

Secondary School PA Day Youth Workshops

Bethesda Children's Services is offering these Secondary School PA Day Youth Workshops in partnership with the Hamilton-Wentworth District School Board



Group	Date	Time	Grades
AIM Part 1	Mondays April 25 - June 7	7:30pm - 8:30pm	Grade 9 - 10
	PA Days June 3 and 30	9:00am - 10:30am	Grade 11
Organizational Skills	Thursday June 30	9:00am - 10:30am 11:00am - 12:30pm	Grade 9+ Grade 11+
	Wednesday August 24	11:00am - 12:30pm	Grade 9+
Sexuality and Relationships	Monday - Friday July 4 - 8	10:30am - 12:00pm	Grade 10+
Self Advocacy	Wednesday August 24	9:00am - 10:30am	Grade 9+
Strategies for Successful Homework	Thursday August 25	11:00am - 12:30pm	Grade 9+

Registration required
Contact a Service Coordinator at 905.684.6918 ext. 170
or email serviceinfo@bethesdaservices.com

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Group	Description
AIM Part 1	<p>AIM is a curriculum that combines Applied Behaviour Analysis (ABA), Acceptance and Commitment Therapy (ACT), and mindfulness to address social and emotional challenges in teens. AIM incorporates a variety of developmentally appropriate, sensory focused and engaging activities to increase flexible and adaptive behaviours. AIM focuses on accepting things that have happened (both good and bad), identifying what is really important, and making decisions that move you toward your goals. AIM Part 1 introduces participants to the concepts that will be used throughout this curriculum. AIM Part 1 is a prerequisite to other groups in the AIM series. This group is appropriate for teens who can: follow multi-step instructions independently, communicate using verbal requests, comments, and questions, and participate without 1:1 support in a group setting.</p>
Organizational Skills	<p>This interactive workshop is designed for teens who will have an opportunity to learn and practice organizational strategies that can be helpful for staying focused on tasks, maximizing your time, energy, mental capacity and physical space.</p>
Sexuality and Relationships	<p>In this group, participants will learn about gender identity and expression, different types of relationships, public vs. private behaviours, friendship, communication and decision making related to sexuality and health. This group is ideal for teens and young adults who already have a basic understanding of puberty and who can participate in online activities and discussion.</p>
Self Advocacy	<p>Self-advocacy is learning how to speak up for yourself and make your own decisions about your life. It is about learning how to get information and expressing yourself appropriately. It involves knowing your rights and responsibilities and problem solving. Join your peers to discuss these topics in a safe environment.</p>
Strategies for Successful Homework	<p>This workshop will review different tips, strategies and other recommendations to help youth be more successful in completing homework and/or school assignments.</p>

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