

# Groups

Spring/Summer 2026



## 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. If you are interested in this course [apply online](#) or call 905-895-2371 for more information. A pre-group interview is required. Groups are virtual and require a \$35 workbook purchase.

#### Dates:

- **English: 7 Tuesdays, May 5 to June 16, 2026 Time: 6:00 PM to 8:00 PM**
- **Mandarin: 8 Tuesdays, May 5 to June 23, 2026 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 long and requires a workbook and weekly homework tasks. If you are interested in this course, [apply online](#) or call 905-895-2371 for more information. A pre-group interview is required. Groups are virtual and require a \$35 workbook purchase.

#### Dates:

- **English: 8 Tuesdays, April 28 to June 16, 2026 Time: 6:00 PM to 8:00 PM**
- **Farsi: 8 Wednesdays, March 25 to May 13, 2026 Time: 5:30 PM to 7:30 PM**
- **Mandarin: 8 Tuesdays, May 5 to June 23, 2026 Time: 6:30 PM to 8:00 PM**

### 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 to all their children. If you are interested in this course, [apply online](#) or call 905-895-2371 for more information. A pre-group interview is required. Groups are virtual and require a \$35 workbook purchase.

#### Dates:

- **English: TBD**
- **Mandarin: 8 Wednesdays, May 6 to June 24, 2026 Time: 6:30 PM to 8:00 PM**

### Family Transitions Triple P

This 5-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. If you are interested in this course, [apply online](#) or call 905-895-2371 for more information. pre-group interview is required. Groups are virtual and require a \$35 workbook purchase.

#### Dates:

- **English: 5 Thursdays, April 2 to April 30, 2026 Time: 6:00 PM to 8:00 PM**

## South Asian Outreach Program

### South Asian Women's Support Groups

Ongoing free virtual programs for South Asian Women. Topics include parenting, health & nutrition, family stress, immigration and legal information, health, exercise, Yoga, employment, and various other topics that matter to you and your families.

#### Dates:

- **Urdu, Punjabi, Hindi & English: Tuesdays, January to December 2026 Time: 11:00 AM to 1:00 PM**

Contact: Aisha 647-224-2083 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. If you are interested in this course, [apply online](#) or call 905-895-2371 for more information.

#### Dates:

- **English: 8 Thursdays, April 16 to June 4, 2026 Time: 6:00 PM 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. If you are interested in this course, [apply online](#) or call Maryam at 647-243-9646 for more information.

#### Dates:

- **Topic: Communication- 6 Fridays, April 10 to May 15, 2026 Time: 4:30 PM to 6:00 PM**
- **Topic: Stress Management- 6 Wednesdays, May 20 to June 24, 2026 Time: 6:00 PM 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. If you are interested in this course, [apply online](#) or call Maryam at 647-243-9646 for more information.

#### Dates:

- **5 Wednesdays, July 8 to August 5, 2026 Time: 6:00 PM to 7:30 PM**

## Groups for Youth

### Balanced Minds: Teen Guide to Emotions and Connections

This is an 8-week program for youth 13-17 years old that can help build skills to manage difficult emotions such as anger, anxiety, sadness, insecurity and much more. The group is formatted through different activities and discussions, focusing on topics such as bullying, self-esteem, confidence and coping skills. If you are interested in this course, [apply online](#) or call 905-895-2371 for more information. A pre-group interview is required. Groups are virtual and free.

#### Dates:

- English: 8 Wednesdays, April 8 to May 27, 2026 Time: 4:30 PM to 6:00 PM

## 2SLGBTQ+ Groups

### Transgender Support Group (Adults 18+)

A monthly ongoing 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 resources. This group is free with in-person and virtual options. If you are interested in this group, [apply online](#) or for more information or help completing the application, please call 905-895-2371.

#### Dates:

- English: Fourth Thursday of each month, Time: 6:30 PM 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. If you are interested in this group, [apply online](#) or for more information or help completing the application, please call 905-895-2371.

#### Dates:

- English: Third Thursday of each month, Time: 6:30 PM to 8:00 PM