



## Winter Groups 2020



Peel Children's Centre is pleased to offer the **2020 Winter 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 any 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.**



## LEARNING ABOUT ADHD

January 30 – March 5, 2020  
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.



## FEELING GOOD ABOUT BEING YOU: A Group for Moms

January 14 – March 3, 2020  
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.



## CIRCLE OF SECURITY (0-8 years)

January 15 – March 4, 2020  
Wednesday nights (8 weeks)  
6:00 p.m. – 8:00 p.m.

### OR

January 16 – March 5, 2020  
Thursday mornings (8 weeks)  
10:00 a.m. – 12:00 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 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



### FEELING C.A.L.M.

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

February 3 – May 11, 2020

Mondays (12 weeks)

**No group on Family Day (February 17),  
during March Break and Easter  
Monday (April 13)**

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.

### COPING POWER

#### (boys & girls 8 – 12 years)

February 24 – June 22, 2020

Mondays (15 weeks)

**No group during March Break, Easter  
Monday (April 13) and Victoria Day  
(May 18)**

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 is required to determine appropriateness for this group.*

### PARENTING YOUR ANXIOUS CHILD Parts 1 & 2

January 14 and 21, 2020

Tuesdays (2 weeks)

6:00 p.m. – 8:00 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.





### **GIRLS' CIRCLE** (girls 14 – 17 years)

January 16 – March 19, 2020  
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 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.

### **GO GRRLS! CLUB** (girls 11 – 13 years)

January 14 – March 3, 2020  
Tuesdays (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 is required to determine appropriateness for this group.*



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