

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. Suitable for parents of children of all ages 0-18.

Date: 8 Wednesdays October 9 to November 27, 2019

Time: 6:30 - 8:00 pm

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

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

Triple P 0-12

(parents of children 0-11)

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 Mondays, October 21 to December 9, 2019

Time: 6:00 - 8:00 pm

Location: FSyr — 10610 Bayview Ave, Richmond Hill

Fee: FREE with \$20.00 registration fee

Triple P teen

(parents of youth 12 to 16)

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. Pre-group interview required. Call Janice at 905-895-2371 Ext 226.

Date: 8 Wednesdays, Sept 11 to October 30, 2019

Time: 6:00 - 8:00 pm

Location: FSyr — 10610 Bayview Ave, Richmond Hill

Fee: FREE with \$20.00 registration fee

Farsi Triple P Parenting

An 8 week Positive Parenting Program in Farsi to provide parents with tools to help their children with behavioural and emotional issues. Please call Roya or Mahsa to sign up 905-883-6572 Ext 256.

Date: 8 Wednesdays, October 9 to November 27, 2019

Time: 6:00 - 8:00 pm

Location: FSyr — 10610 Bayview Ave, Richmond Hill TBD

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, Winter/Spring 2019 TBD

Time: 6:00 - 8:00 pm

Location: FSyr — 10610 Bayview Ave, Richmond Hill

Fee: FREE with \$20.00 registration fee

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

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 Mondays September 9 to October 7, 2019

Time: 6:00 to 8:00 pm

Date: 5 Tuesdays November 5 to December 3, 2019

Time: 1:00 to 3:00 pm

Location: FSyr, Richmond Hill, 10610 Bayview Ave

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

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 Tuesdays, September 17 to December 3, 2019 **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 September 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: TBD **Time:** 6:30 - 8:00 pm
Location: FSYR **Fee:** \$225.00 or Free to those who qualify with \$20 registration fee

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, October 3 to November 28, 2018 **Time:** 5:30 to 7:30 pm
Location: FSYR— 10610 Bayview Ave, Richmond Hill **Fee:** FREE
Free Child Care, transit tickets and snacks available. Contact Farzaneh 905-883-6572 Ext. 235
Note: no class October 31, Halloween

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. Interviews: December 3 and 10, 2019

Date: 9 Tuesdays, Winter 2020 TBA **Time:** 6:15 to 7:45 pm

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. 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 August 27 and September 10 mandatory attendance.**

Date: 9 Tuesdays, September 24 to November 19, 2019 **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, October 9 to November 27, 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 Sept 25 or Oct 2, 2019 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, fall 2019 **Time:** 6:00 - 8:00 pm
Location: Markham School **Fee:** FREE
TO REGISTER: Call Leena at 416-818-7075 or Email: lnayyar@fsyr.ca

Urdu, Punjabi, Hindi

Date: Thursdays, fall 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, 2019 **Time:** 6:00 - 8:00 pm
Location: Markham **Fee:** FREE
For Information: Call Juanita at 416-857-6308

Date: Fall 2019 **Time:** 6:00 am –8:00 pm
Location: Markham/Stouffville TBD **Fee:** FREE
For Information: Call Sudha at 905-415-9719 Ext 313 or Email: scoomarasamy@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. Please call the Markham office at 905-415-9719 to confirm 24 hours in advance.

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

Date: 3rd Wednesday of each month—year round **Time:** 7:00 to 8:30 pm
Location: FSyr Markham—4261 Highway 7, Suite 203. **Fee:** FREE

FREE To BE Parenting Group

This group for parents/caregivers of 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. Please call the Markham office at 905-415-9719 to confirm 24 hours in advance.

Date: 1st Wednesday of each month—year round **Time:** 6:30 - 8:00 pm
Location: FSyr Markham—4261 Highway 7, Suite 203. **Fee:** FREE

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



United Way
Greater Toronto 3