

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

All Groups are an LGBTQ positive space



PARENTING

Triple P 0-12 Triple P stands for Positive Parenting Program. This unique program has been proven to (parents of children 0-11) be effective in providing parents with tools to help their children with behavioural and emotional problems. Pre-group interview required. Call Janice at 905-895-2371.

English	Date: 8 Thursdays, October 22 to December 10, 2020	Time: 6:30 - 8:00 pm
Farsi	Date: 8 Wednesdays Winter 2021 TBD	Time: 5:30 - 7:00 pm
Cantonese	Date: 8 Wednesdays, October 21 to December 9, 2020	Time: 7:30 - 9:00 pm
Mandarin	Date: 8 Sundays October 25 to December 13, 2020	Time: 2:30 - 4:00 pm
	Location: FSYR Zoom Video Meetings	Fee: FREE with purchase of workbook \$35.00

Triple P Teen Triple P stands for Positive Parenting Program. This unique program has been proven to (parents of Teens 12-17) be effective in providing parents with tools to help their teens with behavioural and emotional problems. Pre-group interview required. Call Janice at 905-895-2371.


English	Date: 8 Mondays, fall TBD, 2020	Time: 6:00 - 8:00 pm
Spanish	Date: 8 Wednesdays, October 14 to December 2, 2020	Time: 6:00 - 7:30 pm
	Location: FSYR Zoom Video Meetings	Fee: FREE with purchase of workbook \$35.00

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. Apply Online.

English	Date: 7 Wednesdays, Fall 2020 TBC	Time: 6:00 - 8:00 pm
	Location: FSYR Zoom Video Meetings	Fee: FREE with purchase of workbook \$35.00

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

English	Date: 8 Wednesdays, October 21 to December 9, 2020	Time: 6:00 - 8:30 pm
	Location: FSYR Zoom Video Meetings	Fee: \$140 or Free to those who qualify with a \$20 registration fee

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Groups for Women

Farsi Women's Support Group This 6 week program will focus on self-confidence, assertiveness, communication skills, parenting, healthy relationships, immigration and settlement issues, self care, health & wellness and community resources.

Date: 6 Thursdays, October 8 to November 12, 2020 **Time:** 5:30 - 7:00 pm
Location: FSYR Zoom Video Meetings **Fee:** FREE

Raising Hope An 8 week course to build resiliency. Learn and Practice CBT, mindfulness and centering techniques to build confidence and assertiveness, conquer anxiety and depression, overcome codependence and learn the advantages of goal setting.

Date: 8 Tuesdays, October 27 to Dec 15, 2020 **Time:** 9:30 to 11:00 am
Location: FSYR Zoom Video Meeting **Fee:** \$120.00 (or Free to those who qualify with a \$20.00 registration fee)

Groups for Men and Women

Farsi Emotion Regulation Skills Group This 4 week group will review the purpose of emotions and emotional reactions. This group will explore factors that make regulating emotions hard and how to increase awareness and understanding of emotions. This group will introduce skills to help change emotional responses.

Date: 4 Thursdays, November 19 to December 10, 2020 **Time:** 5:30 - 7:00 pm
Location: FSYR Zoom Video Meetings **Fee:** FREE

LGBTQ Groups

TRANSGENDER SUPPORT GROUP

A free group for anyone experiencing or questioning changes on the gender spectrum. Discussions include but are not limited to a variety of issues such as coming out, health and hormones, dealing with discrimination, negotiating relationships. This group is ongoing. [Register for zoom ID by calling Barb Urman at 1-866-415-9723](#)

Date: Third Wednesday of each month, **Time:** 7:00 - 8:30pm
Location: FSYR Zoom Video Meetings **Fee:** FREE

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.

Hindi, Punjabi, Urdu & English

Date: Tuesdays, to December, 2020 **Time:** 6:00 - 8:00 pm
Location: FSYR Zoom Meeting **Fee:** FREE
TO REGISTER: Call Leena 416-818-7075 or Email: lnayyar@fsyr.ca

Urdu, Punjabi, Hindi

Date: Thursdays, to December 2020 **Time:** 12:00 am - 2:00 pm
Location: FSYR Zoom Meeting **Fee:** FREE
TO REGISTER: Call Aisha at 647-545-8241

Tamil & English Women's Support and Parenting Groups

Date: Thursdays TBD 2020 **Time:** 5:30 - 7:30 pm
Location: FSYR Zoom Meeting **Fee:** FREE
For Information: Call Sudha at 905-415-9719 or Email: scoomasamy@fsyr.ca