FSYR
Family Services York Region

All groups are **2SLGBTQ+** positive spaces.

Groups

Fall 2026



Parenting

Triple P 0-10

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 6-8 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: 6 Tuesdays, November 3 to December 8, 2026 Time: 6:00 PM to 8:00 PM**
- **Mandarin: 8 Tuesdays, October 13 to December 1, 2026 Time: 10:00 AM to 12:00 PM**
- **Farsi: 8 Fridays, October 9 to November 27, 2026 Time: 4:30 PM to 6:30 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 6-8 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:

- **Mandarin: 8 Tuesdays, October 13 to December 1, 2026 Time: 6:00 PM to 8:00 PM**

Fearless Triple P

This 5–8 weeks 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: 5 Tuesdays, November 17 to December 15, 2026 Time: 6:00 PM to 8:00 PM**
- **Mandarin: 8 Wednesdays, October 14 to December 2, 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 Wednesdays, November 18 to December 16, 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

A 10-week virtual 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. Group fee is $150 and a pre-group interview is required. If you are interested in this course, apply online or call 905-895-2371 for more information.

Dates:

- **English: 10 Thursdays, September 17 to November 19, 2026 Time: 6:00 PM to 7:30 PM**

Groups for Women

Farsi Women's Support Group- Wellness and Stress Management

Take time for yourself and invest in your well-being. This 10-session program offers a safe and welcoming space to learn practical skills to better understand and manage stress while developing self-confidence, emotional resilience, and overall well-being. Participants will explore strategies for managing worry and difficult emotions, building self-esteem and self-compassion, and establishing healthy boundaries. You will also learn skills to overcome perfectionism and people-pleasing, clarify personal values and goals, and develop sustainable self-care practices to support a more balanced and meaningful life. Group fee is $100 ($10 per session), with subsidies available for eligible participants. If you are interested in this course, apply online or call Maryam at 647-243-9646 for more information.

Dates:

- **10 Wednesdays, September 16 to November 25, 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, October 14 to December 2, 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 8:00PM**

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 in completing the application, please call 905-895-2371.

Dates:

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