



Spring Groups 2013

Peel Children's Centre is pleased to offer the 2013 Spring Group Series. These groups are designed to:

- Provide information for parents on specific issues;
- Give opportunities for parents and/or youth to interact and learn from each other; and
- Help parents and youth develop strategies for coping with the concerns in their lives.



These are all offered **free of charge** and childcare is available for most groups.

To register for any of these parenting groups, please call
Mental Health Services for Children and Youth (Centralized Intake) at
905-451-4655
 unless another phone number is given.

Note: Some groups require an assessment at Peel Children's Centre in order to determine appropriateness for a specific treatment group.

COPEing WITH CHALLENGING BEHAVIOUR

Learn skills to increase positive behaviour, avoid conflicts, encourage cooperation and respond to aggression. Parents will watch videotapes, talk about common concerns and share their ideas with each other. Parents of youth 7 - 11 years of age will find this group helpful in developing effective parenting skills.



Date: April 11 - June 13, 2013
Day: Thursdays (10 weeks)
Time: 6:30 p.m. - 8:30 p.m.
Location: Peel Children's Centre
 85A Aventura Court
 Mississauga ON

LEARNING ABOUT ADHD

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 youth 6 - 12 years of age with an ADHD diagnosis will find this group helpful to better understand and meet the needs of their child.



Date: May 7 - June 11, 2013
Day: Tuesdays (6 weeks)
Time: 6:30 p.m. - 8:00 p.m.
Location: Peel Children's Centre
 85A Aventura Court
 Mississauga ON



GO GRRRLS! CLUB (girls 11 - 13 years)

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 plays, discussion, 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.



Date: April 3 - June 5, 2013
Day: Wednesdays (10 weeks)
Time: 6:00 p.m. - 7:30 p.m.
Location: Peel Children's Centre
 85A Aventura Court
 Mississauga ON

FEELING GOOD ABOUT BEING YOU: A Group for Moms

This group is a supportive opportunity for moms who are isolated and stressed to connect with others, learn about themselves and how to manage their stressful 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.



Date: April 30 - June 18, 2013
Day: Tuesdays (8 weeks)
Time: 10:00 a.m. - 11:30 a.m.
Location: Peel Children's Centre
 85A Aventura Court
 Mississauga ON

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

This group for mothers and daughters aims to promote a healthy relationship during the transition years from girlhood to young womanhood. Participants learn healthy communication and problem-solving skills, self-care strategies, and embrace positive messages about being female.



Date: April 9 - May 28, 2013
Day: Tuesdays (8 weeks)
Time: 6:00 p.m. - 7:30 p.m.
Location: Peel Children's Centre
 85A Aventura Court
 Mississauga, ON

FIRST CONTACT GROUP (14 - 18 year olds)

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 for parents and supportive others to learn ways to help the youth with their goals.



Date: April 10 - May 8, 2013
Fifth session: May 15, 2013
Day: Wednesdays (4 weeks)
Time: 6:00 p.m. - 7:30 p.m.
Location: Peel Children's Centre
 85A Aventura Court
 Mississauga ON