

Parenting

Triple P 0-12

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. This group is 8 weeks in length and requires the completion of a workbook and weekly homework tasks. A pre-group interview is required. Call Janice at 905-895-2371. Groups are virtual and requires a \$35 workbook purchase.

Date: **English** 8 Tuesdays, October 12 to November 30, 2021 Time: 6:00 to 8:00 pm
Mandarin 8 Tuesdays, October 19 to December 7, 2021 Time: 10:00 am to 12:00 pm

Triple P Teen

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. This group is 8 weeks in length and requires the completion of a workbook and weekly homework tasks. A pre-group interview is required. Call Janice at 905-895-2371. Groups are virtual and requires a \$35 workbook purchase.

Date: **English** 8 Thursdays, October 21 to December 9, 2021 Time: 6:00 to 8:00 pm
Mandarin 8 Wednesdays, October 20 to December 8, 2021 Time: 10:00 am to 12:00 pm

Fearless Triple P

This 6-week group is for parents of children 6-14 who are experiencing anxiety. Fearless 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. Call Janice at 905-895-2371. Groups are virtual and requires a \$35 workbook purchase.

Date: **English** 6 Thursdays, November 4 to December 9, 2021 Time: 10:00 am to 12:00 pm
Mandarin 6 Thursdays, October 21 to December 9, 2021 Time: 10:00 am to 12:00 pm

Family Transitions Triple P

This 6-week group promotes a healthy transition for parents going through separation or divorce. This course will address co-parenting, being a single parent, self-care and is designed to help parents manage the anger and resentment that often accompanies relationship breakdown. Apply online at www.fsyrr.ca. Pre group interview required. Call Janice at 905-895-2371. Groups are virtual and requires a \$35 workbook purchase.

Date: **English** 6 Wednesdays, October 6 to November 10, 2021 Time: 6:30 to 8:30 pm

South Asian Outreach Program

South Asian Women's Support Groups

Ongoing virtual programs for South Asian Women. Topics include Parenting, Health & nutrition, family stress, immigration and legal information, health, exercise, and Yoga, employment and various other topics. Free.

Date: **Hindi, Punjabi, Urdu** Thursdays, September to December, 2021 Time: 11:00 am-1:00 pm
Contact Aisha at 647-545-8241 to register

Date: **Hindi, Punjabi, Urdu** Tuesdays, September to December, 2021 Time: 6:00 to 8:00 pm
Contact Leena at 647-243-9190 to register

Groups for Adults

Emotion Regulation and Interpersonal Skills Development

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 such skills 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. This group is virtual and requires a \$150 registration fee.

Date: **English** 8 Thursdays, September 16 to November 4, 2021 Time: 6:00 to 7:30 pm

Raising Hope

Learn and practice CBT, mindfulness, and centering techniques to build confidence and assertiveness, conquer anxiety and depression, overcome co-dependency, and learn the advantages of goal setting while building resiliency. Group is conducted in a safe supportive environment. Pre-group registration is required online at www.fsyrc.ca. This group is virtual and requires a \$120 registration fee.

Date: **English** 8 Wednesdays, September 29 to November 17, 2021 Time: 6:00 to 7:30 pm

Groups for Women

Farsi Women's Support Group

This program will focus on self-confidence, assertiveness, communication skills, parenting, healthy relationships, immigration and settlement issues, self-care, health and wellness, and will explore community resources. Apply online at www.fsyrc.ca. Call Poopeh at 647-243-9646. This group is virtual and Free.

Date: **Farsi** 6 Thursdays, September 23 to October 28, 2021 Time: 5:30 to 7:00 pm

Groups for Youth

Emotion Regulation and Interpersonal Skills Development

This is an 8-week program for youth 13 to 17 years of age that focusses on skill development and experiential learning in the areas of emotion regulation and interpersonal relationships. This is an integrated and evidence informed program where teens will learn and practice skills such as identifying feelings, regulating emotions, positive coping strategies, communication, self-compassion/self-esteem, and assertiveness and understanding boundaries. A pre-group interview is required. Groups are virtual and requires a \$20 registration fee.

Date: **English** 8 Tuesdays, September 21 to November 9, 2021 Time: 4:30 to 6:00 pm

2SLGBTQ+ Groups

Transgender Support Group

An ongoing program for those questioning/exploring their gender identify or wanting more supports. This group provides a safe environment to talk about things that matter as well as learn more about community supports. This group is free and virtual. Call Barb Urman at 905-895-2371 or Apply online at www.fsyrc.ca.

Date: **English** Third Wednesday of each month, 2021 Time: 7:00 to 8:30 pm

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 to meet for support and education. The goal of this program is to destigmatize gender diversity. Call Barb Urman at 905-895-2371 or apply online at www.fsyrc.ca. Free.

Date: **English** First Wednesday of each month, 2021 Time: 7:00 to 8:30 pm

Gender Galaxies

A free 8 week virtual group for youth 12 to 15 exploring their gender identity and gender expression. Learn about and discuss topics such as: self-care, self-advocacy, media, dysphoria, body image, coming out, gender affirming care and intersectionality. Call Max Denley at 905-883-6572 ext. 138 or apply online at www.fsyrc.ca.

Date: **English** 8 Tuesdays, October 5 to November 23, 2021 Time: 4:30 to 6:00 pm