

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, May 1 to June 19, 2019

**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 Wednesdays, May 1 to June 19, 2019

**Time:** 6:00 - 8:00 pm

**Location:** FSyr 10610 Bayview Ave, Unit 18, Richmond Hill

**Fee:** FREE with \$20.00 registration fee

**Date:** 8 Tuesdays, June 11 to July 30, 2019

**Time:** 6:00 - 8:00 pm

**Location:** FSyr 10610 Bayview Ave, Unit 18, Richmond Hill

**Fee:** FREE with \$20.00 registration fee

**Triple P Teen**

(parents of teens 13-17)

Triple P stands for Positive Parenting Program. This unique group has been proven to be effective in providing parents with tools to help their teens 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.

**Date:** TBD Winter 2020

**Time:** 6:00 - 8:00 pm

**Location:** FSyr — 10610 Bayview Ave, Richmond Hill

**Fee:** FREE with \$20.00 registration fee

**Farsi Positive**

**Parenting (0-12)**

An 8 week Positive Parenting Program (Triple P) taught in Farsi to provide parents with tools to help their children with behavioural and emotional issues. **Contact Roya at 905-883-6572 Ext. 256**

**Date:** FALL 2019 TBD

**Time:** 6:00 - 8:00 pm

**Location:** RH

**Fee:** FREE with \$20.00 registration fee

**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 8 to June 3, 2019

**Time:** 6:00 - 8:00 pm

**Location:** FSyr — 10610 Bayview Ave, Richmond Hill

**Fee:** FREE with \$20.00 registration fee

**Note:** no class Easter Monday or Victoria Day

FREE to BE

Parenting support group for parents of gender independent youth. Please see page 3 Under LGBTQ groups for more information.

GROUPS FOR MEN & WOMEN

**Mindfulness & Stress**

**Reduction Training**

\*MAST\* in FARSI

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 Thursdays August 1 to 29, 2019

**Time:** 6:00 to 8:00 pm

**Location:** FSyr — 10610 Bayview Ave, Richmond Hill

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

**Contact Shahrzad at 905-883-6572 Ext. 235**

**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:** Fall , 2019 TBD **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

**GROUPS FOR WOMEN**

**Positive living Women's Support Group** A 10 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:** TBD **Time:** 4:00 - 5:30 pm  
**Location:** FSYR **Fee:** \$225.00 or Free to those who qualify

**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 11 to May 30, 2019 **Time:** 5:30—7:30 pm  
**Location:** FSYR— 10610 Bayview Ave, Richmond Hill **Fee:** FREE  
**Free Child Care and snacks available. Contact Shahrzad at 905-883-6572 Ext. 235**

**YOUTH & CHILDREN'S GROUPS**

**Tools to Stay Cool** A 9 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.

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 March 26 & April 2—mandatory attendance.**

**Date:** 9 Tuesdays, April 9 to June 4, 2019 **Time:** 6:15 to 7:45 pm  
**Location:** FSYR— 10610 Bayview Ave, Richmond Hill **Fee:** FREE with \$20.00 registration fee

**Encouraging Heroes & Parent Program** A 9 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.

**Date:** 9 Tuesdays, FALL 2019 TBA **Time:** 6:15 to 7:45 pm

**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, March 6 to May 1, 2019 **Time:** 6:00 - 8:00 pm  
**Date:** Fall 2019 **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**

**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, March to June, 2019 **Time:** 6:00 - 8:00 pm  
**Location:** Ellen Fairclough PS, Markham **Fee:** FREE  
**TO REGISTER:** Call Leena 416-818-7075 or Email: [Inayyar@fsyr.ca](mailto:Inayyar@fsyr.ca)

**Urdu, Punjabi, Hindi**

**Date:** Thursdays, January to June 2019 **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, ongoing 2019 **Time:** 6:00 - 8:00 pm  
**Location:** Wilclay PS, Markham **Fee:** FREE  
**For Information:** Call Juanita at 416-857-6308

**Tamil Parenting Group**

**Date:** 2019 TBD **Time:** 6:00 - 8:00 pm  
**Location:** Markham **Fee:** FREE  
**For Information:** Call Sudha at 905-415-9719 Ext 313 or Email: [scomarasamy@fsyr.ca](mailto:scomarasamy@fsyr.ca)

**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 Markham—4261 Highway 7, Suite 203. **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 Markham—4261 Highway 7, Suite 203. **Fee:** Free with \$20.00 registration fee

**Website:** [www.fsyr.ca](http://www.fsyr.ca) or Email: [groupservices@fsyr.ca](mailto: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](http://www.fsyr.ca)

**GEORGINA**

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

