING YOUNG CHILDREN

Parenting the Young Explosive Child (4 - 7 years)

Thursday, July 11, 6:30 pm - 8:30 pm or
Tuesday, July 23, 6:30 pm - 8:30 pm

Some children have difficulty tolerating frustration and solving problems. In this workshop you will learn how to prevent meltdowns, set realistic behavioural expectations, and help your child learn to problem-solve with you to manage their emotions and behaviour.



Teaching Young Children Cooperation Skills

Monday, July 29, 6:30 pm - 8:30 pm

Young children learn skills like cooperation, taking turns and patience through play. Play also provides parents with important opportunities to coach, model and encourage their child's appropriate behaviour. Learn how to be involved in your child's play in order to reinforce these skills, increase cooperation and reduce behavioural challenges.





PARENTING SCHOOL-AGED CHILDREN

Managing Challenging Behaviours

Thursday, July 4, 6:30 pm – 8:30 pm **or**
Monday, July 22, 6:30 pm – 8:30 pm

Some childhood behaviours present significant challenges for parents to manage. This workshop will teach you how to effectively respond to noncompliant, aggressive, disruptive and disrespectful behaviour.



Dealing with Family Conflict

Monday, July 29, 6:30 pm – 8:30 pm

Conflict happens in every family. Learn what triggers conflict in your family and how to resolve conflicts between siblings, and between parents and their children. Learn how to avoid conflicts and create a peaceful home environment.



Building Self-Esteem

Tuesday, July 9, 6:30 pm – 8:30 pm **or**
Thursday, July 25, 6:30 pm – 8:30 pm

Children who feel good about themselves have an easier time handling conflicts and resisting negative pressures. In this workshop you will learn practical strategies to build your child's self-esteem and self-confidence.

Strategies for ADHD (4 – 12 years)

Tuesday, July 2, 6:30 pm – 8:30 pm **or**
Wednesday, July 24, 6:30 pm – 8:30 pm

ADHD can impact the social, emotional, behavioural and academic areas of a child's life. Learn specific strategies to help manage the symptoms of ADHD and increase your child's ability to be more successful in all areas of their life.

Helping Kids Manage Anger

Monday, July 8, 6:30 pm – 8:30 pm **or**
Tuesday, July 30, 6:30 pm – 8:30 pm

Managing one's anger is a skill all children must develop. Learn how to help your child use relaxation techniques, problem-solving strategies and effective communication skills so they can manage their anger and frustration successfully.



Preparing Children for Back-to-School

Thursday, August 1, 6:30 pm – 8:30 pm

The beginning of the school year can raise many worries for children as they face new expectations and changes. Learn how to plan ahead and problem-solve to help make the transition back-to-school more successful.



PARENTING PRE-TEENS & TEENS

Parenting in the Early Teen Years (12 - 14 years)

Monday, July 15, 6:30 pm – 8:30 pm

Developmental changes in the early teen years impact a young person's needs and behaviours; these changes can also present challenges for parents. Learn strategies to cope with your teen's struggles for independence and how to maintain a healthy relationship with them.

GENERAL PARENTING SUPPORT

Positive Parenting Solutions

Tuesday, July 16, 6:30 pm – 8:30 pm

As a parent, balancing nurturing and understanding with setting reasonable expectations and discipline can be challenging. Learn positive parenting strategies that will encourage cooperation and responsibility while promoting self-esteem and self-confidence.

Solo Parenting

Wednesday, July 17, 6:30 pm – 8:30 pm

Single parenting comes with its own set of challenges for both the child and the parent. Learn parenting strategies to help balance your needs with those of your children, cope with stress and develop an effective support network for your family.

Just for Dads

Thursday, July 18, 6:30 pm – 8:30 pm

Fathers experience many pressures and stressors in their role in today's family. In this workshop you will learn how to manage the challenges of fathering and celebrate the important role you play in your children's lives.



Gaming & Internet Challenges

Thursday, August 1, 6:30 pm – 8:30 pm

This workshop will look at what makes gaming addictive and highlight youth who are most vulnerable to becoming addicted. It will also discuss the connections between gaming addictions, excessive internet use and mental health disorders. Additionally, the workshop will also provide parents with effective strategies for parenting young people who develop a gaming addiction and who also have mental health challenges. Parents will have an opportunity to share their experiences and discuss any concerns they have regarding gaming and their children.





**Creating Connections:
A Mother – Daughter
Communication Workshop
(11 – 14 years)**

Wednesday, July 31, 6:30 pm – 8:30 pm

During the adolescent years, sometimes mother-daughter relationships can become strained. The goal of this workshop is to provide mothers and daughters with an opportunity to practice respectful communication by using reflective listening, “I” statements and affirmations. Creative interactive activities that mothers and daughters will work on together will generate visual reinforcements of their communication goals. Mothers and daughters will attend this workshop together.



Just for Moms

Thursday, July 18, 6:30 pm – 8:30 pm

Being a mother can be very stressful, and it is important to take care of yourself! Learn how to manage stress in order to bring balance to your life, celebrate your strengths and feel good about being you!

Moving Forward

Tuesday July 16, 6:30 pm – 8:30 pm

Receiving a diagnosis for a child can come with many questions and has implications not only the individual (child) who has received the diagnosis, but also their family. Learn how and why different areas of your family's life can be affected and begin the journey of *Moving Forward*. This workshop will help you gain a new perspective and understanding of how a diagnosis can help your child/family get the proper supports for success.

PARENTING GROUP

**CIRCLE OF SECURITY
(0 – 8 years)**

*8 Sessions, Tuesday & Thursday mornings
July 9, 11, 16, 18, 23, 25, 30 and August 1
9:30 am – 11:30 am*

At times all parents can 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. 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

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

*Wednesday, July 3, 6:30 pm – 8:30 pm **and**
Wednesday, July 10, 6:30 pm – 8:30 pm*

Learn more about what children's emotions are telling us and how anxiety affects their feelings, bodies, thoughts and behaviours. Explore helpful and unhelpful parenting strategies to support children to manage anxiety.



SUMMER PROGRAMS FOR YOUTH

Go Girls Camp

(11 - 13 years)

Tuesday, July 2 - Friday, July 5, 1 pm - 4 pm

or

Monday, July 22 - Thurs, July 25, 1pm - 4pm

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-playing, discussions, and arts and crafts are used to actively involve girls in this program. An assessment at Peel Children's Centre is required to determine appropriateness for this group.

Girls' Circle Camp

(14 - 17 years)

Monday, July 15 - Friday, July 19, 1 pm - 4 pm

This group is designed to enhance girls' awareness of their relationships with themselves and others. In this program girls will discover different ways of expressing themselves and 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.

NOTE: *These are condensed versions of the Go Girls and Girls' Circle programs that are offered at Peel Children's Centre in the Fall, Winter & Spring. Girls who have completed the full Go Girls or Girls' Circle program are not eligible for these condensed programs.*

Boys Council

(9 - 11 years)

Monday, July 8 - Friday, July 12, 1 pm - 4 pm

This program aims to promote boys' natural strengths and increase their awareness about being male in today's world. The Council will challenge myths about how to be a "real boy" or "real man" and will engage boys in activities, conversations and activities that question stereotypical concepts. The Council will also increase boys' emotional, social and cultural literacy by promoting valuable relationships with peers and adult facilitators.

To register for any of these programs,
please call **WhereToStart.ca** at

905-451-4655