

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 Thursdays, April 7 to May 26, 2022 Time: 6:00 to 8:00 pm
Mandarin 8 Thursdays, May 5 to June 23, 2022 Time: 6:00 to 8:00 pm
Cantonese 8 sessions, Fall 2022 TBC

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 Tuesdays, April 26 to June 14, 2022 Time: 6:00 to 8:00 pm
Farsi 8 Wednesdays, March 30 to May 18 2022 Time: 5:30 to 7:30 pm
Chinese Fall, 2022 TBD

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, March 24 to April 28, 2022 Time: 10:00 am to 12:00 pm
Chinese Fall, 2022 TBD

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** Fall 2022 TBC

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, April to August, 2022 Time: 11:00 am-1:00 pm
Contact Aisha at 647-545-8241 to register

Date: **Hindi, Punjabi, Urdu** Tuesdays, April to August, 2022 Time: 6:00 to 8:00 pm
Contact Leena at 416-818-7075 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, April 7 to May 26, 2022

Time: 6:00 to 7:30 pm

Farsi MAST Group

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. Apply online at www.fsyrc.ca or call Poopeh at 647-243-9646 Monday or Wednesday. This group is virtual and is \$120.

Date: **Farsi** 6 Wednesdays, August 3 to 31, 2022

Time: 5:30 to 7:00 pm

Groups for Women

Farsi Women's Support Group

This virtual 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 Monday or Wednesday. This is Free.

Date: **Farsi** 6 Thursdays, March 31 to May 5, 2022

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, April 19 to June 7, 2022

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, 2022

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, 2022

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 Liway at 905-883-6572 ext. 137 or apply online at www.fsyrc.ca.

Date: **English** 8 Tuesdays April 26 to June 14, 2022

Time: 4:30 to 6:00 pm