

The Child & Youth Mental Health Program
COMMUNITY EDUCATION SERVICE
 September to December 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 (6 weekly sessions)

Know fear is an **Educational** CBT based anxiety group for children ages 8-12 yrs. and their caregiver(s). Together the family will learn what stressors most effect their child. Identify how the child reacts to these worries/ fears, and how to deal with them in a positive and effective way. This is not a treatment group. **First session is a Parent ONLY Orientation: online registration is not available only phone registration, due to high demand.**

Age	Start Date	Time	Location
8-12 yrs.	Monday September 11	3:30-4:30	Ron Joyce Children's Health Centre – 325 Wellington St. N. , 3 rd floor
8-12 yrs.	Monday November 6	3:30-4:30	Ron Joyce Children's Health Centre 3 rd floor

Stress Less For Teens (6 weekly sessions)

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.

Note: First session is a Parents Only orientation

Age	Start Date	Time	Location
14-17 yrs.	Wednesday November 15	3:30-4:30	Ron Joyce Children's Health Centre, 3 rd floor

Anxiety groups for parents (3+ sessions):

Little Kids Worry: Kids Have Stress Too! (3 weekly sessions)

This course is an evidence based program created by the Psychology Program. Parents will learn how to identify and understand stress in their children. Stress management techniques will be taught to help reduce the effects of stress on the child. For parents of children ages **3-10 yrs.** old.

Participants	Start Date	Time	Location
Parents & Caregivers (no child care)	Friday September 8	9:30-11:30 am	Bay Gardens, 947 Rymal Rd E.

Parents & Caregivers (no child care)	Wednesday October 25	12:30- 2:00 pm	Ron Joyce Children's Health Centre, 3 rd floor
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Parenting Your Anxious Child (3 weekly sessions)

This course will review different childhood anxiety disorders, why children are anxious and how it affects them. Parents will learn how to deal with the anxious and sometimes disruptive behavior that gets in the way of everyday living.

Participants	Start Date	Time	Location
Parents & Caregivers (no child care)	Monday September 18	6:00- 7:30 pm	Fortinos 65 Mall Road community room
Parents & Caregivers (no child care)	Friday November 24	9:30-11:30 am	Bay Gardens, 947 Rymal Rd E.

The Shy Timid Child (6 sessions: 1st 3 sessions are bi-weekly, last 3 sessions are weekly)

This is an evidence based group, geared towards families with children that communicate with words at home, but who are unable to do so in other circumstances. This group will help you learn how to best support your child to overcome their fear of speaking.

Participants	Start Date	Time	Location
Parents & Caregivers (no child care)	Winter Session TBA	6:00- 7:30 pm	Please call to be put on the list for our next session.

Anxiety Workshops for Parents (1 Session):

An Introduction to Understanding Anxiety (1 session)

This workshop is for parents/caregivers with children aged 10-18yrs, interested in learning more about anxiety and how it may affect children and youth. Some tips will be provided to help parents deal with daily anxiety.

Date	Time	Location
Monday September 11	6:00-7:30 pm	Fortinos 65 Mall Road community room
Friday November 17	9:30-11:30 am	Bay Gardens, 947 Rymal Rd E.

Helping Your Child & Teen Stress Less (1 session)

Parents will learn the signs of stress and how to help their child learn positive ways to deal with their stress, anxiety and emotions. Parents learn practical relaxation and coping strategies they can transfer to their children

Date	Time	Location
Wednesday October 4	4:30-6:00 pm	Ron Joyce Children's Health Centre, 3 rd floor

I'm Shy (1 session)

This one session workshop will explore why children act shy, focusing on children that whisper, speak minimally or not at all at school or in public settings. Evidence based strategies will be provided to help your child start to speak more comfortably in public.

Date	Time	Location
Wednesday September 27	4:30-6:00 pm	Ron Joyce Children's Health Centre 3 rd Floor 325 Wellington St N

Why Little Kids Worry (3-10yrs) (1 session)

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
Wednesday November 1	4:30-6:00 pm	Ron Joyce Children’s Health Centre 3 rd Floor 325 Wellington St N, 3 rd floor

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

How to Talk To Your Teen (1 session)

This will 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
Wednesday November 1	6:30-8:00 pm	Ron Joyce Children’s Health Centre, 3 rd floor
Friday December 15	9:30-11:30 am	Bay Gardens, 947 Rymal Rd E.

*Parenting strategies to help with mild to severe behaviours
(courses: 3+ sessions)*

Building Your Parenting Tool Box (3 weekly sessions)

This three-session course will review a variety of parenting strategies that have proven to be effective. Topics that will be discussed are: understanding your child’s disruptive behaviour, reducing conflict, dealing with emotions, communication and problem solving.

Participants	Start Date	Time	Location
Parents & Caregivers (no child care)	Wednesday October 11	4:30- 6:00 pm	Ron Joyce Children’s Health Centre, 3 rd floor

COPEing with 3-12 year olds (6 weekly sessions)

This evidence based program teaches parenting strategies to strengthen relationships and increase cooperation with your children.

Participants	Start Date	Time	Location
Parents & Caregivers (no child care)	Friday September 8	1:00- 2:30 pm	Ron Joyce Children’s Health Centre, 3 rd floor
Parents & Caregivers (no child care)	Wednesday November 22	6:30- 8:00 pm	Ron Joyce Children’s Health Centre, 3 rd floor

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

Managing Routines (1 session)

This one session workshop will review the basics and benefits of developing consistent routines and how to best manage bedtime, homework and everyday routines. Visuals, organizational skills, pre-planning and transitions will be discussed.

Date	Time	Location
Thursday September 28	9:30-11:30 am	Coach House OEYC, 22 Victoria St, Dundas
Thursday November 2	9:30-11:30 am	OEYC Helen Detwiler 320 Brigade Dr

Positive Parenting (1 session)

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

Date	Time	Location
Wednesday September 6	4:30-6:00 pm	Ron Joyce Children's Health Centre, 3 rd floor
Thursday October 4	9:30-11:30 am	OEYC Helen Detwiler 320 Brigade Dr
Thursday November 23	9:30-11:30 am	Coach House OEYC, 22 Victoria St, Dundas

1-2-3 Magic (1 session)

Parents will watch Dr. Phelan's 123 Magic Video. You will learn how to stop behaviours such as whining, tantrums, yelling, and arguing using the counting method. Discussion will follow to help incorporate this method with difficult behaviours. Appropriate for parents with children aged 3-12yrs

Date	Time	Location
Friday December 22	9:30-11:30 am	Ron Joyce Children's Health Centre 3 rd Floor 325 Wellington St N, 3 rd floor

Mental Health Workshops (1 session)

Supporting Suicidal Teens (1 session)

When youth tell you they are suicidal it's hard to know how to best support them. This one session workshop with our child psychiatrist Dr. Boylan will give parents and caregivers insight on: how to talk to your teen, what you can do in the early stages of their illness, questions to ask your Doctor and community resources that can help.

Date	Time	Location
Wednesday November 15	6:00- 7:30 pm	Ron Joyce Children's Health Centre, 1 st floor conference room



New

Self-Care for Parents courses

Burnt Out! (4 weekly sessions)

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 workshop series will be an opportunity to reconnect with yourself. We will help you get back to being a happier, empowered, and in control parent that you deserve to be.

Participants	Start Date	Time	Location
Parents & Caregivers (no child care)	Friday September 29	9:30-11:30 am	Bay Gardens, 947 Rymal Rd E.
Parents & Caregivers (no child care)	Monday December 4 (Note: This session will only be 3 weeks)	6:00- 7:30 pm	Fortinos 65 Mall Road community room

Understanding moderate to severe behaviours (courses: 6 sessions)

COPEing with 3-12 year olds with ADHD (6 weekly sessions)

Using problem-solving discussions, videos and homework projects, 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.

Participants	Start Date	Time	Location
Parents & Caregivers (no child care)	Wednesday September 20	6:30- 8:00 pm	Ron Joyce Children's Health Centre, 3 rd floor
Parents & Caregivers (no child care)	Wednesday November 15	12:30- 2:00 pm	Ron Joyce Children's Health Centre, 3 rd floor

Managing Meltdowns (6- 18 yrs.) (6 weekly sessions)

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.

Participants	Start Date	Time	Location
Parents & Caregivers (no child care)	Wednesday September 20	12:30- 2:00pm	Ron Joyce Children's Health Centre, 3 rd floor
Parents & Caregivers (no child care)	Monday October 16	6:00- 7:30 pm	Fortinos 65 Mall Road community room

Understanding moderate to severe behaviours (1 session)

Advocating For My Child

Does your child have mental health and/or behavioural issues? It can be hard to know how to work as a team with your child's school, daycare and community supports. This workshop will help you to take the positive steps to get you there.

Date	Time	Location
Wednesday November 8	4:30-6:00 pm	Ron Joyce Children's Health Centre, 3 rd floor

An Introduction to Understanding ADHD (1 session)

This workshop will help you understand ADHD through watching a video followed by additional supports from our staff. You will learn 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
Wednesday September 13	6:30- 8:00 pm	Ron Joyce Children’s Health Centre, 3 rd Floor

COPEing with Impulsive Children: Strategies for Improving Children’s Self-Control (1 session)

This single session workshop will help caregivers understand how they can use a variety of techniques and visual strategies to help their child (including children with ADHD) gain better self control, become more independent and get tasks done.

Date	Time	Location
Wednesday September 6	6:30-8:00 pm	Ron Joyce Children’s Health Centre, 3 rd floor

Emotions in Motion – Self Regulation (1 session)

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

Date	Time	Location
Wednesday September 13	4:30-6:00 pm	Ron Joyce Children’s Health Centre, 3 rd floor

Giving Your Child the Tools for Life (1 session)

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 September 7	9:30-11:30 am	OEYC Helen Detwiler 320 Brigade Dr
Thursday October 26	9:30-11:30 am	Coach House OEYC, 22 Victoria St, Dundas

Treatment Options for Children with ADHD (1 session)

Dr. Bill Mahoney will present information in this 2 hour overview of treatments available to children diagnosed with ADHD.

Date	Time	Location
Wednesday October 25	6:00- 7:30 pm	Ron Joyce Children’s Health Centre, 1 st floor conference room

Why Won’t They Listen (1 session)

This one session workshop will review ways to increase your child’s cooperation and listening. You will learn effective ways of teaching your child how to manage their strong emotions and work collaboratively with them to find a new way to deal with behaviours and issues.

Date	Time	Location
Wednesday September 20	4:30- 6:00 pm	Ron Joyce Children’s Health Centre, 3 rd floor
Monday October 30	12:30- 2:30 pm	Ron Joyce Children’s Health Centre, 3 rd floor
Thursday December 7	9:30-11:30 am	OEYC Helen Detwiler 320 Brigade Dr