

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: Spring 2020 TBD

Time: 6:30 - 8:00 pm

Location: FSyr 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 program 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 January 15 to March 4, 2020

Time: 6:00 - 8:00 pm

Location: FSyr — 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. Pre-group interview required. Call Janice at 905-895-2371 Ext 226.

Date: Spring or fall 2020 TBD

Time: 6:00 - 8:00 pm

Location: FSyr

Fee: FREE with \$20.00 registration fee

Language Specific

**Triple P Farsi, Mandarin
Cantonese, Spanish**

An 8 week Positive Parenting Program (Triple P) taught in Farsi to provide parents with tools to help their children or teens with behavioural and emotional issues.

Date: FARSI 8 Wednesdays, January 15 to March 4, 2020

Time: 6:30 - 8:00 pm

Location: FSyr Richmond Hill **Contact Mahsa at 905-883-6572 Ext. 256** **Fee:** FREE

Date: Mandarin /Cantonese, Winter/Spring 2020 TBD

Time: 9:30—11:30 am

Location: FSyr Markham TBA **Contact AJ at 905-415-9719**

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, January 20 to March 9, 2020

Time: 6:00 - 8:00 pm

Location: FSyr — 10610 Bayview Ave, Richmond Hill

Fee: FREE with \$20.00 registration fee

Note: no class Family 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

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 Tuesdays, January 28 to February 25, 2020

Time: 12:30 to 2:30 pm

Location: FSyr Richmond Hill 10610 Bayview

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: Spring 2020 TBC **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

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, January 16 to March 5, 2020 **Time:** 5:30 - 7:30 pm
Location: FSyr— 10610 Bayview Ave, Richmond Hill **Fee:** FREE
Free Child Care and snacks available. Contact Mahsa at 905-883-6572 Ext. 235

Raising Hope A 12 week course to build resiliency. Learn and Practice CBT, mindfulness and centering techniques to build confidence and assertiveness, conquer anxiety and depression, overcome codependency and learn the advantages of goal setting. Group is conducted in a safe and supportive environment.

Date: 12 Tuesdays, February 11 to May 5, 2020 **Time:** 1:00 to 2:30 pm
Location: FSyr Richmond Hill 10610 Bayview **Fee:** \$120.00 (or Free to those who qualify with a \$20.00 registration fee)

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.

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 long with parents joining the children's group at the end of each group to review and practice new skills together. **Family Interviews prior to group—mandatory attendance.**

Date: Spring 2020 TBD **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.

Date: Fall 2020 TBD **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, January 22 to March 11, 2020 **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 January 8 & 15 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, December to June, 2020
Location: Ellen Fairclough PS, Markham
Time: 6:00 - 8:00 pm
Fee: FREE
TO REGISTER: Call Leena 416-818-7075 or Email: Inayyar@fsyr.ca

Urdu, Punjabi, Hindi

Date: Thursdays, January to June 2020
Location: Tahir Hall, Maple
Time: 11:30 am –1:45 pm
Fee: FREE
TO REGISTER: Call Aisha at 647-545-8241

Tamil & English Women's Support and Parenting Groups

Date: Thursdays, December to March, 2020
Location: Cedarwood PS, Markham
Time: 6:00 - 8:00 pm
Fee: FREE
For Information: Call Juanita at 416-857-6308

Tamil Parenting Group

Date: 2020 TBD
Location: Middlefield P.S., Markham
Time: 6:00 - 8:00 pm
Fee: FREE
For Information: Call Sudha at 905-415-9719 Ext 313 or Email: scoomasamy@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: Third Wednesday of each month,
Location: FSyr Markham—4261 Highway 7, Suite 203.
Time: 7:00 - 8:30pm
Fee: FREE

FREE To BE

This group for parents/caregivers of gender independent children will meet once a month. This parent Group 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. Register at reception or by calling Barb Urman at 1-866-415-9723 Ext 224.

Date: First Wednesday of each month September to August
Location: FSyr Markham—4261 Highway 7, Suite 203.
Time: 6:30 - 8:00 pm
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

