



Fall Groups 2019



Peel Children's Centre is pleased to offer the 2019 Fall Groups series. These groups are designed to:

- Share information with parents on specific topics;
- Create 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 **most** of these groups, please call
WhereToStart.ca at **905-451-4655**.

Helpful Reminders:

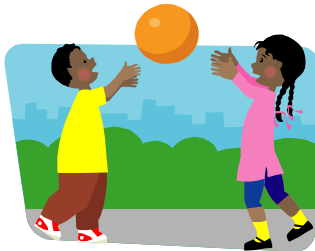
- Peel Children's Centre is committed to providing a barrier-free environment for all children, youth and families who use our services, and we respect and uphold the requirements set forth under the Accessibility for Ontarians with Disabilities Act (AODA). We will ask you to tell us how we can make your experience better when you call WhereToStart.ca to register.
- 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 at Peel Children's Centre, 85A Aventura Court in Mississauga, **unless otherwise stated**.



COPEing WITH CHALLENGING BEHAVIOUR

October 1 – December 3, 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 for developing effective parenting skills.



LEARNING ABOUT ADHD

September 12 – October 17, 2019
Thursdays (6 weeks)
6:30 p.m. – 8:00 p.m.

OR

November 7 – December 12, 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.



CIRCLE OF SECURITY (0-8 years)

September 27 – November 15, 2019
Fridays (8 weeks)
9:30 a.m. – 11:30 a.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 their emotional cues
- 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

The **Circle of Security** group will meet at the Caledon Parent-Child Centre, located at 150 Queen Street South in Bolton, ON.



FEELING GOOD ABOUT BEING YOU: A Group for Moms

October 1 – November 19, 2019
Tuesdays (8 weeks)
10:00 a.m. – 11:30 a.m.

This group will help 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.



COPING POWER
(boys & girls 8 – 12 years)
September 30, 2019 – January 27, 2020
Mondays (15 weeks)
No group on Thanksgiving and Monday, December 16, 23 or 30
6:00 p.m. – 7:30 p.m.

This treatment group will help children develop healthy social skills, make good decisions and manage strong emotions effectively. Parents will learn how 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 appropriateness for this group.

PARENTING YOUR ANXIOUS CHILD Part 1 & 2

September 11 and 18, 2019
Wednesdays (2 weeks)
6:00 p.m. – 8:00 p.m.

OR

November 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 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.





FEELING C.A.L.M.

Combat Anxiety and Learn to Manage (boys & girls 10 – 13 years)

September 16 – December 9, 2019
Mondays (12 weeks)

No group on Thanksgiving Monday

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. Children and their parents will learn to recognize the signs of anxiety, what triggers their anxiety and how to face their fears. Children will practice effective ways of calming themselves when anxious and parents will learn how to help their children deal with anxiety effectively. An assessment at Peel Children's Centre is required to determine appropriateness for this group.

GIRLS' CIRCLE (girls 14 – 17 years)

September 19 – November 21, 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; 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.

GO GRRLS! CLUB (girls 11 – 13 years)

September 25 – November 13, 2019
Wednesdays (8 weeks)
6:00 p.m. 7:30 p.m.

This program will prepare 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.



Reminder: You can participate in multiple groups, but due to high demand, each individual group can only be attended once.



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

November 6 – 27, 2019

Wednesdays (4 weeks)

5th session: December 4, 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 December 4 for parents and supportive others to learn ways to help the youth with their goals.

**MAKE THE CONNECTION
(birth to age one)**

October 3 – November 21, 2019

Thursdays (8 weeks)

10:00 a.m. – 12:00 p.m.

LOCATION:

EarlyON Centre

17 Worthington Avenue, Brampton

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. This group will be facilitated by staff with expertise in child development, attachment and children's mental health.



To register for **Make the Connection**, please call the Peel Infant Program at 905-791-1585.