

All Groups are a
2SLGBTQ+ positive
space



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

PARENTING

Family Transitions Triple P	This 6 week group promotes a healthy transition for <u>parents</u> 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. Apply online. Pre-Group interview required; call Janice at 905-895-2371. Date: English 6 Wednesdays, January 20 to March 3, 2021 Location: FSYR Zoom	Time: 6:30 - 8:30 pm Fee: FREE with \$35 book purchase
Fearless Triple P	This 6 week course is for parents of children 6 -14 who are experiencing anxiety. Fear-Less Triple P supports parents and helps them to learn new cognitive behavioural strategies for anxiety management, encouraging them to apply these themselves for all their children. Apply online at www.fsyrr.ca Pre-Group interview required. Date: English 6 Thursdays, Spring , 2021 Location: FSYR Zoom	Time: 10:00 - 12:00 noon Fee: FREE with \$35 book purchase
	Date: Chinese , 6 Wednesdays, January 27 to March 3, 2021 Location: FSYR Zoom Contact AJ at 905-415-9719	Time: 10:00 - 12:00 noon Fee: FREE with \$35 book purchase
Language Specific 0-12 Triple P Farsi, Mandarin Cantonese, Spanish	An 8 week Positive Parenting Program (Triple P) providing parents with tools to help their children with behavioural and emotional issues. Workbook purchase required. Date: FARSI 8 Wednesdays, January 20 to March 10, 2021 Location: FSYR Zoom Contact Poopeh at 905-883-6572	Time: 5:30 - 7:30 pm Fee: FREE with \$35 book purchase
	Date: Mandarin , 8 Thursdays, January 21 to March 11, 2021 Location: FSYR Zoom Contact AJ at 905-415-9719	Time: 6:00—8:00 am Fee: FREE with \$35 book purchase
	Date: Cantonese , 8 Wednesdays, January 20 to March 10, 2021 Location: FSYR Zoom Contact AJ at 905-415-9719	Time: 6:00—8:00 am Fee: FREE with \$35 book purchase
	Date: Spanish , 8 Thursdays, January 28 to April 1, 2021 Location: FSYR Zoom Contact Julia at 905-895-2371	Time: 9:30—11:30 am Fee: FREE with \$35 book purchase
Triple P Teen (parents of teens 13-17)	Date: Spring 2021 TBC	Time: 6:00 - 8:00 pm
Triple P 0-12	Date: Spring 2021 TBC	Time: 6:00 - 8:00 pm
Parenting for Life	Date: Spring 2021 TBC	Time: 6:30 - 8:00 pm

YOUTH GROUPS

Emotional & Interpersonal Skills Development for Teens (13 to 17 yrs)	This group is replacing the Working with Worry program. This is an 8 week program for youth that focuses on skill development and experiential learning in the areas of emotion regulation and interpersonal relationships. This is an integrated and evidence informed program where your teen will learn and practice skills such as identifying feelings, regulating emotions, positive coping strategies, communication, assertiveness, self-compassion, understanding boundaries and increasing self-esteem. Date: 8 Tuesdays January 19 to March 9, 2021 Location: FSYR— Zoom	Time: 4:00 to 5:30 pm Fee: FREE with \$20.00 registration fee
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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 Thursdays, February 25 to May 13, 2021
Time: 6:30 - 8:00 pm
Location: FSYR Zoom
Fee: \$225.00 or Free to those who qualify with \$20 registration fee
Note: Pre Group Interviews required

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, January 21 to February 25, 2021
Time: 5:30 - 7:00 pm
Location: FSYR— Zoom
Fee: FREE
Contact Poopeh at 905-883-6572

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: Spring 2021 TBC
Time: 12:30 to 2:30 pm
Location: FSYR Zoom
Fee: \$120.00 or Free to those who qualify with a \$20.00 registration fee

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, March 2 to May 18, 2021
Time: 9:30 to 11:00 am
Location: FSYR Zoom
Fee: \$120.00 (or Free to those who qualify with a \$20.00 registration fee)

2SLGBTQ+ GROUPS

TRANSGENDER SUPPORT GROUP

An ongoing group for those questioning/exploring their gender identity or wanting more support. The group provides a safe and supportive environment to talk about the things that matter as well as learn more about community supports.

Register by calling Barb Urman at 1-866-415-9723

Date: Third Wednesday of each month, **Time:** 7:00 - 8:30pm
Location: FSYR Zoom **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, December to June, 2021
Location: Zoom
Time: 6:00 - 8:00 pm
Fee: FREE
TO REGISTER: Call Leena 416-818-7075

Urdu, Punjabi, Hindi

Date: Thursdays, January to June 2021
Location: Zoom
Time: 12:00 am –2:00 pm
Fee: FREE
TO REGISTER: Call Aisha at 647-545-8241