

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	<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.</p> <p>Date: English 6 Wednesdays, January 20 to March 3, 2021 Location: FSYR Zoom</p> <p>Time: 6:30 - 8:30 pm Fee: FREE with \$35 book purchase</p>
Fearless Triple P	<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.</p> <p>Date: English 6 Thursdays, Spring , 2021 Location: FSYR Zoom</p> <p>Time: 10:00 - 12:00 noon Fee: FREE with \$35 book purchase</p> <p>Date: Chinese, 6 Wednesdays, January 27 to March 3, 2021 Location: FSYR Zoom Contact AJ at 905-415-9719</p> <p>Time: 10:00 - 12:00 noon Fee: FREE with \$35 book purchase</p>
Language Specific 0-12 Triple P Farsi, Mandarin Cantonese, Spanish	<p>An 8 week Positive Parenting Program (Triple P) providing parents with tools to help their children with behavioural and emotional issues. Workbook purchase required.</p> <p>Date: FARSI 8 Wednesdays, January 20 to March 10, 2021 Location: FSYR Zoom Contact Poopeh at 905-883-6572</p> <p>Time: 5:30 - 7:30 pm Fee: FREE with \$35 book purchase</p> <p>Date: Mandarin, 8 Wednesdays, January 20 to March 10, 2021 Location: FSYR Zoom Contact AJ at 905-415-9719</p> <p>Time: 6:30—8:30 pm Fee: FREE with \$35 book purchase</p> <p>Date: Cantonese, 8 Thursdays, January 21 to March 11, 2021 Location: FSYR Zoom Contact AJ at 905-415-9719</p> <p>Time: 6:30—8:30 pm Fee: FREE with \$35 book purchase</p> <p>Date: Spanish, 8 Thursdays, January 28 to April 1, 2021 Location: FSYR Zoom Contact Julia at 905-895-2371</p> <p>Time: 9:30—11:30 am Fee: FREE with \$35 book purchase</p>
Triple P Teen (parents of teens 13-17)	<p>Date: Spring 2021 TBC</p> <p>Time: 6:00 - 8:00 pm</p>
Triple P 0-12	<p>Date: Spring 2021 TBC</p> <p>Time: 6:00 - 8:00 pm</p>
Parenting for Life	<p>Date: TBC</p> <p>Time: 6:30 - 8:00 pm</p>

YOUTH GROUPS

Emotional & Interpersonal Skills Development for Teens (13 to 17 yrs)	<p>This group is replacing the Working with Worry program.</p> <p>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.</p> <p>Date: 8 Tuesdays January 19 to March 9, 2021 Location: FSYR— Zoom</p> <p>Time: 4:00 to 5:30 pm Fee: FREE with \$20.00 registration fee</p>
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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

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

FREE TO BE

This is a virtual group for parents/caregivers of gender diverse children, regardless of age, which meets once a month. Free to Be offers an opportunity for parents/caregivers to meet for support and education. The Program's goal is to destigmatize gender diversity.

Date: First Wednesday of each month - Ongoing **Time:** 7:00 to 8:30 pm
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 **Time:** 6:00 - 8:00 pm
Location: Zoom **Fee:** FREE
TO REGISTER: Call Leena 416-818-7075

Urdu, Punjabi, Hindi

Date: Thursdays, January to June 2021 **Time:** 11:00 am –1:00 pm
Location: Zoom **Fee:** FREE
TO REGISTER: Call Aisha at 647-545-8241