

# Please give us a call

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For further information please call one of the following partnering agencies:

## **Blue Hills Child and Family Centre**

402 Bloomington Road West  
Aurora, Ont.  
L4G 3G8

**(905) 773- 4323**

[www.bluehillsschildandfamily.ca](http://www.bluehillsschildandfamily.ca)

## **Kinark Child and Family Services**

101A-24 Orchard Heights Blvd  
Aurora, Ont.  
L4G 6T5

**1- 888- 454- 6275**

**1- 888- 4- KINARK**

[www.kinark.on.ca](http://www.kinark.on.ca)

## **York Centre for Children**

Youth and Families  
13-120 Newkirk Road  
Richmond Hill, Ont.  
L4C 9S7

**(905) 770- 1573**

[www.theyorkcentre.ca](http://www.theyorkcentre.ca)

## Partnering Agencies



# *Promising Futures*



## Helping Children 6 and Under

A York Region partnership program between Blue Hills Child & Family Centre, Kinark Child & Family Services and The York Centre for Children, Youth & Families

## Who We Are

Blue Hills Child and Family Centre, Kinark Child and Family Services and the York Centre for Children, Youth and Families are children's agencies servicing the Region of York.

Our professional teams of service providers include: Child and Youth Workers, Social Workers, Early Childhood Educators, Nurses, Psychologists and Psychiatrists.

## What We Do

The early years of a child's life are vitally important—physically, developmentally and emotionally. For a variety of reasons some children are at risk of experiencing social, emotional or behavioural difficulties.

We know that by strengthening parenting skills and promoting positive early child development we can have a dramatic impact on children's successes as they grow.

Our team of professionals will bring a range of services such as parent education programs and family counselling to families in York Region.

We offer services individually or in groups—in community settings, agency offices or in a family's own home.

## Triple P

Triple P (Positive Parenting Program) is a system of simple routines and small changes that make big differences to families.

Triple P helps parents:

- ✓ encourage behaviour they like
- ✓ deal positively with problems
- ✓ behaviour should it arise
- ✓ build positive relationships with their children, so that conflict can be resolved
- ✓ plan ahead to avoid or manage high-risk situations
- ✓ take care of themselves as parents

Triple P is offered in brief, individual and group formats

## Incredible Years

This is a 12-week course for parents with children between the ages of 3 and 6. INCREDIBLE YEARS is designed to prevent, educate and help with behaviour difficulties at an early age. Parents will increase their skills in:

- ✓ Using positive communication
- ✓ Setting appropriate limits
- ✓ Using positive behaviour management strategies
- ✓ Effectively problem solving

## Preschool Consultations

Trained professionals will assist staff in child care programs, nursery schools and Junior/Senior kindergarten classes in developing strategies to support children or groups of children who require additional support to address any special social, emotional or behavioural needs.

## Family Support Services

One-on-one services are also available to meet the individual needs of families and their children, and may include:

- ✓ Family therapy/counselling
- ✓ Individual child therapy
- ✓ Play therapy
- ✓ In-home support services

## How to Access our Programs

All programs are offered **FREE OF CHARGE** to any family in York Region.

Parents can call directly or they may be referred by other support agencies. One call to any of the three partnering agencies will provide you with program dates, times and locations closest to where you live.