

## 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 require a \$35 workbook purchase.

Date:	<b>English</b>	8 Thursdays, January 19 to March 9, 2023	Time: 6:00 to 8:00 pm
	<b>Farsi</b>	8 Thursdays, January 19 to March 9, 2023	Time: 5:30 to 7:30 pm
	<b>Chinese</b>	Spring 2023 TBD	

### 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 long and requires a workbook and weekly homework tasks. A pre-group interview is required. Call Janice at 905-895-2371. Groups are virtual and require a \$35 workbook purchase.

Date:	<b>English</b>	8 Tuesdays, March 30 to May 18, 2023	Time: 6:00 to 8:00 pm
	<b>Chinese</b>	Spring 2023 TBD	

### Fearless Triple P

This 6-8 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](http://www.fsyrr.ca). Pre group interview required. Call Janice at 905-895-2371. Groups are virtual and require a \$35 workbook purchase.

Date:	<b>English</b>	8 Wednesdays, January 18 to March 8, 2023	Time: 6:30 to 8:00 pm
	<b>Cantonese</b>	8 Wednesdays, January 18 to March 8, 2023	Time: 6:00 to 8:00 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](http://www.fsyrr.ca). Pre group interview required. Call Janice at 905-895-2371. Groups are virtual and require a \$35 workbook purchase.

Date:	<b>English</b>	6 Tuesdays, January 17 to February 21, 2023	Time: 6:00 to 8:00 pm
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## 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:	<b>Hindi, Punjabi, Urdu</b>	<b>Thursdays</b> , January to March, 2023	Time: 12:00 -2:00 pm
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Contact Aisha at 647-545-8241 to register

Date:	<b>Hindi, Punjabi, Urdu</b>	<b>Tuesdays</b> , January to March, 2023	Time: 6:00 to 8:00 pm
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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. A pre-group interview is required. This group is virtual and requires a \$150 registration fee.

Date: **English** 8 Thursdays, January 19 to March 9, 2023

Time: 6:00 to 7:30 pm

## Groups for Women

### Farsi Women's Support Group

This virtual Free 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](http://www.fsyrc.ca). Call Poopeh at 647-243-9646 ext. 531 Monday or Wednesday.

Date: **Farsi** 6 Wednesdays, January 18 to February 22, 2023

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 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 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 require a \$20 registration fee.

Date: **English** 8 Tuesdays, January 17 to March 7, 2023

Time: 4:30 to 6:00 pm

## 2SLGBTQ+ Groups

### Transgender Support Group (Adults 18+)

A free monthly program for those questioning/exploring their gender identity or wanting more support during their journey. This group provides a safe environment to talk about things that matter and learn more about community supports. This group is free and virtual. Call Constantine Cabarios at 905-895-2371 ext. 151 or [apply online](#).

Date: **English** Third Tuesday of each month, 2022/23

Time: 6:30 to 8:00 pm

### FREE to BE

This is a free 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 Constantine Cabarios at 905-895-2371 ext. 151 or [apply online](#) at [www.fsyrc.ca](http://www.fsyrc.ca).

Date: **English** Second Tuesday of each month, 2022/23

Time: 6:30 to 8:00 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 Constantine Cabarios at 905-895-2371 ext. 151 or apply online at [www.fsyrc.ca](http://www.fsyrc.ca). Note: no class Feb 23 or March 16.

Date: **English** 8 Thursdays, January 19 to March 23, 2023

Time: 4:30 to 6:00 pm