

NEWMARKET / AURORA									
Group	Date	Location	Age	Time	Cost	Provider	Contact #	Telephone #	Language
PROGRAMS FOR PARENTS									
ABC - All Babies Count - prenatal nutrition program	year round Mondays	Rose of Sharon, Newmarket	expecting women	1:00 to 3:30 pm weekly - call for dates	free / call to register	Rose of Sharon		905-252-2680	English
Bounce Back and Thrive		EarlyOn Centre, 40 Englehard Dr, Aurora	parents	1:30 to 3:30 pm	free	YR Public Health		1-877-464-9675 ext. 74539	English
Bereaved Families of Ontario - York Region Support Groups	Tuesdays, year round	York region locations	all ages	7 pm to 9 pm	free	Bereaved Families of Ontario	www.bfoyr.com	905-898-6265	
Comfort Care - Bereavement Support Drop-In Group for Grieving Adults	Most Tuesdays, year round	Hospice King-Aurora 350 Industrial Pkwy S, Aurora (meeting RM 350)	adults	1:00 - 3:00 pm	free	Hospice King-Aurora	Minni Sharma	905-727-6815 Ext 26	English
Mothers In Mind	Thursdays, October 4 to December 6, 2018	Yellow Brick House	moms	10:00 - 11:30 am	free	Yellow Brick House	Sarah	1-877-222-8438 ext. 2229	English
Young Mothers Outreach Program (YMOP)	Fridays, year round	Aurora Public Library or Ray Twinney Complex or Fairy Lake Walk or Magna Centre	mom's under age 25	10:00 - 11:30 am	free / call to register	Rose of Sharon	Jacque	905-252-2680	English
Mothers Matter	Tuesdays, year round	EarlyOn Centre, 17310 Yonge St Unit 6, Newmarket	mom's under age 25	2:00 - 4:00 pm	free / call to register	Rose of Sharon	Jacque	905-252-2680	English
Parents of Pre-Teens and Teens	Wednesdays, October 17 - November 28, 2018	Newmarket, Newmarket	parents of 9- 17 yr olds	6:30 pm to 8:30 pm	\$20 pp or \$30 /couple	CCSYR	Connie	1-800-263-2075	English
Parents' Support Group (PCMH Support Group) for parents of children with anxiety, ADHD, Mood Disorders, Learning disabilities or behavioural challenges	Second Monday of Every month - usually	Kinark, 24 Orchard Heights Blvd, Unit 101A, Aurora	parents	6:30 pm to 8:00 pm	free	Kinark & Parents for Children's Mental Health		yorkaurora@pcmh.ca	English
SEC Supervised Access Program	Year Round - See website for yearly closures	Aurora	0-18 yrs	weekly - Fridays 5:30-8:30pm or Saturdays 9:30- 3:30pm	\$50 per parent annually & \$25 per family visit	Social Enterprise for Canada SEC	Jessica Burns	1-866-243-9925 ext. 5307	English & French
PROGRAMS FOR ADULTS									
Anger Management/Positive Living for men	Wednesdays, September 19 to December 5, 2018	FSYR Newmarket 1091 Gorham St, Suite 300	men	6:30-8:00 pm	\$225.00	FSYR	Janice	905-895-2371	English
MINDSET - formerly anger management for men & women (8 sessions)	Tuesdays, November 13, 2018	16600 Bayview Avenue, Suite 306	men & Women	6:30-8:00 pm	sliding scale \$120 to \$480	John Howard Society	Alex	905-895-9943 x 204	
Healing Emotional Eating-Workshop - 3 week group will follow the day after. Eating Disorders of York Region	Call for inquiries	15213 Yonge St, Suite 15 (2nd Floor) Aurora	16 and up	7:00-8:30 pm	\$20	EDOYR		905-886-6632	

Family Peer Support Group (EDOYR)	please inquire	15213 Yonge St, Suite 15 (2nd Floor) Aurora	16 and up	TBA	Free	EDOYR	info@edoyr.com	905-886-6632	English
Life's Elements, art journaling, creative crochet, writing circle - Eating Disorders of York Region	call for inquiries - must be referred by EDYR or ASYR	15213 Yonge St, Suite 15 (2nd Floor) Aurora	16 and up	2:00-4:30 pm		EDOYR	referral required by EDYR or ASYR	905-886-6632	English
Peer Support Playlist (Eating Disorder Group) 6 sessions	Monday evenings TBA	15213 Yonge St, Suite 15 Aurora		6:30 to 7:30 pm	Free	EDOYR	www.edoyr.com/support-programs		English
Scrapbooking for positive Expression and Reflection (Eating disorders group)	call in - must be referred by EDYR or ASYR	15213 Yonge St, Suite 15 Aurora		7:00-8:30 pm	Free - pre group interview required	EDOYR	www.edoyr.com/scrapbooking		English
Zentangle, Wood/Soapstone Carving, knitting for stress reduction, Clay Modeling (EDOYR)	call in - must be referred by EDYR or ASYR	15213 Yonge St, Suite 15 Aurora		6:00 to 8:00 pm	Free	EDOYR	info@edoyr.com	905-886-6632	
Mixed Media art Program, Wearable Art, Music as Expression (EDOYR)	call in - must be referred by EDYR or ASYR	15213 Yonge St, Suite 15 Aurora		6:00 to 8:00 pm	Free	EDOYR	referral required	905-886-6632	
REACH (8 sessions)	Thursdays, September 27, 2018	16600 Bayview	men	6:30-8:00 pm	Free	John Howard Society	Alex	905-895-9943 x 204	
Resiliency Group - 6 sessions	call in	1110 Stellar Dr. Unit 109 Newmarket	Adult Women - survivors of sexual violence	1:00 - 3:00 pm	Free	WSN	Ashley or adunn@womensupportnetwork.ca	905-895-3646	English
Suicide Bereavement Support Group	October, 2018	Newmarket	adults	7 pm to 9 pm	Free	Victim Services York Region	Lisa	905-953-5363	
When Love Hurts	Mondays (day time) or Thursday evenings	YRCCS, Newmarket 16775 Yonge St, Suite 200A	adult women		Free	Yellow Brick House	Sandie	1-877-222-8438 ext. 2258	English
Smart Start (Employment Skills Training) 3 weeks		various locations	Unemployed York Region Residents	call for info	free	Jobskills	smartstart@jobskills.org	1-866-256-0861	English
Support Group for Depression	Wednesday nights	CMHA, 15150 Yonge St, Aurora - 2nd floor		7:30 to 9:30 pm		CMHA			
Support Group for Depression	Thursday nights	Church of the Nazarene, 79 Main St, Newmarket		10:00 am - noon	free	CMHA			
When Love Hurts 10 week course	various times	Newmarket	adult women	mornings, please call for info	free	Yellow Brick House	Sandie	1-877-222-8438 ext. 2258	English
Under the Rainbow (LGBTQ support group)	Every other Tuesday	CMHA, 15150 Yonge St, Aurora		6:00 to 8:00 pm		CMHA			
PROGRAMS FOR CHILDREN AND YOUTH									
Let's Talk - moms and children 4-16 yrs (10 weeks)		Yellow Brick House	children 4-16 yrs & parents	6:00-7:30 pm	free	Yellow Brick House	Melanie	1-877-222-8438 ext. 2256	

Let's Talk - moms and children 4-16 yrs (10weeks)		York Region Centre for Community Safety YRCCS, Newmarket	children 4-16	5:00-7:00 pm	free	Sandgate	Fatima	905-252-8814	
Various children's programs	Monday through Saturday	EarlyOn Centre, 17310 Yonge Street, Unit 6, Newmarket	children birth to 6 years and a parent	check website			www.yorkchild.ca		
Working With Worry - a group for teens 14-17 dealing with anxiety (8 week group) interview required	Wednesdays, September 12 to November 7, 2018	FSYR Newmarket 1091 Gorham St, Suite 300	teens 14-15 yrs of age	6:00 to 8:00 pm	Free with \$20.00 registration fee	FSYR	Janice	1-888-223-3999 ex 226	
Working With Worry - a group for teens 14-17 dealing with anxiety (8 week group) interview required	Wednesdays, November 21, 2018 to January 23, 2019	FSYR Newmarket 1091 Gorham St, Suite 300	teens 16-17 yrs of age	6:00 to 8:00 pm	Free with \$20.00 registration fee	FSYR	Janice	1-888-223-3999 ex 226	
WINGS - Bereavement Support Group for Grieving Children	Tuesdays,	Hospice King-Aurora 350 Industrial Pkwy S. Aurora	children 5-12 years of age	6:30 - 8:00 pm	free	Hospice King-Aurora	Minni Sharma	905-727-6815 Ext 26	English
Who Cares? - Bereavement Support Group for Grieving Teens	Tuesdays,	Hospice King-Aurora 350 Industrial Pkwy S. Aurora (meeting RM 350)	teens	1:00 - 3:00 pm	free	Hospice King-Aurora	Minni Sharma	905-727-6815 Ext 26	English

RICHMOND HILL & THORNHILL

Group	Date	Location	Age	Time	Cost	Provider	Contact	Telephone #	Language
PROGRAMS FOR PARENTS									
ABC All Babies Count	Wednesdays, year round	EarlyOn Centre, 10610 Bayview Ave, Richmond Hill	Expecting Parents	Wednesdays, 9:30 am - 12:30 pm	free	Rose of Sharon	Jacque	905-252-2680	English
1 Family, 2 Homes - 6 sessions	Thursday November 1, 2018	4600 Bathurst, Lipa Green Centre	parents and children - all faiths	6:30-8:00 pm	\$200 - \$300 subsidy available	JF&CS	Carolyn	905-303-5838 Ext 3293	English
Effective Parenting - 4 sessions	Tuesday November 6, 2018	4600 Bathurst St, Lipa Green Centre	parents of 2-10 yr olds. All faiths	7:00-9:00 pm	\$150/couple or \$100 per person, subsidy available	JF&CS	intake	416-638-7800	English
Effective Parenting - 4 sessions	Monday November 19, 2018	Lebovic Jewish Community Campus 9600 Bathurst St	parents of 2-10 yr olds. All faiths	7:00-9:00 pm	\$150/couple or \$100 per person, subsidy available	JF&CS	intake	416-638-7800	English
Living with Teens - 6 sessions	Thursday November 8, 2018	Lebovic Jewish Community Campus 9600 Bathurst St	Parents. All faiths	7:30-9:00 pm	\$100 or \$150, subsidy available	JF&CS	intake	416-638-7800	English
Parenting the Child/Teen with ADHD - 4 sessions	Tuesdays, November 20, 2018	4600 Bathurst St, Lipa Green Centre	Parents. All faiths	7:00-9:00 pm	\$100 or \$150	JF&CS	intake	416-638-7800	English
Free Family Legal Clinic - 1 session (30 minute individual appointments)	Monday October 22, 2018	9600 Bathurst St, Lebovic Campus	Adults - all faiths	6:00-8:00 pm	Free	JF&CS	intake	905-303-5838 X 3652	English
Emotion Focused Family Therapy Workshop - Eating Disorders of York Region	Call for inquiries	Richvale Library, 40 Pearson Ave., Richmond Hill	16 and up	10:00-5:00 pm	\$400	EDOYR		905-886-6632	
Focus on Fathers	Saturdays, September 15 to October 20, 2018	St Lukes Parish Richmond Hill	fathers of children under 6	10:00 am - 12 noon	free	CCSYR	Intake	905-770-7040 x 237	English
Preparing New Parents Program	Tuesdays, October 2 to October 30, 2018	Richmond Hill TBA	expecting parents or parents with children uner 2	10:00 - 11:30 am	\$20.00/person or \$30/couple	CCSYR	Intake	905-770-7040 x 237	English
Preparing New Parents Program	Tuesdays, October 2 to October 30, 2018	Richmond Hill TBA	expecting parents or parents with children uner 2	10:00 - 11:30 am	\$20.00/person or \$30/couple	CCSYR	Intake	905-770-7040 x 237	English
Parents and Grandparents Program	Saturdays, October 27 to December 1, 2018	EarlyOn Centre, Thornhill	parents and grandparents	10:00 am - 12 noon	\$20.00 / call for Info	CCSYR	Intake	905-770-7040 x 237	Spanish
Parents of Pre-Teens/Teens	Wednesdays, September 26 to October 24 2018	CCSYR - Richmond Hill	parents of youth 9 to 17 yerars of age	7:00-8:30 pm	\$20.00 / call for Info	CCSYR	Intake	905-770-7040 x 237	English

Parenting for Life - 8 weeks	Wednesdays, October 17 to December 12, 2018	FSYR Richmond Hill 10610 Bayview Ave. unit 18	Adults	6:30-8:00 pm	\$140/one parent or \$170 couple or Free for CAS referrals	FSYR	Janice	905-895-2371 ext 226	English
High Conflict Divorce (1 session)	Wednesday September 26, 2018	Lehovic Jewish Community Campus 9600 Bathurst St	parents, all faiths	7:00-9:00 pm	\$45, subsidy available	JF&CS	Carolyn	905-303-5838 Ext 3293	English
High Conflict Divorce (1 session)	Tuesday November 6, 2018	4600 Bathurst St. Lipu Green Centre	parents, all faiths	7:00-9:00 pm	\$45, subsidy available	JF&CS	Carolyn	905-303-5838 Ext 3293	English
When you're about to separate - what to tell the kids (1 session)	as needed	Lehovic Jewish Community Campus 9600 Bathurst St	parents, all faiths	6:30-8:30 pm	\$45.00 to \$72.00, subsidy available	JF&CS	Carolyn	905-303-5838 Ext 3293	English
Triple P (0-12) 8 Sessions (intake interview required)	Mondays, September 17 to November 12, 2018	FSYR Richmond Hill 10610 Bayview Ave. unit 18	Parents with children 0-12 yrs of age	6:00-8:00 pm	Free with \$20 registration fee	FSYR	Janice	905-895-2371 ext 226	English
Triple P 0-12 -8 sessions	Tuesdays, October 23, 2018	The York Cewntre- 11225 Leslie St, Richmond Hill	Parents with children 0-12 yrs of age	6:30 - 8:30 pm		The York Centre for Children, Youth & Families	Zinara	905-737-8927 ext 298	English
Triple P Seminar - Raising Confident, Competent Children	Tuesday, September 12, 2017	EarlyOn Centre, 10610 Bayview Ave, Richmond Hill	parents of child 0-12	1:30 to 3:00 pm	Free	Triple P & The OEYC		905-883-6901 Ext 350	English
Young Mothers Outreach Program (YMOP)	Tuesdays, ongoing	EarlyOn Centre, 10610 Bayview Ave, Richmond Hill	mum's under age 25	9:30-11:30 am	free / call to register	Rose of Sharon	Intake	905-853-5514 Ext 231	English
Farsi Positive Parenting (0-12) 8 Sessions	Wednesdays, October 17, 2018	FSYR Richmond Hill, 10610 Bayview Ave	Parents with children 0-12 yrs of age	6:00-8:00 pm	Free	FSYR	Roya	905-883-6572 ext 256	Farsi
Wednesday Night Social Group - HFA Independent with minimal support	Ongoing	Aurora / Richmond Hill area	18 +	6:30-8:30pm	\$100	Kerry's Place Autism Services	Intake - www.kerrysplace.org	905-713-6808 x 350	English
Thursday Night Social Group - HFA	Every other Thursday	Aurora / Richmond Hill area	14 - 17	6:00-8:00pm	\$120	Kerry's Place Autism Services	Intake - www.kerrysplace.org	905-713-6808 x 350	English
Sec Access Program	Supervised Year Round See website for yearly closures	Richmond Hill	0-18 yrs.	Weekly Sundays 9:30am - 3:30pm	\$50 per parent annually & \$25 per family per visit	Social Enterprise for Canada SEC	Jessica Burns	1-866-243-9925 ext. 5307	English & French

Programs for Adults

Positive living - Women's Support Group 11 Thursdays (group for women addressing anger, stress, communication, relationships and self confidence)	Thursdays, October 4 to December 13, 2018	FSYR 10610 Bayview Ave, Unit 18 Richmond Hill	women	6:30-8:00 pm	\$225 or free to those who qualify	FSYR	Janice	905-895-2371 ext 226	English
The Challenge of Anger for Women -5 Sessions	Wednesdays, October 17, 2018	4600 Bathurst St. Lipa Green Centre	Women, all faiths	7:30-9:00 pm	\$100, subsidy available	JF&CS	intake	416-638-7800	English
Divorce & Separation Support Group - 10 sessions	Tuesdays, November 6 to January 22, 2019	CCSYR - Richmond Hill	Adults	6:30-8:30 pm	\$20.00 / call for Info	CCSYR	Intake	905-770-7040 x 237	English
Money Matters	Thursdays, November 1 to December 20, 2018	CCSYR Richmond Hill	Adults	6:00-8:00 pm	free	CCSYR	intake	905-770-7040 x 237	English
Newcomer Women's Support Group	Thursdays, September 6 to October 25, 2018	CCSYR - Richmond Hill	Women	10:00 am - 12 noon	\$10.00 / call for Info	CCSYR	Intake	905-770-7040 x 237	Korean
Newcomer Women's Support Group	Saturdays, September 29 to November 17, 2018	CCSYR - Richmond Hill	Women	10:00 am - 12 noon	\$10.00 / call for Info	CCSYR	Intake	905-770-7040 x 237	Russian
Life Skills for Today's Woman - 6 sessions	Mondays, November 5, 2018	9600 Bathurst St, Lebovic Campus	Women, all faiths	7:00-9:00 pm		JF&CS	intake	416-638-7800	English
Life Skills for Today's Woman - 6 sessions	Wednesdays, November 7, 2018	4600 Bathurst St. Lipa Green Centre	Women, all faiths	7:00-9:00 pm		JF&CS	intake	416-638-7800	English
Adult Children Losing A Parent - 6 Sessions	Tuesdays, November 6, 2018	4600 Bathurst St. First Floor, Lipa Green Centre	Adults, all faiths	7:30-9:00 pm	\$100, subsidy available	JF&CS	intake	416-638-7800	English
Farsi Women's Support Group	Thursdays, October 4 to November 22, 2018	FSYR Richmond Hill 10610 Bayview Ave.	women,	6:00-8:00 pm	Free	FSYR	Shahzad or Fazeneh	905-883-6572 ext 256	Farsi
Farsi Mindfulness and Stress Reduction Training	Thursdays, August 2 to 30th, 2018	FSYR Richmond Hill 10610 Bayview Ave.	adults speaking Farsi	6:00-8:00 pm	Free	FSYR	Shahzad	905-883-6572 ext 256	Farsi
Support Group for Depression	Monday nights	McConaghy's Centre 10100 Yonge St, room 204, Richmond Hill	adults	6:30 to 8:30 pm		CMHA			
When Relationships Hurt 7 sessions	Tuesday October 30, 2018	4600 Bathurst St. Lipa Green Centre	Adults, all faiths	9:30 to 11:30 am		JF&CS	intake	416-638-7800	English
When Relationships Hurt - 7 sessions	Wednesday November 7, 2018	9600 Bathurst St, Lebovic Campus	Adults, all faiths	7:00-9:00 pm		JF&CS	intake	416-638-7800	English
Mind Body Connection 1 for Women - 6 sessions	Tuesday November 6, 2018	4600 Bathurst St. Lipa Green Centre	Women, all faiths	1:30-3:00 pm	\$120.00 per prson, subsidy available	JF&CS	intake	416-638-7800	English

Mind Body Connection 1 for Women -6 sessions	Tuesday November 6, 2018	4600 Bathurst St. Lipa Green Centre	Women, all faiths	7:00-8:30 pm	\$120.00 per prson, subsidy available	JF&CS	intake	416-638-7800	English
Mind Body Connection 2 for Women - 6 sessions	Thursday November 1 to 18, 2018	4600 Bathurst St. Lipa Green Centre	Women, all faiths	1:30-3:00 pm	\$120.00 per prson, subsidy available	JF&CS	intake	416-638-7800	English
Mind Body Connection for MEN - 6 sessions	Monday November 5, 2018	4600 Bathurst St. Lipa Green Centre	men, all faiths	7:30-9:00 pm	\$120.00 per prson, subsidy available	JF&CS	intake	416-638-7800	English
PFLAG	monthly meetings call in for dates	St Matthew's United Church, 333 Crosby Ave, Richmond Hill	youth/adults - friends and families of the LGBTTQ community	7:15 - 9:30 pm	free		pflagvork@yahoo.ca	1-888-905-5428 ext 73	
Rainbow Youth Support Group	1st & 3rd Monday of each month - ongoing	locations may vary, call for information	youth under 26 years of age	7:00 - 9:00 pm	free	RYYR	info@rainbowyouthvork.com	1-888-905-5428 ext 74	
When Love Hurts (10 week course)	Ongoing	Richmond Hill site	adult women	evenings, please call for info		Yellow Brick House	Sandie	1-877-222-8438 ext 2258	English
Widow/Widower over 68 - 6 Sessions	Wednesdays, November 7, 2018	4600 Bathurst St., Lipa Green Centre	seniors, all faiths	1:30 to 3:00 pm	\$100 - subsidy available	JF&CS	intake	416-638-7800	English
Widow/Widower under 68 - 6 sessions	Tuesday November 6, 2018	4600 Bathurst St., Lipa Green Centre	adults under 65, all faiths	7:30-9:00 pm	\$100 - subsidy available	JF&CS	intake	416-638-7800	English

PROGRAMS FOR CHILDREN AND YOUTH

Tools To Stay Cool (an anger management/parenting program for 8-12 yrs 9 sessions; interview required)	Tuesdays, September 11 to November 6, 2018	FSYR Richmond Hill 10610 Bayview Ave, Unit 18	children 8-12 yrs & parents	6:15-7:45 pm	Free with \$20 registration fee	FSYR	Janice	1-905-895-2371 ext 226	
Encouraging Heroes Social Skills Program (8-12 yrs) 9 sessions; interview required	Winter 2019 TBA	FSYR Richmond Hill 10610 Bayview Ave, Unit 18	children 8-12 yrs & parents	6:15-7:45 pm	Free with \$20 registration fee	FSYR	Janice	1-905-895-2371 ext 226	
Let's Talk - moms and children 4-18 yrs (10 weeks) (this program may be divided into limited age specific groupings)	Ongoing	Richmond Hill	children 4-18 yrs & parents who are primary caregivers	tba	free	Yellow Brick House	Melanie	1-877-222-8438 ext 2256	
Let's Talk - moms and children 4-18 yrs (10 weeks) (this program may be divided into limited age specific groupings)	Tuesdays, October 16 to December 18, 2018	ACYR, 10909 Yonge St, Richmond Hill	children 4-18 yrs & parents who are primary caregivers	5:00 - 7:00 pm	free	Sandgate	Fatima	905-252-8814	

Social Skills Program		11181 Yonge St Richmond Hill	children 5 - 16 who have a diagnosed learning disorder or ADHD	75 minutes TBA	\$250 for non members	Learning Disabilities Association of York Region	Nina	905-884-7933 ext 25	
Children's Friendship Training	Thursdays, April 26 to June 28, 2018	Autism Ontario York Chapter Loyal True Blue & Orange Building 11181 Yonge St, Richmond Hill	10 - 12 yrs	7:00 - 8:15 pm	\$200.00 register on Kerry's Place Website	Kerry's Place Autism Services	intake : www.kerrysplace.org	905-713-6808 x 350	English
Rainbow Youth Support Group	Monday September 18, 2017, 1st & 3rd Monday of each month - ongoing	locations may vary, call for information	youth under 26 years of age	7:00 - 9:00 pm	free	RYYR	info@rainbowyouthwork.com	1-888-905-5428 ext 74	
Musical Babies (birth - 12 months)	Tuesdays	10610 Bayview Ave Richmond Hill ON	0 to 12 mo	9:45-11:15 am	free	EarlyOn Centre		905-883-6901	
Dad, Grandpa, Uncle & Me	Saturdays	10610 Bayview Ave Richmond Hill ON	0 to 6 yrs	9:15-10:30 am	free	EarlyOn Centre		905-883-6901	
Early Learning Activities	Mondays	124 Blackmore Ave Richmond Hill ON	0 to 6 yrs	9:00-11:00 am	free	EarlyOn Centre		905-883-6901	
Early Learning Activities	Tuesdays	160 Coons Rd Richmond Hill ON	0 to 6 yrs	9:30-11:30 am	free	EarlyOn Centre		905-883-6901	
Early Learning Activities	Mondays	101 Weldrick Rd, West Richmond Hill ON	0 to 6 yrs	9:30-11:30 am	free	EarlyOn Centre		905-883-6901	

MARKHAM STOUFFVILLE									
Group	Date	Location	Age	Time	Cost	Provider	Contact #	Telephone #	Language
PROGRAMS FOR PARENTS									
ABC All Babies Count	Tuesdays, year round	Olive Branch Community Church, Markham	Parents	Monday,s 10:30 am - 1:00 pm	free	Rose of SHaron	Jacque	905-252-2680	English
AOK Family Resource Centre	year round	40 Washington St. Markham	0-6 years	call for hours	Free	OEYC Markham		905-479-0002	
Free To BE parenting for gender independent children	First Wednesday of Each Month, please call for dates	FSYR 4261 Hwy 7 Suite 203, Markham	parents	6:30 - 8:00 pm	free / call for Info	FSYR	Barb	905-415-9719 ext 224	English
Bounce Back and Thrive (10 sessions)	Wednesday, September 19 to November 21, 2018	Welcome Centre South, 7220 Kennedy Rd # 8, Markham	parents of children 0-8 years of age	10:00 am 12 noon	free	Welcome Centre		1-877-761-1155 Ext 3201	Cantonese
South Asian Women's Parenting and Support Group in Tamil & English	Thursdays, fall 208	Stouffville	Women	6:00 - 8:00 pm	Free	FSYR	Sudha Coomarasamy	905-415-9719 ext 313	Tamil & English
South Asian Women's Parenting and Support Group in Tamil & English	Fridays, Fall 2018	Wilclay PS, Stouffville	Women	6:00 - 8:00 pm	Free	FSYR	Juanita Nathan	416-857-6308	Tamil & English
Raising an Amazing Youth (6 sessions)	Tuesdays September 18 to October 30, 2018	Welcome Centre South, 7220 Kennedy Rd # 8, Markham	Parents of children 11 to 15	4:30 to 6:30 pm	Free	CICS		1-877-761-1155 Ext 3201	Mandarin
FREE to BE (parenting support group for parents of gender independent children - separate group room for the child)	First Wednesday of the month starting in September - August	FSYRMarkham 4261 Highway 7	Parents of gender independent children	6:30-8:00 pm	Free with \$20 registration fee	FSYR	Barb	1-866-415-9719 Ext 224	English
PROGRAMS FOR ADULTS									
South Asian Women's Support Group in Hindi, Punjabi, Gujarati, Urdu, & English	Tuesday, Fall, 2018	Markham	Women (child care provided)	6:00-8:00 pm	Free	FSYR	Leena Nayyar	416-818-7075	Hindi, Punjabi, Urdu, & English
South Asian Women's Support Group in Tamil & English	Thursdays, Fall, 2018	Stouffville	Women (child care provided)	6:00-8:00 pm	Free	FSYR	Sudha Coomarasamy	905-415-9719 Ext 313	Tamil/English
South Asian Women's Support Group in Tamil & English	Fridays, Fall, 2018	Wilclay PS, Markham	Women (child care provided)	6:00-8:00 pm	Free	FSYR	Juanita Nathan	416-857-6308	Tamil

Support Group for Depression	Thursday nights	CMHA 3601 Highway 7 East (HSBC Tower), Suite 710, Markham	adults	7:30 to 9:30 pm		CMHA			
Bridging the Gap (skill building workshops)	September to June	14663 Woodbine avenue, Gormley	Adults 18 - 25 years	call for hours	\$250 + HST	York Autism Centre Inc		647-519-6739	
Enterprising Careers	Thursdays	111 Sundiford Dr., Stouffville Mezzanine Level	women	9:30 am - 12:30 pm	Free	Yorkworks Employment Services	Tara	905-853-9270 Ext 104	English
MAST - Mindfulness & Stress Reduction Training (5 sessions)	Winter/Spring TBA	FSYR 4261 Highway 7, Suite 203 Markham	adults	6:00-8:00 pm	\$120.00	FSYR	Janice	905-895-2371 Ext 226	English
Trans Drop-In Group for Adults	Alternate Wednesday of Each Month, please call for dates	FSYR 4261 Hwy 7 Suite 203, Markham		7:00-8:30	free / call for Info	FSYR	Barb	905-415-9719 ext 224	English
PROGRAMS FOR CHILDREN AND YOUTH									
Making Small Talk Social Skills program (Junior Social skills; Girls only group, Senior boys group; Friday night teen group)	September to June	14663 Woodbine avenue, Gormley	Youth 5 - 16 years	1.5 or 2 hours weekly in 4 or 6 week blocks at various times, please call for information	\$250 + HST	York Autism Centre Inc		1-855-678-4424	
Various programs for parents and children	Monday to Saturday, year round	Markham EarlyOn Centre	birth to 6 years		Free	OEYC-	call for specific programming or refer to the calendar on the website	oeycmarkham@familyduycare.com 905-479-0002	

MAPLE / VAUGHAN									
Group	Date	Location	Age	Time	Cost	Provider	Contact #	Telephone #	Language
PROGRAMS FOR PARENTS									
AOK Early Child Development and Parenting Program - The Lunch Brunch	Sept - June	Maple Community Centre 10190 Keele St	0-6 years	11:00-1:00	free	City of Vaughan	Laura Burgess Klein	905-832-2377 x 7411	all Languages
Young Mothers Outreach Program (YMOP)	Mondays, year round	EarlyOn Centre, 140 Woodbridge Ave Unit E400 Market Lane	mom's under age 25	2:30-4:00 pm	free / call to register	Rose of Sharon	Intake	905-853-5514 Ext 231	English
Welcome Centre Immigrants Services	ongoing	9100 Jane St. Building H Units 56-67 Vaughan	all ages	Monday to Saturday	free	info@welcomecentre.ca		905-761-1155	All Languages
Social Skills Group	Monday April 16, 2018	CTN, 94017 Jane St., Vaughan	for parents of children with Autism	12:30 - 3:30 pm	free	Kerry's Place Autism Services	pre-registration required - online	http://www.kerrysplace.org/event/social-skills-vaughan/	English
Vaughan-King-Aurora Ontario EarlyOn Centre Host Agency: Social Enterprise of Canada	ongoing	140 Woodbridge Ave Unit E400 Woodbridge ON	0 to 6 yrs		free	EarlyOn Centre; www.ontarioearlyyears.ca	Joan Brenton	905-856-5511	
PROGRAMS FOR ADULTS									
South Asian Women's Support Groups in Urdu, Punjabi, Hindi & English	Thursdays, Fall, 2018	Tahir Hall, Maple	women	11:30 - 1:45 pm	Free	FSYR	Aisha	647-545-8241	Urdu, Punjabi, Gujarati, Hindi & English
PROGRAMS FOR YOUTH									
Healthy Coping Skills for Teens	call for inquiries	901 Rutherford Rd Vaughan - Community Room at Christian Community Church	17 - 19 yrs of age	TBA	\$125.00	EDOYR	info@edoyr.com	905-886-6632	English
Lego Group - 7 weeks		Children's Treatment Network 9401 Jane Street, Suite 301 Maple Ontario	10 to 12	6pm to 7pm	\$ 140.00	Kerry's Place Autism Services	https://secure.kerrysplace.org/community/	905-713-6808 x 350	English
YOUTH ACHIEVING EMPOWERMENT (YAE) PROGRAM	year round call for inquiries		Ages 12 - 19		Free	ETA Vaughan	Theresa	905-552-0615	English
Various children's programs	Monday through Saturday	EarlyOn Centre, 140 Woodbridge Avenue	children birth to 6 years and a parent	check website		http://www.socialenterprise.ca/ontario-early-years-centres/calendars	www.yorkchild.ca		
Girls EmPOWER Workshops	6-8 week program call for inquiries		Female participants and those who identify as female ages 12-26		Free	ETA Vaughan	Theresa	905-552-0616	English

Georgina Groups	Date	Location	Age	Time	Cost	Provider	Contact #	Telephone #	Language
Programs for Parents									
ABC - All Babies Count - prenatal nutrition program	Thursdays, year round	Maple Hill Baptist Church, Keswick	pregnant women	10:00 am to 12:30 noon	free / call to register	Rose of Sharon	Jacque	905-252-2680	English
Young Mothers Outreach Program (YMOP)	Wednesdays, year round	Georgina Ice Palace or Jersey PS or Georgina Leisure Pool or Keswick Public Library	mom's under age 25	10:00-11:30 am	free / call to register	Rose of Sharon	Jacque	905-252-2680	English
SEC Supervised Access Program	Year Round - See website for yearly closures	Sutton	0-18 yrs	weekly - Fridays 5:30-8:30pm or Saturdays 9:30-3:30pm	\$50 per parent annually & \$25 per family visit	Social Enterprise for Canada SEC	Jessica Burns	1-866-243-9925 ext 5307	English & French
Programs for Adults									
Immigrant Services Mobile Service Delivery	Ongoing - 1st Thursday of each month	The Georgina Public Library Keswick	adults	11:00-6:00 pm	Free -	Welcome Centre Immigrant Services	Sunny Wang	1-877-761-1155 ext 3074	English
Immigrant Services Mobile Service Delivery	Ongoing - 1st Thursday of each month	The Learning Centre for Georgina 23324 Woodbine Ave. Keswick	adults	9:00 am -4:30 pm		CMHA	Jamie Yuen	1-866-208-5509 ex 2204	English
Grief & Support Program (8 weeks)	Ongoing, call for inquiries	Hospice Georgina 152 High St	adults	6:30-8:30 pm	Free	Hospice Gerogina	Jackie	905-722-9333	English
Enterprising Careers	Tuesdays,	20887 Dalton Rd, Sutton, ON L0E 1R0	women	9:30 am - 12:30 pm	Free	Yorkworks Employment Services	Tara	905-722-1480	English
English Conversatin Circle for Newcomers	Ongoing - Tuesdays	The Learning Centre for Georgina 23324 Woodbine Ave. Keswick	adults	6:30 - 8:00 pm	Free -	Welcome Centre Immigrant Services	Sunny Wang	1-877-761-1155 ext 3074	English
Rainbow Youth Suport Group	2nd & 4th Tuesday of each month - ongoing	locations may vary, please call for information	youth under 26 years of age		Free		info@rainbowyouthyork.com	888-905-5428 ext 74	
Programs for Children/Teens									
Let's Talk Program			4 - 8 yrs old	5:00 - 7:00 pm	Free -	Sandgate Women's Shelter	Fatima	1-866-855-7070	English
Various children's programs	Monday through Friday	EarlyOn Centre, 17310 Yonge Street, Unit 6, Newmarket	children birth to 6 years and a parent	check website			www.yorkchild.ca		