

**The Child & Youth Mental Health Program
COMMUNITY EDUCATION SERVICE
July to August 2017**



**To register call:
(905) 521-2100 extension: 74147**
Or register online at
www.mchcommunityed.ca

**Please remember to bring your child's health card number to the first session of all courses*

Anxiety groups for families and teens:

kNOw Fear

Eight session **Educational** CBT based anxiety group for children ages 8-12 yrs. and their caregiver(s). Parent and child work together to understand how worries effect the child and how to work together to better manage the anxiety. **Note: First session is a Parent Only orientation**

Age	Start Date	Time	Location
8-12 yrs.	Monday July 10	10:00-11:30	Ron Joyce Children's Health Centre – 325 Wellington St. N. , 3 rd floor

Stress Less For Teens

The teen years are a time of change and higher expectations. This means more STRESS! Learn to be aware of your stressors and how to better cope and feel more in control. Participants will be introduced to different relaxation techniques and how to bring positivity into their lives everyday. (**6 sessions**)

Note: First session is a Parent Only orientation

Age	Start Date	Time	Location
13-17 yrs.	Wednesday July 12	1:00-3:00	Ron Joyce Children's Health Centre, 3 rd floor

Anxiety workshops for parents (1 session):

Parenting Your Anxious Child

This workshop is focused on children and youth aged 10-18 yrs. It is for parents/caregivers interested in learning what anxiety is and how it may affect children and youth. The workshop also provides strategies that may be useful for parenting their "anxious" child.

Date	Time	Location
Friday July 14	9:30-11:30 am	Fortinos, 21 Upper Centennial Pkwy, Community room

Why Little Kids Worry (3-10yrs)

This one session workshop helps caregivers to identify stressors and learn how they effect their child's daily life. You will be introduced to some basic coping strategies appropriate to manage a young child's stress.

Date	Time	Location
Tuesday August 8	9:45-11:45 am	OEYC, 350 Albright

Communication & relationship building groups for parents (6 sessions):

Managing Meltdowns (6- 18 yrs.)

This six session course focuses on collaborative problem solving to help defuse behaviours and improve communication. Whether you are dealing with explosive behaviours or a child that shuts down it can make parenting more difficult. Spirited temperaments, understanding what is behind the child's behavior, coping strategies and two-way problem solving/communication will be reviewed. A **Six week** program for caregivers.

Start Date	Time	Location
Thursday July 6	1:30- 3:30pm	Fortinos 65 Mall Road community room

Communication & relationship building workshops for parents (1 session):

How To Talk To Your Teen

A single 2 hr. workshop designed to provide parents/caregivers some basic understanding of teen development, provide tools and strategies to improve parent/teen communication and work towards reducing conflict by establishing collaborative problem solving strategies.

Date	Time	Location
Friday July 28	9:30-11:30 am	Fortinos, 21 Upper Centennial Pkwy, Community room

Co-Parenting through Divorce and Separation

The end of a relationship can be difficult on the everyone, especially the children. When parents split up children are effected in different ways. What children want most is for the fighting to stop. This course will help with co-parenting strategies and re-defining your new relationship.

Date	Time	Location
Friday March 10	9:30-11:30 am	Fortinos, 21 Upper Centennial Pkwy, Community room
Thursday April 6	9:30-11:30 am	Bay Gardens, 947 Rymal Rd E.
Thursday June 8	9:30-11:30 am	St. David's OEYC, 33 Cromwell Cres.

*Parenting strategies to help with mild to severe behaviours
(courses: 6 sessions)*

COPEing with 3-12 year olds

Caregivers meet once weekly for two hours for 6 weeks. Using problem-solving discussions, caregivers learn evidence-based skills to strengthen relationships reduce oppositional behaviour and increase cooperation.

Start Date	Time	Location
Friday July 14	1:00- 3:00 pm	Ron Joyce Children's Health Centre, 3 rd floor

*Parenting strategies to help with mild to moderate behaviours
(workshop 1 session)*

Positive Parenting

Participants will learn evidence-based positive parenting strategies that will help reduce conflict and gain compliance. (one session)

Date	Time	Location
Thursday August 3	9:30-11:30 am	OEYC Helen Detwiler 320 Brigade Dr
Thursday August 24	9:30-11:30 am	Coach House OEYC, 22 Victoria St, Dundas

Self-Care for Parents courses & workshops

Burnt Out!

When our stress levels are too high it can be hard to take care of others. Learning to take care of yourself first is not selfish, it helps you be a better parent and a better you. This **4 session** workshop series will be an opportunity to reconnect with yourself. We will help you get back to being a happier, empowered, in control parent that you deserve to be.

Start Date	Time	Location
Wednesday August 9	9:30-11:30 am	Ron Joyce Children's Health Centre, 3 rd floor

What is Mindfulness?

This **one session** workshop is an introduction to understanding the practice of mindfulness. A video will be shown, followed by additional information from our staff. Practical strategies will be suggested to help incorporate mindfulness into your family's everyday life.

Date	Time	Location
Tuesday April 25	9:30-11:30 am	St David's OEYC 33 Cromwell Cres.

*Understanding moderate to severe behaviours
(courses 6 sessions)*

COPEing with 3-12 year olds with ADHD

Caregivers meet once weekly for two hours for 6 weeks. Using problem-solving discussions, caregivers learn evidence-based skills to strengthen relationships, reduce oppositional behaviour and increase cooperation. Common ADHD struggles and behaviours will be discussed, additional resources/handouts will be provided.

Start Date	Time	Location
Tuesday July 4	9:30-11:30 am	St David's OEYC 33 Cromwell Cres.

Managing Meltdowns (6- 18 yrs.)

This six session course focuses on collaborative problem solving to help defuse behaviours and improve communication. Whether you are dealing with explosive behaviours or a child that shuts down it can make parenting more difficult. Spirited temperaments, understanding what is behind the child's behavior, coping strategies and two-way problem solving/communication will be reviewed. A Six week program for caregivers.

Start Date	Time	Location
Thursday July 6	1:30- 3:30pm	Fortinos 65 Mall Road community room

*Understanding moderate to severe behaviours
(workshops 1 session)*

An Introduction to Understanding ADHD

The one session workshop will help you understand ADHD through watching a video followed by additional supports from our staff. This workshop will help you understand why your child acts the way that they do and how to give them the tools they need to succeed. The video will review: ADHD, ADHD inattentive subtype, and ODD.

Date	Time	Location
Tuesday July 4	1:00-3:00 pm	Ron Joyce Children's Health Centre, 3 rd Floor

Emotions in Motion – Self Regulation

An introductory educational workshop for caregivers explaining some of the basics of emotional regulation and executive function and how this affects your child.

Date	Time	Location
Thursday July 9	9:30-11:30 am	OEYC Helen Detwiler 320 Brigade Dr

Giving Your Child the Tools For Life

This two hour workshop will help parents understand how to raise resilient children. Children respond differently to the challenges in life. With our guidance we will show you how to empower your child and nurture these skills so they can learn to bounce back with confidence.

Date	Time	Location
Thursday July 27	9:30-11:30 am	Coach House OEYC, 22 Victoria St, Dundas

6 SECRETS TO SCHOOL SUCCESS

An interactive workshop to help parents understand why their child/teen may be struggling with school and how to best support them.

Topics discussed:

*Advocating for your child,
tips to help with school refusal and anxiety,
building routines and independence.*

Thursday August 17th 1:30-4:00pm

Fortinos community room

65 Mall Road

Register at www.mchcommunityed.ca or call 905-521-2100 x74147

