




GROUP CALENDAR SPRING 2018 PRE REGISTRATION REQUIRED

PLEASE CALL TO CONFIRM START DATES AS THEY ARE SUBJECT TO CHANGE DUE TO INSUFFICIENT REGISTRATION

All Groups are an LGBTQ positive space 

PARENTING

Parenting for Life

An 8 week support program that helps parents learn more positive ways to think about and act on their child's behaviour, how to communicate with their child more effectively, learn positive approaches to discipline, and explore many other strategies to enhance the parent child relationship.

Date: 8 Wednesdays, April 25 to June 13, 2018

Time: 6:30 - 8:00 pm

Location: FSyr 4261 Highway 7, Suite 203, Markham

Fee: \$140 or Free to those who qualify with a \$20 registration fee

Triple P 0-12

(parents of children 0-12)

Triple P stands for Positive Parenting Program. This unique group has been proven to be effective in providing parents with tools to help their children with behavioural and emotional problems. The group is structured for six group sessions, including a work book for weekly homework tasks and two telephone sessions where you can ask questions regarding your personal situation. Pre-group interview required. Call Janice at 905-895-2371 Ext 226.

Date: 8 Thursdays, April 26 to June 14, 2018

Time: 6:00 - 8:00 pm

Location: FSyr — 1091 Gorham St, Suite 300 Newmarket

Fee: FREE with \$20.00 registration fee

Date: 8 Tuesdays, June 26 to August 14, 2018

Time: 6:00 - 8:00 pm

Location: FSyr — 10610 Bayview Ave, Richmond Hill

Fee: FREE with \$20.00 registration fee

Farsi Positive Parenting

An 8 week Positive Parenting Program in Farsi to provide parents with tools to help their children with behavioural and emotional issues.

Date: TBA

Time: 6:00 - 8:00 pm

Positive Parenting In Arabic

An 8 week Positive Parenting Program in Farsi to provide parents with tools to help their children with behavioural and emotional issues.

Date: 8 Tuesdays, March 27 to May 15, 2018

Time: 9:30 - 11:00 am

Location: Welcome Centre - Vaughan 9100 Jane St

Fee: FREE

Family Transitions Triple P

This 7 week group promotes a healthy transition for parents going through separation or divorce. This course will address self care and is designed to help a parent manage the anger and resentment that often accompanies relationship breakdown. Pre-Group interview required; call Janice at 905-895-2371.

Date: 7 Mondays, April 30 to June 18, 2018

Time: 6:00 - 8:00 pm

Location: FSyr — 10610 Bayview Ave, Richmond Hill

Fee: FREE with \$20.00 registration fee

Note: no class Victoria Day

FREE to BE

Parenting support and children's group for gender independent youth and their parents. Please see page 3 Under LGBTQ groups for more information.

GROUPS FOR MEN & WOMEN

Mindfulness & Stress Reduction Training *MAST*

This 5 week group intervention offers members the opportunity to better understand their unique response to stress and to learn valuable skills to help manage their stress and regulate emotions. Through education, mindfulness practice and group support, members will expand their toolkit of coping skills.

Date: 5 Wednesdays, March 21 to April 18, 2018

Time: 6:00 to 8:00 pm

Location: FSyr—4261 Highway 7, Suite 203, Markham

Fee: \$120.00 (or Free to those who qualify with a \$20.00 registration fee)

Note: CANCELLED

GROUPS FOR MEN

- Men's Anger Management & Positive Living Group** A 12 week program that helps members understand and deal with their anger, frustration, anxiety and stress in more constructive ways. Learn how to challenge distorted thinking and learn to redirect thoughts and choose respectful interactions. Change your thoughts, feelings and behavior; enhance your relationships within a supportive space.
- Date:** 12 Wednesdays, April 11 to June 27, 2018 **Time:** 6:30 - 8:00 pm
Location: FSyr Newmarket, 1091 Gorham St, Suite 300 **Fee:** \$225.00 or Free to those who qualify with \$20 registration fee
Note: Pre Group Interviews may be required April 10

GROUPS FOR WOMEN

- Positive living Women's Support Group** An 11 week women's support group designed to assist members in building resilience by learning to cope with life's frequent challenges through learning activities focused on coping skills. Topics include: building self-confidence, identifying and navigating difficult emotions - anger, anxiety & stress, relationships and boundaries, improved communication and assertiveness skills so that you can express yourself and deal with anger healthily.
- Date:** 11 Thursdays, February 15 to May 3, 2018 **Time:** 6:20 - 8:00 pm
Location: FSyr 1091 Gorham St, Suite 300, Newmarket **Fee:** \$225.00 or Free to those who qualify with \$20 registration fee
Interviews only on Feb 15
Note: No class during March break; or March 1, 2018

- Farsi Women's Support Group** This 8 week program focusing on self-confidence, assertiveness, communication skills, parenting, healthy relationships, immigration and settlement issues, self care, health & wellness and community resources.
- Date:** 8 Thursdays, April 26 to June 14, 2018 **Time:** 6:00 - 8:00 pm
Location: FSyr— 10610 Bayview Ave, Richmond Hill **Fee:** FREE
Free Child Care and snacks available. Contact Shahrzad or Parisa 905-883-6572 Ext. 256

YOUTH & CHILDREN'S GROUPS

- Tools to Stay Cool** Formerly Child Anger A 10 week anger management program designed for children (ages 8-12) with their parent/s. Participants in the children's group learn how to recognize emotions and how to respond to them in a healthy way. Positive coping strategies including assertiveness techniques, communication and problem solving skills, mindfulness and positive self talk/care are introduced and practiced.
- Date:** 10 Tuesdays, Fall TBA **Time:** 6:15 to 7:45 pm
- Encouraging Heroes & Parent Program** A 10 week social skills program for children (ages 8—12) and their parents. The parents and children's groups are separate but run simultaneously. The focus of the group is on feelings, communication, self confidence, empathy, problem solving and relationships. Parental involvement is an essential element of this program. Parents also meet together weekly for group sessions with a focus on gaining support and learning the skills necessary to become their child's emotion coach. Group sessions are 90 minutes in length with parents joining the children's group at the end of each group to review and practice new skills together. **Family Interviews April 10 & 17—mandatory attendance.**
- Date:** 10 Tuesdays, April 24 to June 26, 2018 **Time:** 6:15 to 7:45 pm
Location: FSyr— 10610 Bayview Ave, Richmond Hill **Fee:** FREE with \$20.00 registration fee
- Working with Worry** An 8 week group for teen's (14—17) to learn to conquer anxiety. Focus on understanding anxiety, stress, fear and worry through different methods. Participants will learn to identify and change unhelpful thinking and behavior patterns and develop skills to manage anxiety and build resilience in a supportive environment.
- Date:** 8 Wednesdays, February 28 to April 18, 2018 **Time:** 6:00 - 8:00 pm
Location: FSyr Newmarket—1091 Gorham St, Suite 300 **Fee:** Free with \$20 registration fee
Mandatory pre-group individual 30 minute interview required February 21 & 22, 2018 to be scheduled

SOUTH ASIAN OUTREACH

South Asian Women's Support Groups:

Ongoing programs for South Asian Women. Topics will include Parenting, Health & Nutrition, Family Stress, Immigration & Legal Information, Yoga & Exercise, Employment and other topics that matter to you and your families. **FREE Childcare, snacks and transit tickets available.**

Hindi, Punjabi, Urdu & English

Date: Tuesdays, 2018 **Time:** 6:00 - 8:00 pm
Location: Markham **Fee:** FREE
TO REGISTER: 416-818-7075 or Email: lnayyar@fsyr.ca

Urdu, Punjabi, Hindi

Date: Thursdays, January to June 2018 **Time:** 11:30 am –1:45 pm
Location: Tahir Hall, Maple **Fee:** FREE
TO REGISTER: Call Aisha at 647-545-8241

Tamil & English Women's Support and Parenting Groups

Date: Fridays, 2018 **Time:** 6:00 - 8:00 pm
Location: Wilclay PS, Markham **Fee:** FREE
For Information: Call Juanita at 416-857-6308

Date: 2018 **Time:** 6:00 am –8:00 pm
Location: Markham **Fee:** FREE
For Information: Call Sudha at 905-415-9719 Ext 313 or Email: scoomarasamy@fsyr.ca

Tamil Men's Group

Date: 2018 TBD **Time:** 6:00 - 8:00 pm
Location: Markham **Fee:** FREE

LGBTQ GROUPS

TRANSGENDER SUPPORT GROUP

An open group for those questioning their gender identity or transitioning. The group provides an opportunity to use the process of dialogue and reflection to become more secure and resilient, discover new community resources, share tips about dressing to pass, deal with discrimination, etc. Snacks provided. This group is ongoing.

Register at reception or by calling Barb Urman at 1-866-415-9723 Ext 224.

Date: Alternate Wednesdays, please call for dates **Time:** 7:00 - 8:30pm
Location: FSyr Richmond Hill 10610 Bayview Ave. **Fee:** FREE

FREE To BE
 Child/parent Group
 (SK—Gr 4)

This group for parents/caregivers and their gender independent children will meet once a month. Free to Be offers an opportunity for parents/caregivers to meet for support and education in order to promote positive development and healthy futures. Program goals are: de-stigmatize gender independence and promote the child's pride and self-worth. The children will be provided a safe, fun and affirming place to be together and make new friends. (Note: now open to parents of older gender independent youth to attend solo)

Date: First Wednesday of each month September to August **Time:** 6:30 - 8:00 pm
Location: FSyr Richmond Hill -10610 Bayview Ave. **Fee:** Free with \$20.00 registration fee

Website: www.fsyr.ca or Email: groupservices@fsyr.ca

MARKHAM

4261 Highway # 7
 Suite 203
 Unionville,
 L3R 9W6
 905 415 9719
 1 866 415 9723

CHINESE SERVICES

ACCESS LINE
 905 477 5741

RICHMOND HILL

10610 Bayview Avenue
 Unit 18
 Richmond Hill
 L4C 3N8
 905 883 6572
 1 888 820 9986

York Rainbow Support Line
 1-888-967-5542

NEWMARKET

1091 Gorham Street
 Suite 300
 Newmarket
 L3Y 8X7
 Tel: 905 895 2371
 1 888 223 3999

E-Counselling Available
www.fsyr.ca

GEORGINA

P.O. Box 8
 25202 Warden Avenue,
 Sutton West,
 LOE 1R0
 905 476 3611

