

# The York Centre for Children, Youth and Families

## PARENTING GROUPS OFFERED FOR 2018-2019



**\*The day of the week that the individual groups will run will be determined based on participant availability.**

### **Parenting Your Anxious Child:**

Starting the week of September 24, 2018 – December 10, 2018

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.”
- 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 Jennifer Scott at [jennifer.scott@theyorkcentre.ca](mailto:jennifer.scott@theyorkcentre.ca)**

Spots are limited so please register by September 17, 2018.



## **Women's Group:**

Starting the week of November 12, 2018 – January 28, 2019  
Time of day/evening to be determined.

The 10 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 for this group, follow this link: <http://brenebrown.com/wp-content/uploads/2013/09/ITIWJMreadingguide.pdf>

To register for this group, contact Torie Patterson at (905) 737-8927 ext. 229



## **Hold Me Tight:**

Starting the week of March 18, 2019 – May 13, 2019  
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>

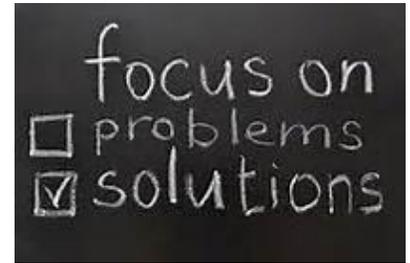
Please note this group is open to all community members in York Region who have children, free of charge.

To register, contact Mah Ostad or Natasha Wakefield at (905) 737-8927 x 257 or x 238. Minimum: 6 couples.

## **Parenting from your Strengths:**

Starting the week of January 21, 2019 – February 27, 2019  
6:30 to 8:00 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 six 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. Rekindle the joy of parenting!



To register for this group, please contact Shilagh Ostrosser at [shilagh.ostrosser@theyorkcentre.ca](mailto:shilagh.ostrosser@theyorkcentre.ca)



### **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; Transitions Triple P; and Triple P for Parents and Teens. Groups will be offered throughout the year.

**\*\*For more information or to register for a group, contact Zinara McIntosh at (905) 737-8927 ext. 298**



### **Hold Me Tight - Let Me Go:**

May 27, 2019 – June 10, 2019; Day of week to be determined.

This workshop for families and teens has been created by Nancy and Paul Aikin, who have used Sue Johnson's concepts of love from Emotionally Focused Therapy and the Internationally run Hold Me Tight group for couples, and modified it to fit the attachment systems present in family life. This program is designed to strengthen the bonds between teens and their parents. With the help of exercises, structured parent/teen conversations, and group support, families will grow their appreciation of how to rely on each other during this important transitional stage of family life. There is one session for parents only, followed by 2 sessions for parents and teens.

Please contact Zoe Goodman at (905) 737-8927 ext. 230 for more information and to register

## Cool Dads:

TBD

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 at (905) 737-8927 ext. 298.**

