

The York Centre for Children, Youth and Families

PARENTING GROUPS OFFERED FOR 2017-2018

To get more information or to register, call (905) 737-8927 ext. 298



Parenting Your Anxious Child:

Thursday, September 28 – December 14, 2017

6:30 to 8:30 p.m.

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

**To register for this group, contact Zinara McIntosh (x 298). Spots are limited so please register by September 19, 2017.



Hold Me Tight-Let Me Go:

October 21 5:30pm - 10:00pm (parents only)
October 22 10:00 am -6:00 pm (parents and teens)
cost \$500

This workshop for families and teens will be hosted at The York Centre for Children, Youth and Families and run by Nancy and Paul Aikin, who have used Sue Johnson’s concepts of love from Emotionally Focused Therapy, and modified it to fit the attachment systems present in family life to deliver a workshop focusing on parents with teens. This is an educational enrichment program designs to strengthen the bonds between teens and their parents. With the help of exercises, structures parent/teen conversations, and group support, families will grow their appreciation of how to rely on each other when Hold Me Tight is accompanied by Let Me Go during this important transitional stage of family life.

Please speak to your treatment team if you are interested in attending. Please note that this group has a cost associated with it and is open to non-York Centre clients.

De-escalating Crisis in the Home:

Wednesday, October 25 – November 29, 2017

6:30 to 8:30 p.m.

This is a six-week group offered 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 Zinara McIntosh (x 298).

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



Women's Therapy Group:

Thursday, January 11 – April 6, 2018

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 flavour of this group, please follow this link:

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

**To register for this group, contact Zinara McIntosh (x 298).



Hold Me Tight:

Thursday, April 5 – May 31, 2018

6:30 to 8:30 p.m.

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 Thursday 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: Forgiving Injuries and Trusting Again

Week 7: Tender Touch and Synchrony Sex

Week 8: 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 (x 298). Minimum: 6 couples

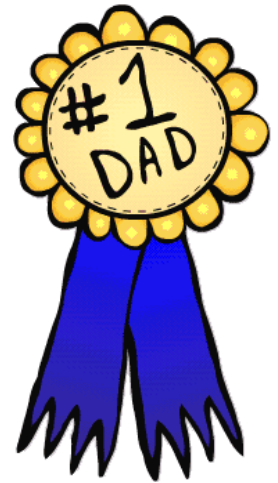
Cool Dads:

Wednesday, May 16 – June 20, 2018
(Note: Day of week may change)

6:30 to 8:30 p.m.

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.

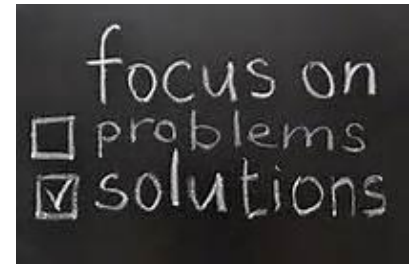
**To register for this group, please contact Zinara McIntosh (x 298).



Being the Best Parent that You Can Be:

Tuesday, March 20 – April 24, 2018
6:30 to 8:30 p.m.

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, and finding your power as a parent.



To register for this group, please contact Zinara McIntosh (x 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. Groups will be offered throughout the year.

Triple P Standard Group: Wednesday, September 13 – November 1, 2017

6:30 to 8:30 p.m.

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