



Invite Ignite Inspire

Aldergrove Public School
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APS Guiding Questions:

Who am I?
Who are you?
Who are we together?

APS - Seven Values

Citizenship
Empathy
Inclusivity
Innovation
Relationships
Self-Awareness
Optimism

***Inspire*Learning!**

Aldergrove Public School Community Newsletter

October 13, 2023, Vol.4

Message from the Office

Last week we had our first School Council Meeting for the year and this included elections for Council executive positions. We appreciate the efforts of Ivy Lo who translated the proceedings for our families.

We are pleased to announce our results of the School Council Elections:

Secretary - Prakash Nadesparan.

Treasurer - Carol Ye & Reena Szeto

Council co-chairs - Maxine Knight and Shahida Fazal.

This is a positive step in building a collaborative community that blends voices of experience and innovation together. The next School Council meeting will be on Thursday, November 30, 2023 at 6:30pm. All parents are invited to attend.

As part of recognizing Islamic Heritage Month, scholars selected a version of "O Canada" performed in arabic. This is an example of acknowledging contributions of diverse Muslim Canadians. We continue to engage in different ways of connecting and affirming the identities of our Muslim scholars and welcome input from families to share in this learning partnership.

We celebrate with our students that Aldergrove was able to raise \$900 for the Terry Fox Foundation. Great work everyone!

We are excited to continue the learning journey with you at Aldergrove. Our priority remains building safe spaces where scholars feel like they matter and belong, and prioritizing an engaging and inclusive learning space for all.

Ms. Jessa
Principal

Mr. Pamayah
Vice Principal

October

Islamic Heritage Month

2SLGBTQI+ History Month

International Walk to School Month (iWalk Month)

Women's History Month

Please let us know at the office if you can support our efforts to create identity affirming spaces for our scholars.

Resources for Families

[Guide to the School Year](#)

[The Centre for Black Student Excellence Newsletter - October](#)

Student Mental Health and Addictions Newsletter - October
Triple P Positive Parenting Seminars
Aldergrove Archives: Past Newsletters and School Council Minutes
Markham Public Library

School Schedule

8:15 am - staff on duty outside
8:25 am - entry bell
8:30 am - learning block
10:10 am - 10:40 am recess
10:40 am - 12:20 - learning block
12:20 pm - 1:20 pm lunch
1:20 pm - 3:00 pm learning block
3:00 pm - dismissal

Safe Arrivals: Please be on time for school. If your child is late or will be absent, please inform the school office or use EDSBY to share this information.

School Start-Up Forms

At the start of each school year, schools share with families a package of information about the school. Please ensure you review this important information. Families are also encouraged to review the online [Guide to the School Year](#).

We also ask families to complete some important forms. These forms are now available online. [Please complete and submit these online School Start-Up Forms](#) through your child's YRDSB Google account. Translations are available.

- You can access your child's YRDSB Google account via a web browser. For best results, use a computer rather than a mobile phone.
- The username is your child's YRDSB Student Number. Your child will receive their login information from the school at the start of the year. If you or your child do not know the password to log in to their Google account, please contact your child's teacher or the school office.
- Frequently asked questions and additional information on [how to complete the forms](#) are available on the Board website under [Family Resources](#) (click on the "Need Help" link for Family Start-Up Forms).

It is important that these forms are completed as soon as possible at the start of the school year. There are both mandatory and optional forms. Please complete a separate form for each child attending Aldergrove. Your child's school will access the information.

If you prefer to complete the forms on paper or have questions about the information in the forms, please contact the school office.

Join Our School Council

The School Council is excited to welcome all new and returning families of the Aldergrove Community. We are looking forward to reconnecting in person and reigniting the community spirit this year! Have your voice heard. Parents and guardians are encouraged to attend School Council meetings. It offers parents an excellent opportunity to have a positive influence on their child's school experience, to stay informed and engaged, contribute ideas or simply network with other parents. Please take a look at the dates planned for meetings this year and mark them on your calendar. Child care and language translation is provided at each meeting.

Thursday, November 30, 2023
Thursday, February 22, 2024
Thursday, May 9, 2024

Drivers must not park and leave their vehicle in the “Kiss-and-Ride” or Bus Loop as it can be unsafe for arrival and dismissal.



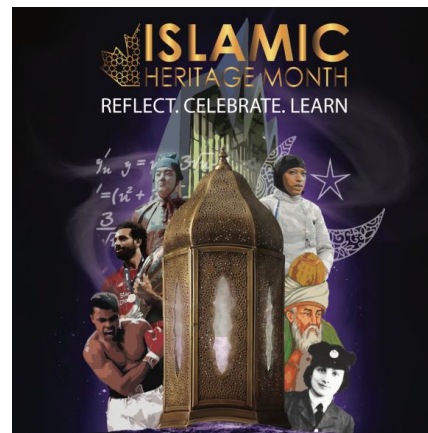
We are looking to engage with community within our walls of Aldergrove. In the library we invite community members who are willing to share some of their genius with us. We would love to welcome anyone who can: knit, do origami, do calligraphy, engage in robotics or coding. We are also looking for authors of children's type books. If any of these can apply to you, please feel free to contact Mrs. Szonda at aniko.szonda@yrdsb.ca.

Aldergrove P.S. will be having an Information Night for families who are new to Aldergrove Public School. The session will take place on: Thursday, October 26th from 6:30pm-8:00pm. Families will have an opportunity to tour the school, meet other families who are also new to Aldergrove, and we will have Community Members who will be sharing resources and information during this session. Please complete the [Google Form](#) if you will be attending this session.

The month of October is Islamic Heritage Month, which was officially established by the Canadian government in 2007. Islamic Heritage Month is a great opportunity to learn about the rich history of Islam, the vast diversity within Islam, and to break down stereotypes and beliefs that interrupt our goals of inclusion.

Students can engage in activities and learning opportunities that celebrate this heritage, and will serve as an entry-point for inclusion and affirmation of Muslim identities throughout the year.

Islamophobia continues to be a significant barrier to the well-being and academic success of students who are Muslim or assumed to be Muslim. York Region District School Board's commitment to equity as a foundational practice recognizes that equitable access to opportunities and success for underserved and underperforming students can only be actualized when biases, barriers, and power dynamics are intentionally disrupted and eliminated.



Our grade 8s will be selling popcorn for \$2 a bag next week to help subsidize their graduation costs. We will be encouraging students to make economical choices by only using money they have parental permission to use and limiting purchasing to 2 bags a day. Grade 8s will be selling cookies later in the month.



October is 2SLGBTQI+ History Month.

The month of October commemorates the impact that Two Spirit, lesbian, gay, bisexual transgender, queer, questioning, and individuals with related identities have had in our local communities, nationally and internationally. It is an opportunity to build awareness of the contributions the 2SLGBTQ+ community has made in Canada and abroad.

The affirmation of sexual and gender diversity in our learning and working environments means that we recognize the diversity within our 2SLGBTQ+ communities and acknowledge the presence of Indigenous, racialized, disabled and other diverse identities among our students and staff. Likewise, knowledge about 2SLGBTQ+ history helps to address the systemic barriers that contribute to heterosexism and cissexism.



Breakfast Club

Please have your children enter through the front door and follow the signs to the staffroom. All scholars are welcome to attend.

When: 8:00 AM - 8:25 AM every morning

Where: Staffroom



Recognizing Significant Faith Days and Heritage Months

York Region is rich in culture and diverse in religious beliefs and practices based on faith. Our staff want to ensure that we honour and recognize significant faith days and heritage months for the members of our community. We do this important work through the lessons that happen in class, our communications through newsletters and twitter, our assemblies and displays that happen in the school. You can see some of the significant faith days [here](#). Please speak to the office if there are faith days that you would like to contribute to. For example by providing visual artifacts for our foyer display cases. We are committed to affirming and valuing all the faith diversity in our schools.

Active School Travel

Aldergrove is participating in the Markham Active School Travel program. The project is funded through the City of Markham, York Region and York Region District School Board and is a partnership program.

The purpose of the project is to implement Active School Travel programs and traffic calming tools to:

- promote walking/cycling/scootering and sustainable travel to school
- improve school zone safety
- reduce traffic congestion on our school site and in the neighbourhood
- improve students physical and mental health
- increase social development and academic performance and
- reduce air pollution and greenhouse gases.

We are looking for a parent ambassador to help inform parents and communicate how the Active School Travel program is working. Please contact the school office if you are interested in being Aldergrove's Active School Travel Parent Ambassador.

[Grade 8 Open House Information Nights](#)

Our YRDSB high schools offer a number of programs, including IB and Arts. Please see the link for more information for open house information nights at our high schools and information about the [transition to Secondary School](#).

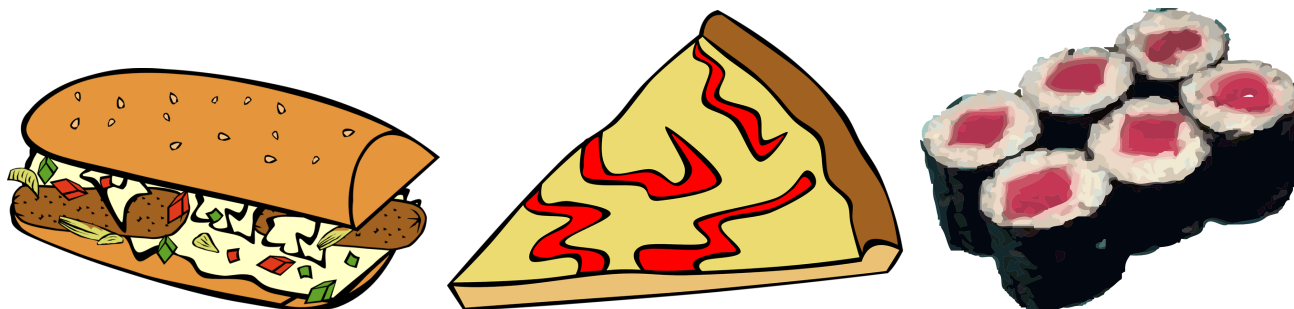
Aldergrove Lunch Programs

Aldergrove is providing following lunch programs:

Tuesday: Pizza Lunch, October 17-January 30.

Wednesday: Sushi Lunch, October 18-January 31.

Friday: Sub Lunch, October 27-January 26.

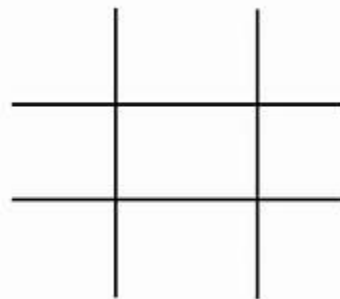


October Math

Do you love to play Tic Tac Toe?

Tic Tac Toe (2 players)

- Goal: be the first to get 3 marks of "x" or "o" in a row (up, down, diagonally)
- How to play: draw the gameboard on a piece of paper.
- Players decide who will be "x" and who will be "o".
- Both players take turns putting their marks in one of the empty squares.
- The first player to get 3 of their marks "x" or "o" in a row (up, down, diagonally) is the winner. If all 9 squares are full, the game is over. If no player has 3 marks in a row, the game ends in a tie.



Did you know there are other versions of Tic Tac Toe that can help children develop number sense?

Tic Tac Odd -

- Goal: be the first player to make a row of three that adds up to an odd number.
- How to play: draw the gameboard on a piece of paper. Players can use any two consecutive numbers instead of the X and O.
- For example, player one only uses the number 5 and player two only uses the number 4 to play Tic Tac Toe with the goal of being the first player to make a row of three that adds up to an odd number.

Tic Tac Six -

- Goal: be the first player to make a row of three that adds up to six.
- How to play: draw the gameboard. At the start of each turn, a player will toss a coin to determine heads or tails. Heads represents the number 1 and tails represents the number 2, the player will then use that number on the tic-tac-toe board. For example: Player 1 flips the coin, it lands on heads, player 1 must use the number 1 on any available space on the board. Then Player 2 flips the coin. (Any item that has two options can be substituted for the coin, i.e. integers tile, a virtual coin toss, selecting from two different coloured cubes)

Please visit the [board's math page](#) for useful information about what students learn in school and for resources to support math learning at home.

A missing puppy

This dog was wandering onto the street at Brimley and Steeles on Friday morning. She is currently awaiting animal services to help identify the owners at Ebenezer church. If you know who they are please contact them and share this message with schools? It is a well mannered dog and does not appear to be hurt, but is lost. Thank you for helping, hope it's reunited soon.

YOUR PHOTO DAY IS APPROACHING!

Tuesday October 24, 2023



Showcase Your Best Smile

- Students will be photographed at school.
- On photo day, no order form or payment is due.
- Review your images and purchase online with ease!



DON'T FORGET

School photos are a Canadian tradition to capture the school year and preserve your continued growth.



GET REMINDERS

Sign up for notifications at edgeimaging.ca/photoday to get real-time updates about your photo day and stay in the know with Edge.



1 (866) 707-3343

edgeimaging.ca

edgeimaging

The Scholastic Book Fair is coming to
Aldergrove from
Monday, November 13 - Friday,
November 17, 2023





October 2023

 The Breakfast Program is **OPEN** every day from 8:00 - 8:25 am

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	2 Day 4	3 Day 5 Bill Crothers Info Night	4 Day 1 Walk to School Wednesdays	5 Day 2 School Council 6:30pm	6 Day 3 Last Day of Sukkot	7
8	9 Thanksgiving No School	10 Day 4	11 Day 5 Gr 7: Rouge Park Walk to School Wednesdays	12 Day 1 IB Info at Milliken Mills H.S. 7pm	13 Day 2	14
15	16 Day 3 🍿 Popcorn Sale \$2	17 Day 4 Pizza Day 🍕 🍿 Popcorn Sale \$2	18 Day 5 Sushi Day 🍣 🍿 Popcorn Sale \$2 Walk to School Wednesdays	19 Day 1 🍿 Popcorn Sale \$2	20 PA Day No School	21
22	23 Day 2	24 Day 3 Pizza Day 🍕 Photo Day 📷	25 Day 4 Sushi Day 🍣 Gr 8: Tim Horton's Camp Walk to School Wednesdays 7:45am - celebrate Active Travel	26 Day 5 New to Aldergrove 6:30pm Gr 8: Tim Horton's Camp	27 Day 1 Sub Day 🚐 Gr 8: Tim Horton's Camp	28
29	30 Day 2	31 Day 3 Pizza Day 🍕 Spirit Day: Dress Up Day				

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📱 Twitter: @aldergroveps



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APS 指导问题:
 我是谁?
 你是谁?
 我们在一起是谁?

APS学校七个价值
 公民责任
 同理心
 包容
 创新
 关系
 自觉
 乐观

Inspire Learning!

Aldergrove Public School 社区通讯

2023 年 10 月 13 日, 第 4 期

来自办公室的消息

上周, 我们举行了今年第一次学校理事会会议, 其中包括理事会行政职位的选举。 我们感谢 Ivy Lo 为我们家人翻译会议记录所做的努力。

我们很高兴地宣布学校理事会选举结果:

秘书 - Prakash Nadesparan。

财务主管 - Carol Ye 和 Reena Jain

理事会联合主席 - Maxine Knight 和 Shahida Fazel。

这是建立一个将经验和创新的声音融合在一起的协作社区的积极一步。 下一次学校理事会会议将于 2023 年 11 月 30 日星期四下午 6:30 举行。 邀请所有家长参加。

作为纪念伊斯兰遗产月的一部分, 学者们选择了用阿拉伯语表演的“O Canada”版本。 这是承认多元化加拿大穆斯林贡献的一个例子。 我们继续以不同的方式联系和确认穆斯林学者的身份, 并欢迎家庭提供意见, 分享这种学习伙伴关系。

我们与学生一起庆祝 Aldergrove 能够为 Terry Fox 基金会筹集 900 元。 大家做得好棒!

我们很高兴能在Aldergrove与您一起继续学习之旅。 我们的首要任务仍然是建立安全的环境, 让学者们感到自己重要并有归属感, 并优先为所有人提供一个有吸引力和包容性的学习空间。

Ms. Jessa
 校长

Mr. Pamayah
 副校长

十月

伊斯兰遗产月

2SLGBTQI+ 历史月

国际步行上学月

妇女历史月

如果您可以支持我们为学者创造身份确认空间的努力, 请连系办公室。

家庭资源

[学年指南](#)

[黑人卓越中心-十月](#)

[学生心理健康和成瘾通讯 - 十月](#)

[Triple P 积极育儿研讨会](#)

Aldergrove档案: [过去的社区通讯和学校理事会会议纪要](#)

[万锦公共图书馆](#)

学校时间表

上午 8:15 - 学校工作人员开始外面值班

8:25 - 进校铃响

8:30 - 学校早会和课程开始

10:10 - 课间休息 (30 分钟)

10:40 - 课程继续

12:20 - 午餐 (1小时)

1:20 - 课程继续

3:00 - 放学

安全抵校：请准时到校。如果您的孩子将迟到或缺席，请通知学校办公室或使用 EDSBY 分享此信息。

学校开学表格

每个学年开始时，学校都会与家庭分享有关学校的一些信息。请确保您查看此重要信息。还鼓励家庭查看在[学年指南](#)。

我们还要求家人填写一些重要的表格。这些表格现在可以在网上获取。请通过您孩子的 YRDSB Google 帐户[填写并提交这些在线学校开学表格](#)。提供翻译。

- 您可以通过网络浏览器访问您孩子的 YRDSB Google 帐户。为了获得最佳效果，请使用电脑而不是手机。
- 用户名是您孩子的 YRDSB 学生编号。您的孩子将在年初收到学校发来的登录信息。如果您或您的孩子不知道登录其 Google 帐户的密码，请联系您孩子的老师或学校办公室。
- 有关[如何填写表格](#)的常见问题和其它信息，请访问教育局网站的“[家庭资源](#)”（点击“家庭开学表格”的“需要帮助”链接）。

重要的是，这些表格应在学年开始时尽快填写。有俩份是必须填交的表格及其它可选择的表格。请为每个就读Aldergrove的孩子单独填写一份表格。以便学校可以得到您孩子的信息。

如果您更喜欢填写纸质表格或对表格中的信息有疑问，请联系学校办公室。

校车环线安全

司机不得将车辆停放在“上下车接送区”或校车环线上，因为对上下学的学生不安全。



学习共享区-图书馆

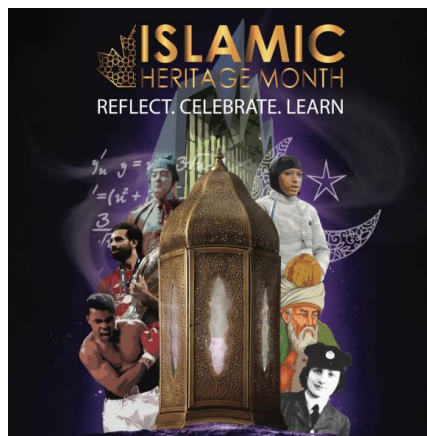
我们希望与Aldergrove校区内的社区进行互动。在图书馆中，我们邀请愿意与我们分享一些才华的社区成员。我们非常欢迎任何有能力的人：编织、折纸、书法、从事机器人技术或编码。我们也在寻找儿童书籍的作者。如果其中任何一项适用于您，请随时通过 aniko.szonda@yrdsb.ca 联系 Mrs. Szonda

新生家庭人说明会：2023年10月26日星期四 6:30pm-8:00pm

Aldergrove将为学校的新生家庭举办信息之夜。会议将于：10月26日星期四下午6:30至晚上8:00举行。家庭将有机会参观学校，与同样刚来到Aldergrove的其他家庭见面，我们将有社区成员在本次会议期间分享资源和信息。如果您要参加本次会议，请填写 [Google 表单](#)。

十月是伊斯兰遗产月

十月是伊斯兰遗产月，由加拿大政府于2007年正式设立。伊斯兰遗产月是了解伊斯兰教丰富历史、伊斯兰教内部巨大多样性以及打破传统观念和信仰的绝佳机会。学生可以参与庆祝这一传统的活动和学习机会，并将作为全年包容和肯定穆斯林身份的切入点。伊斯兰恐惧症仍然是穆斯林或被认为是穆斯林学生的福祉和学业成功的重大障碍。约克地区教育局致力于将公平作为基本实践，认识到只有当偏见、障碍和权力动态被有意扰乱和消除时，才能实现服务不足和表现不佳的学生公平获得机会和成功。



8年级筹款

下周我们的8年级学生将以每袋2元的价格出售爆米花，以帮助补贴他们的毕业费用。我们将鼓励学生做出经济的选择，仅使用父母允许使用的资金，并将每天购买的行李数量限制为2袋。8年级学生将于本月末出售饼干筹款。



十月是 2SLGBTQI+ 历史月

十月是为了纪念“两种精神”、女同性恋、男同性恋、双性恋跨性别者、酷儿、质疑者和具有相关身份的个人在国内和国际上对我们当地社区产生的影响。这是一个提高人们对2SLGBTQ+社区在加拿大和国外所做贡献的认识的机会。

在我们的学习和工作环境中对性和性别多样性的肯定，意味着我们认识到2SLGBTQ+社区的多样性，并承认我们的学生和教职员工中存在原住民、种族化、残疾人和其它多元化身份。同样，了解2SLGBTQ+历史有助于解决导致异性恋和顺性主义的系统性障碍。



早餐俱乐部

早餐俱乐部将于开学第一天（9月5日星期二）上午8点在教工室开始。请让您的孩子从前门进入，然后按照指示牌前往员工室。欢迎各位学者参加。



时间：每天早上 8:00 - 8:25

地点：教职员室

认识重要的信仰日和遗产月

约克地区文化丰富，宗教信仰和基于信仰的实践多种多样。我们的员工希望确保我们尊重并认可社区成员的重要信仰日和遗产月。我们通过课堂上的课程、通过时事通讯和推特进行的交流、在学校举行的集会和展示来完成这项重要的工作。您可以在[这里](#)看到一些重要的信仰日。如果您想为信仰日做出贡献，请与办公室联系。例如，为我们的门厅展示柜提供视觉物件。我们致力于肯定和重视学校中的所有信仰多样性。

积极活跃的上下学计划

Aldergrove正在参加万锦市积极活跃的上下学计划。该项目由万锦市、约克地区和约克地区教育局资助，是一个合作伙伴计划。

该项目的目的是实施积极的上下学计划和稳定的交通工具，以：

- 提倡步行/骑自行车/滑板车和可持续的上下学
- 改善学区安全
- 减少我们学校和附近地区的交通拥堵
- 提高学生身心健康
- 提高社会发展和学业成绩
- 减少空气污染和温室气体。

我们正在寻找一位家长大使，以帮助向家长传达 Active School Travel 计划的运作方式。如果您有兴趣成为Aldergrove活跃上下学计划的家长大使，请联系学校办公室。

[八年级开放日信息之夜](#)

我们的 YRDSB 高中提供多种课程，包括IB国际文凭和艺术课程。请参阅链接，了解有关我们高中开放日信息之夜的更多信息以及有关[过渡到中学的信息](#)。

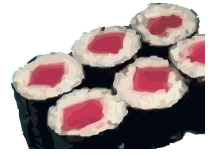
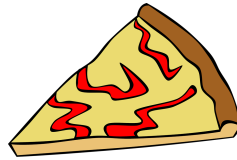
Aldergrove 午餐计划

Aldergrove提供以下午餐计划:

周二: 披萨午餐, 10 月 17 日至 1 月 30 日

星期三: 寿司午餐, 10 月 18 日至 1 月 31 日

周五: 三明治午餐, 10 月 27 日至 1 月 26 日

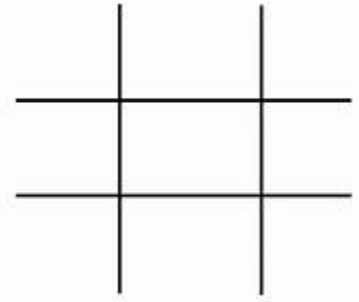


十月数学

你喜欢玩井字游戏吗?

井字游戏 (2 名玩家)

- **目标:** 成为第一个连续获得 3 个 “x” 或 “o” 标记的人 (向上、向下、对角线)
- **玩法:** 在一张纸上画出游戏板。
- 玩家决定谁是 “x”, 谁是 “o”。
- 两名玩家轮流在其中一个空方格上留下标记。
- 第一个连续 (向上、向下、对角线) 获得 3 个标记 “x” 或 “o” 的玩家获胜。 如果所有 9 个方格都已满, 则游戏结束。 如果没有玩家连续获得 3 分, 则游戏以平局结束。



您是否知道还有其他版本的井字游戏可以帮助孩子培养数字感?

井字棋奇数 -

- **目标:** 成为第一个将三人排成一排且总和为奇数的玩家。
- **玩法:** 在一张纸上画出游戏板。 玩家可以使用任意两个连续的数字来代替 X 和 O。
- 例如, 玩家一仅使用数字 5, 而玩家二仅使用数字 4 来玩 Tic Tac Toe, 其目标是成为第一个将三排加起来为奇数的玩家。

井字棋六 -

- **目标:** 成为第一个将三排排成六排的玩家。
- **玩法:** 画游戏板。 在每个回合开始时, 玩家将掷硬币来确定正面或反面。 正面代表数字 1, 反面代表数字 2, 然后玩家将在井字游戏板上使用该数字。 例如: 玩家 1 抛硬币, 硬币正面朝上, 玩家 1 必须在棋盘上的任何可用空间上使用数字 1。 然后玩家 2 抛硬币。 (任何有两个选项的物品都可以代替硬币, 即整数瓷砖、虚拟硬币抛掷、从两个不同颜色的立方体中进行选择)

请参访教育局的[数学页面](#), 了解有关学生在校学习内容的有用信息以及支持家庭数学学习的资源。

一只失踪的小狗

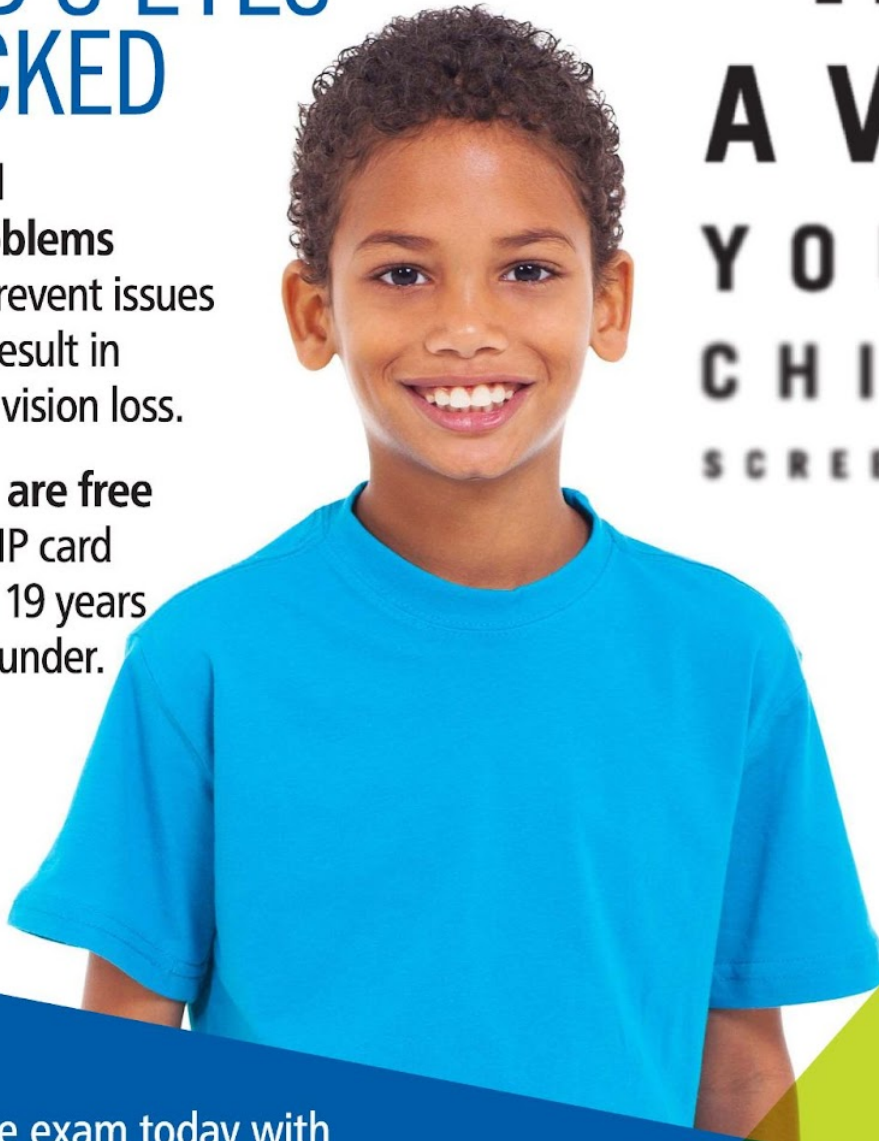
周五早上, 这只狗在Brimley and Steeles的街道上闲逛。 她目前正在等待动物服务机构在Ebenezer教堂帮助确主人。 如果您知道他们是谁, 请联系他们并向学校分享此消息? 它是一只彬彬有礼的狗, 看起来没有受伤, 但迷路了。 感谢您的帮助, 希望早日重聚。

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York Region

Groups

Fall 2023



Parenting

Triple P 0-12

Triple P stands for Positive Parenting Program. This unique group has been proven to be effective in providing parents with tools to help their children with behavioural and emotional problems. This group is 8 weeks in length and requires the completion of a workbook and weekly homework tasks. A pre-group interview is required. Call Janice at 905-895-2371 ext. 108. Groups are virtual and require a \$35 workbook purchase.

Dates:

- **English: 8 Tuesdays, October 3 to November 28, 2023, Time: 6:00 PM to 8:00 PM**

Triple P Teen

Triple P stands for Positive Parenting Program. This unique group has been proven to be effective in providing parents with tools to help their teens with behavioural and emotional problems. This group is 8 weeks long and requires a workbook and weekly homework tasks. A pre-group interview is required. Call Janice at 905-895-2371 ext. 108. Groups are virtual and require a \$35 workbook purchase.

Dates:

- **English: 8 Thursdays, October 26 to December 14, 2023, Time: 6:00 PM to 8:00 PM**
- **Mandarin: 8 Thursdays, October 12 to November 30, 2023, Time: 6:00 PM to 8:00 PM**
- **Farsi: 8 Wednesdays, September 6 to October 25, 2023, Time: 5:30 PM to 7:30 PM**

Fearless Triple P

This 8-week group is for parents of children 6-14 who are experiencing anxiety. Fearless Triple P supports parents and helps them to learn new cognitive behavioural strategies for anxiety management, encouraging them to apply these themselves for all their children. Apply online at www.fsyrr.ca/contact/get-started. Pre-group interview required. Call Janice at 905-895-2371 ext. 108. Groups are virtual and require a \$35 workbook purchase.

Dates:

- **English: 8 Wednesdays, October 4 to November 22, 2023, Time: 6:30 PM to 8:00 PM**

Family Transitions Triple P

This 5-week group promotes a healthy transition for parents going through separation or divorce. This course will address co-parenting, being a single parent, self-care and is designed to help parents manage the anger and resentment that often accompanies relationship breakdown. Apply online at www.fsyrr.ca/contact/get-started. Pre-group interview required. Call Janice at 905-895-2371 ext.108. Groups are virtual and require a \$35 workbook purchase.

Dates:

- **English: 5 Thursdays, September 7 to October 5, 2023, Time: 6:00 PM to 8:00 PM**

South Asian Outreach Program

South Asian Women's Support Groups

Ongoing virtual programs for South Asian Women. Topics include parenting, health & nutrition, family stress, immigration and legal information, health, exercise, Yoga, employment, and various other topics. Free.

Dates:

- **Urdu, Punjabi, and Hindi: Thursdays, September to December, 2023, Time: 12:00 PM to 2:00 PM**
Contact: Aisha at 647-545-8241 to register
- **Hindi, Urdu, and Punjabi: Tuesdays, TBD 2023, Time: 6:00 PM to 8:00 PM**
Contact: Leena at 416-818-7075 to register

Groups for Adults

Emotion Regulation and Interpersonal Skills Development

An 8-week group for adults that focuses on skill development and experiential learning in the areas of emotion regulation and interpersonal relationships. This is an integrated and evidence-informed program where participants will learn and practice such skills as managing difficult feelings, using positive coping strategies, communication, assertiveness and setting healthy boundaries. Together in a supportive space, participants will help work through common life stressors. Apply online at: www.fsyrr.ca/contact/get-started. This group is virtual and requires a \$150 registration fee.

Dates:

- **English: 8 Thursdays, September 21 to November 9, 2023, Time: 6:00 PM to 7:30 PM**

Groups for Women

Farsi Women's Support Group

This virtual Free program will focus on self-confidence, assertiveness, communication skills, parenting, healthy relationships, immigration and settlement issues, self-care, health, and wellness, and will explore community resources. Apply online at: https://www.fsyrr.ca/farsi_womens_groups_application or call Poopeh at 647-243-9646 Monday or Wednesday.

Dates:

- **Farsi: 6 Wednesdays, November 1 to December 6, 2023, Time: 5:30 PM to 7:00 PM**

Groups for Youth

Emotion Regulation and Interpersonal Skills Development

This is an 8-week program for youth 13 to 17 years of age that focuses on skill development and experiential learning in the areas of emotion regulation and interpersonal relationships. This is an integrated and evidence informed program where teens will learn and practice skills such as identifying feelings, regulating emotions, positive coping strategies, communication, self-compassion/self-esteem, and assertiveness, and understanding boundaries. Apply online at: www.fsyrr.ca/contact/get-started. A pre-group interview is required. Groups are virtual and require a \$20 registration fee.

Dates:

- English: 8 Tuesdays, October 10 to November 28, 2023, Time: 6:00 PM to 7:30 PM

2SLGBTQ+ Groups

Transgender Support Group (Adults 18+)

A free monthly program for those questioning/exploring their gender identity or wanting more support during their journey. This group provides a safe environment to talk about things that matter and learn more about community resources. This group is free with in-person and virtual options. Call Liway at 905-895-2371 ext. 137 or register online at: www.fsyrr.ca/contact/get-started.

Dates:

- English: Fourth Thursday of each month, Time: 6:00 PM to 7:30 PM

Free to Be

This is a free virtual group for parents/caregivers of gender diverse children, regardless of age, which meets once a month. Free to Be offers an opportunity to meet for support and education. The goal of this program is to destigmatize gender diversity. Call Liway at 905-895-2371 ext. 137 or register online at: www.fsyrr.ca/contact/get-started.

Dates:

- English: Third Wednesday of each month, Time: 6:00PM to 8:00 PM

Gender Galaxies

A free 8-week virtual group for youth 12 to 15 exploring their gender identity and gender expression. Learn about and discuss topics such as: self-care, self-advocacy, media, dysphoria, body image, coming out, gender affirming care and intersectionality. Call Liway at 905-895-2371 ext. 137 or register online at: www.fsyrr.ca/contact/get-started

Dates:

- English: TBD, Time: 6:00PM to 7:30PM

LET'S CELEBRATE IWALK MONTH!



S N M A I Y U S T N R R O L L
 A X P T Y W H P S F V I H T P
 F X A Z M B E I B O V B H P L
 E Z Z L T U L W E Q K H V Y C
 T V W A L K M G L J Q N M V M
 Y I H A W O E Y L R K I I M M
 U E S F V C T W P M X T R S B
 J R J Z A T W M M E T F D I U
 N J B I N O H S I D Z A O T C
 J Y F X L B E V L M P L M K G
 B A B J C E A H O H F L C O X
 U N I Y Y R L T P Y H T G Y Q
 Y M K D G M T Y Y Z Y U S F R
 N W E Q T L H S H Y C V Q O M
 B N O V Z I Y Z F R I E N D S

1. In what month does IWALK take place?	HELMET
2. Don't forget to wear this while riding your bike, scooter, or rollerblades!	OCTOBER
3. What season is the Month of October in?	FALL
4. It's important to have fun, but always remember ____ first!	SAFETY
5. Being active on the way to and from school helps me be ____!	HEALTHY
6. Who might you see on the journey to school?	FRIENDS
7. You can walk, bike or ____ to school!	ROLL
8. This is something that you can use while on your bike to signal to others that you are getting closer.	BELL
9. If you get driven to school, make sure to park and ____ the last block to participate in IWALK.	WALK
10. What is something that has two wheels and can get you to school, your friends house, or anywhere else all while having fun?	BIKE

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