


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

All Groups are a 2SLGBTQ+ positive space 

PARENTING

Family Transitions Triple P

This 6 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. Apply online. Pre-Group interview required; call Janice at 905-895-2371.

Date: English 6 Wednesdays, April 7 to May 12, 2021 **Time:** 6:30 - 8:30 pm
Location: FSYR Zoom **Fee:** FREE with \$35 book purchase

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

Date: English, 8 Thursdays, April 15 to June 3, 2021 **Time:** 6:30 - 8:30 pm
Location: FSYR Zoom **Fee:** FREE with \$35 book purchase
Date: Mandarin, 8 Wednesdays, April 21 to June 9, 2021 **Time:** 10:00 am - 12:00 noon
Location: FSYR Zoom **Call AJ - 905-477-5741 or ajluo@fsyrr.ca** **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, April 29 to June 3, 2021 **Time:** 10:00 - 12:00 noon
Location: FSYR Zoom **Call Janice at 905-895-2371** **Fee:** FREE with \$35 book purchase
Date: Cantonese, 8 Thursdays, April 29 to June 17, 2021 **Time:** 6:00 - 8:00 pm
Location: FSYR Zoom **Call AJ - 905-477-5741 or ajluo@fsyrr.ca** **Fee:** FREE with \$35 book purchase
Date: Mandarin 8 Wednesdays, April 28 to June 16, 2021 **Time:** 6:30 - 8:30 pm
Location: FSYR Zoom **Call AJ - 905-477-5741 or ajluo@fsyrr.ca** **Fee:** FREE with \$35 book purchase

Triple P Teen
 (parents of teens 12-17)

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

Date: English: 8 Tuesdays, March 30 to May 18, 2021 **Time:** 6:30 - 8:30 pm
Location: FSYR Zoom **Fee:** FREE with \$35 book purchase

Language Specific TEEN Triple P Farsi, Mandarin Cantonese, Spanish

An 8 week Positive Parenting Program (Triple P) providing parents with tools to help their teens with behavioural and emotional issues. Workbook purchase required.

Date: FARSI 8 Wednesdays, April 14 to June 2, 2021 **Time:** 5:30 - 7:30 pm
Location: FSYR Zoom **Contact Poopeh at 905-883-6572** **Fee:** FREE with \$35 book purchase
Date: Mandarin, 8 Thursdays, April 22 to June 10, 2021 **Time:** 10:00 am - 12:00 noon
Location: FSYR Zoom **Call AJ - 905-477-5741 or ajluo@fsyrr.ca** **Fee:** FREE with \$35 book purchase

YOUTH GROUPS

Emotional & Interpersonal Skills Development for Teens

(13 to 17 yrs) 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 April 13 to June 1, 2021 **Time:** 4:00 to 5:30 pm
Location: FSYR— Zoom **Fee:** FREE with \$20.00 registration fee 1

GROUPS FOR Adults 18+

Emotion and Interpersonal Skills Development For Adults An 8 week group for adults 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 participants will learn and practice skills such as managing difficult feelings using positive coping strategies, communication, assertiveness and setting healthy boundaries. Together, in a supportive space., participants will help work through common life stressors and challenges.

Date: 8 Thursdays, March 25 to May 13, 2021 **Time:** 6:00 to 7:30 pm
Location: FSYR Zoom **Fee:** \$150.00

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)

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, April 15 to May 20, 2021 **Time:** 5:30 - 7:00 pm
Location: FSYR— Zoom **Fee:** FREE
 Contact Poopeh at 905-883-6572

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