

The Child and Youth Mental Health Program

Community Education Service

We are pleased to provide you with this guide to the groups and workshops being offered in May and June 2013, hosted by The Community Education Service.

Pre-registraion is required for all workshops and groups.
To register, please conact the Community Education Service registration line
at;
(905) 521-2100 extension: 74147

Groups for Kids

Mission Possible:

Eight session social skills group for children ages 7-9 and 10-12 years and their caregiver(s). Through this group children are given the opportunity to practice social skills that may be difficult for them. Reviewing and practicing how to introduce you, reading body language, negotiating and compromising, following rules and getting along with others will be explored.

Age	Start Date	Time	Location
7-9	Wednesday July 10, 2013	3:00-4:30	Evel Bldg. Rm.212/213

kNOw Fear

Eight session CBT based anxiety group for children ages 7-9 and 10-12 and their caregiver(s). Together the family will learn what stressors most affect their child. Identify how the child reacts to these worries/ fears, and how to deal with them in a positive and effective way.

(Groups for April and May are currently at capacity. See dates for July below to pre register)

Age	Start Date	Time	Location
7-9 yrs	Monday July 8, 2013	9:00-11:30	Evel Bldg. Rm.212/213
7-9 yrs	Tuesday, July 9, 2013	9:00-11:30	Evel Bldg. Rm.212/213
10-12	Tuesday, July 9, 2013	3:00-4:30	Evel Bldg. Rm.208

Social Connections

An eight week, youth based education group for those, 14 to 18 years, struggling with forming and keeping relationships (friends).

Start Date	Time	Location
Tuesday April 30, 2013	3:00-4:30	Evel Bldg. Rm.123

Waitlists may be applicable to Mission Possible, Social Connections, and/or kNOw Fear workshops.

Coping and relaxation Skills (12-15yrs)

Participants will learn strategies, practice relaxation and work on activities to gain understanding of themselves and their stressors.

Start Date	Time	Location
Monday April 29, 2013	3:00-4:30pm	Evel Rm 123
Monday June 3, 2013	3:00-4:30	Evel Bldg. Rm.308



Groups for Parents

Kids Have Stress Too!

Parents and caregivers will learn how to recognize and understand stress in children, identify stressors and teach children age-appropriate stress management techniques. This Parent Education Program is designed to help 4-9 year olds, and runs over 3 sessions.

Start Date	Time	Location
Thursday, May 23, 2013	1:30-3:30	Evel Bldg. Rm.208

Managing Meltdowns

A six session weekly educational group for caregivers of children/teens 4-18 years with difficult and explosive behaviours. This group focuses on spirited temperaments, coping strategies and collaborative problem solving.

Start Date	Time	Location
Monday April 29, 2013	6:30-8:30	Hillpark OEYC 465 East 16 th St.
Wednesday May 1, 2013	9:30-11:30	Eva Rothwell Centre 460 Wentworth Street N.

COPEing with Teens (Ages 12-18 years)

Caregivers meet once weekly for two hours for 8 weeks. Using problem-solving discussions, video-tapes and homework projects, caregivers learn: Evidenced-based skills to strengthen relationships reduce teens oppositional behaviour, increase cooperation & restore communication.

Start Date	Time	Location
Monday April 29, 2013	6:30-8:30	George R. Allan School 900 King St W.(King & Bond)
Thursday May 2, 2013	9:30-11:30	Child Development Centre 22 Leeming Street

COPEing with 3-12 year olds

Caregivers meet once weekly for two hours for 8 weeks. Using problem-solving discussions, video-tapes and homework projects, caregivers learn evidence-based skills to strengthen relationships reduce oppositional behaviour and increase cooperation.

Start Date	Time	Location
Wednesday May 1, 2013	9:30-11:30	Child Development Centre 22 Leeming Street

COPEing with 3-12 year olds with ADHD

Caregivers meet once weekly for two hours for 8 weeks. Using problem-solving discussions, video-tapes and homework projects, caregivers learn evidence-based skills to strengthen relationships reduce oppositional behaviour and increase cooperation. They also have the opportunity for discussion with other parents who may have children who are diagnosed with ADHD.

Start Date	Time	Location
Tuesday April 30, 2013 New time	9:30-11:30	Bay Gardens 947 Rymal Rd E
Wednesday May 1, 2013	6:30-8:30	Parkdale School, 139 Parkdale Ave N

The Quiet Child

Caregivers meet 6 times, for two hours, bi-weekly with a transition to weekly, to review evidence-based strategies to increase their child's ability to speak in various settings.

Start Date	Time	Location
Thursday May 2, 2013	6:30-8:30	Evel Bldg. Rm.212/213



Single/Double Session Workshops for Parents



COPEing with Bedtime

This one session workshop will help parents/caregivers of children aged 2-6 years; establish successful routines around bedtime issues.

Start Date	Time	Location
Tuesday May 21, 2013	9:30-11:30	Evel Bldg. Rm.208

Depression and Youth

An educational one session workshop exploring common depressive disorders in children and youth. Participants will receive an overview of symptoms and causes and learn what steps to take if concerned or seeking help.

Start Date	Time	Location
Thursday, April 25, 2013	6:00-8:00 pm	Evel Bldg. Rm.212/213

COPEing with Impulsive and Forgetful Children: Visual Strategies for Improving Self-Control

This single session workshop will help caregivers understand how they can use visual strategies to help their ADHD child gain better self control (Workshop fee \$10, includes manual).

Start Date	Time	Location
Wednesday June 26, 2013	9:30-11:30	Evel Bldg. Rm.212/213



Understanding Anxiety Part 1 of 2

A two part series session workshop for parents/caregivers interested in learning what anxiety is and how it may affect children and youth.

Start Date	Time	Location
Wednesday June 19, 2013	9:30-11:30	Evel Bldg. Rm.212/213
Tuesday May 7, 2013	9:30-11:30	Evel Bldg. Rm.308



Parenting Your Anxious Child Part 2 of 2

This second of the two part series session workshop will provide examples and strategies for parents/caregivers that may be useful in parenting their "anxious" child.

Start Date	Time	Location
Wednesday June 26, 2013	9:30-11:30	Evel Bldg. Rm.208
Tuesday May 14, 2013	9:30-11:30	Evel Bldg. Rm.208

1-2-3 Magic

1-2-3- Magic offers easy to follow steps for disciplining children aged 3-12 years. Participants in this workshop will view Dr. Phelan's 1-2-3 Magic and learn related methods of managing inappropriate behaviour(s).

Start Date	Time	Location
Thursday May 9, 2013	6:00-8:30	Chedoke Evel Building room: 212/213



Coping and relaxation Parent Workshop

Parents will learn the signs of distress and how to bring comfort into their everyday lives. Parents learn practical relaxation and coping strategies they can transfer to their children.

Start Date	Time	Location
Monday June 17, 2013 new date	6:30-8:30	Evel Bldg. Rm.308



Divorce and Separation – Part 1 of 2 (Adults only)

Parents learn how the break up of their relationship affects their child. Strategies and suggestions will be discussed to help the parent support the child through this time.

Start Date	Time	Location
Monday June 24, 2013	6:30-8:30	Evel Bldg. Rm.208



Divorce and Separation – Part 2 of 2 (Adults and children)

Divorce will be explained to the children in an age appropriate manner; with a focus on allowing their emotional struggles to be normalized. The parent and child will work together on activities to help the child express their emotions and concerns freely.

Start Date	Time	Location
Thursday June 27, 2013	3:30-5:30	Evel Bldg. Rm.208



Medical Interventions

This workshop will give parents a better understanding of how to prepare, and educate children for doctor, dentist and hospital visits. Coping strategies, normalization activities, and practical tips will be offered to parents to help with the child’s next medical procedure or visit.

Start Date	Time	Location
Wednesday June 12, 2013	9:30-11:30	Evel Bldg. Rm.212/213



Why won't they listen?

This one session workshop will review ways to increase their child’s cooperation and listening. Parents learn how to collaboratively work with their children.

Start Date	Time	Location
Tuesday, April 23, 2013	6:00 -8:00 pm	Evel Bldg. Rm.212/123
Wednesday June 26, 2013	1:30-3:30	Evel Bldg. Rm. 212/123



COPEing with Sibling Conflict

In this one session workshop, participants will learn why their children may have conflict and learn strategies to prevent conflict in the future between children.

Start Date	Time	Location
Tuesday May 28, 2013	9:30-11:30	Evel Bldg. Rm. 208
Tuesday June 25, 2013	6:30-8:30	Evel Bldg. Rm.212/213



What is Mental Health?

An introduction for parents who may have questions concerning children’s mental health.

Start Date	Time	Location
Thursday June 27, 2013	9:30-11:30	Evel Bldg. Rm.212/213



Positive Discipline

Participants will learn evidence-based positive parenting strategies in this one session workshop

Start Date	Time	Location
Thursday June 27, 2013	6:30-8:30	Evel Bldg. Rm. 208
Thursday, May 23, 2013	6:30-8:30pm	Evel Bldg.Rm.212/213