

The York Centre for Children, Youth and Families

PARENTING GROUPS OFFERED FOR 2016-2017

To get more information or to register, call (905) 737-8927

Parents for Children's Mental Health – Support Group:

Second Tuesday of each month starting September 13, 2016

7:00 to 9:00 p.m.

This support group is open to all parents and guardians, including community members. We have an open agenda and welcome any ideas on topics for discussion. No advance registration is required.

Parents for Children's Mental Health (PCMH) is a parent-led provincial organization that offers Chapters across the province to support groups, and peer to peer assistance with finding resources appropriate for your family. The York Region Chapter of PCMH is hosted at The York Centre for Children, Youth and Families (11225 Leslie Street, Richmond Hill). See the PCMH website:

<http://www.pcmh.ca/york>

You are not alone. Become connected with other parents and families of children and youth who face mental health challenges. We understand because we have had similar experiences. We believe that working together and supporting each other will be more effective in helping our children. We also believe in education, empowerment & advocacy. We have been able to host some excellent workshops in the past few years and have provided support to other parents going through some tough times. We are committed to improving services for children and youth and have made our collective voice heard through our advocacy activities in both York Region and across the province. If you have any comments or suggestions, please pass these on to us. This is your group and should be a reflection of what your interests and needs are.

For more information, contact Diane Legris, PCMH Chapter Leader, at ext. 235 or via email at info@theyorkcentre.ca

Parenting Your Anxious Child:

Thursday September 22 through Thursday December 8, 2016

6:30 to 8:30 p.m.

This is a twelve week parenting course that will be offered on Thursday nights for parents and guardians. One booster session will be offered in January 2017.

Does your child experience any of the following?

- Fear of being away from home or away from a safe person.
- Severe, almost continuous, inappropriate worry about many things.
- Fear of cats, dogs, other animals, bugs, fear of heights, fear of the dark.
- After experiencing a trauma; feelings of anxiety that are on-going, nightmares, flashbacks.

- Fear of having spontaneous or situational panic attacks.
- Worried thoughts about performance, family, peers that result in challenging or non-compliant behaviour.
- Fear of attending school, social anxiety.

Managing your child's anxiety can be extremely difficult. Join us to learn about tools and strategies to parent your anxious child or youth.

The twelve week agenda includes:

- Week 1 – Introductions, questionnaire, What is Anxiety?
- Week 2 – Goal setting and “My Story” exercise.
- Week 3 – The “Anxiety Puzzle”, the role of structure and routine.
- Week 4 – How do thoughts and feelings affect anxiety? The “Cycle of Anxiety”.
- Week 5 – Cognitive Behaviour Therapy.
- Week 6 – Thinking Errors and how to challenge them.
- Week 7 – Relaxation Strategies, guided imagery, how to help our kids relax.
- Week 8 – Help to manage your child's anxiety, behaviour management techniques.
- Week 9 – Exposure Therapy.
- Week 10 – “The Frightened You vs. the Rational You”. How to use C.B.T.
- Week 11 – Helpful vs. Unhelpful ways to manage your child's anxiety.
- Week 12 – The Four Traits that fuel anxiety and what you can do differently.

Booster Session: Setbacks, relapse, create “anxiety tool kit for parents”.

**To register for this group, contact Jennifer Scott (extension #255). Spots are limited so please register by September 12, 2016.

Women's Therapy Group:

Thursday January 12, 2017-April 6, 2017

Time TBD, during the day

The 12 week Women's Therapy Group has incorporated Brené Brown's *Connections Curriculum* that focuses on understanding and healing from the universal experience of shame. This is based on her book, *I Thought It Was Just Me (but it isn't)*, and offers context and understanding about how shame is created and maintained through societal expectations, explores how shame drives us, and offers practical solutions to getting out of the web of shame. For more information and to get a flavor of this group, please follow this link:

<http://brenebrown.com/wp-content/uploads/2013/09/ITIWMreadingguide.pdf>

**To register for this group, contact Carmen Chau (extension #232).

De-escalating Crisis in the Home:

Tuesday April 11-May 23, 2017

6:30 to 8:30 p.m.

This is a six-week group offered on Tuesday evenings for parents and guardians.

Week #1

- Introduction – Why are we here?
- Behavioural levels – overview
- Precipitating Factors

Week #2

- What is Normal?
- How to respond when others are anxious

Week #3

- How to recognize and respond to the defensive stage
- Verbal Escalating Continuum

Week #4

- How to recognize and respond to the defensive stage
- Rules and Limits

Week #5

- Crisis Planning
- Problem Solving

Week #6

- Contracting and Evaluation

**To register for this group, contact Bruce Johnson (extension #439).

Minimum number of participants – 10 people; maximum number of participants – 20 people.

Hold Me Tight:

Winter 2016/17. Please call Zinara (extension #298) to indicate interest and availability.

This is a relationship education group for couples based on the book, *Hold Me Tight: Seven Conversations for a Lifetime of Love*, by Dr. Sue Johnson. Group sessions will be offered on Tuesday evenings with two facilitators.

Participants will:

- Better understand romantic love-the pivotal moves and moments that define a relationship
- Better understand their own and their partner's emotional responses and needs

- Be able to describe and control negative interactions/spirals that create hurt and distance
- Be able to shape the positive moments of reaching and responding that create a secure bond

Week 1: Understanding Love and Attachment

Week 2: How Love Goes Wrong-The Demon Dialogues

Week 3: Finding the Raw Spots

Week 4: Fixing Mistakes and Creating a Secure Base-Revisiting Rocky Moments

Week 5: Becoming Open and Responsive

Week 6: Review Session

Week 7: Forgiving Injuries and Trusting Again

Week 8: Tender Touch and Synchrony Sex

Week 9: Keeping your Love Alive and Caring for Your Relationship

For more information, see <http://www.holdmetight.net>

Please note this group is open to all community members in York Region who have children, free of charge.

To register, contact Zinara McIntosh (extension #298).

Minimum: 6 couples

Cool Dads:

Winter/Spring 2017. Day of the week and time of day to be determined.

This 10 week group is focused on helping fathers to create a more positive and purposeful role in their children's lives. Topics of discussion include child development, discipline, communication, and problem solving.

**To register for this group, please contact Zinara McIntosh (extension #298).

A Solution Focused Approach to Parenting:

Date and time to be determined.

You have many skills and strengths as a parent, and you've had many successes in parenting. How can you do more of what works to improve your relationship with your child even more? This four week, interactive, strength-based workshop will help you find the tools and attitudes you need for successful parenting! Use a solution-focused approach to figure out what works best for you and your child, and how to take your parenting to the next level. This will improve your life and those of your children by increasing confidence and opportunities for success. Participants will learn how to use strengths to overcome problems, finding your power as a parent, and fulfilling your vision for yourself and your child.

To register for this group, please contact Zinara McIntosh (extension #298).

TRIPLE P: Positive Parenting Programs:

Triple P is an evidence-based approach to support parents of children who have or are at risk of developing behaviour problems. It is a preventatively oriented program which aims to promote positive, caring relationships between parents and their children, and to help parents develop effective management strategies for dealing with a variety of childhood behaviour problems and common development issues.

The York Centre offers Triple P group programs to the community in three formats: Triple P for Parents of Children 0 to 6 (offered through Zero to 6 Services); Triple P for Parents of Children 0 to 12; and Triple P for Parents and Teens.

**For more information or to register for a group, contact Zinara McIntosh (extension 298).