

PLEASE CALL TO CONFIRM START DATES AS
THEY ARE SUBJECT TO CHANGE DUE TO
INSUFFICIENT REGISTRATION

All Groups are an
LGBTQ positive
space



PARENTING GROUPS

Parenting for Life

An 8 week support program that helps parents learn more positive ways to think about and act on their child's behaviour, how to communicate with their child more effectively, learn positive approaches to discipline, and explore many other strategies to enhance the parent child relationship.

Date: 8 Wednesdays, Spring 2017 TBC

Time: 6:30 - 8:00 pm

Location: FSyr — Markham

Fee: \$140.00 or free to those who qualify with \$20.00 registration fee

Triple P 0-12

(parents of children 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. The group is structured for five group sessions, including a work book for weekly homework tasks and three telephone sessions where you can ask questions regarding your personal situation. Pre-group interview required. Call Janice at 905-895-2371 Ext 226.

Date: 8 Mondays, February 6 to April 10, 2017

Time: 6:00 - 8:00 pm

Location: FSyr — 10610 Bayview Ave, Richmond Hill

Fee: FREE with \$20.00 registration fee

Note: No class on Family Day or during March Break

Triple P Teen

(parents of teens 13-17)

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. The group is structured for five group sessions, including a work book for weekly homework tasks and three telephone sessions where you can ask questions regarding your personal situation. Pre-group interview required. Call Janice at 905-895-2371 Ext 226

Date: 8 Tuesdays, January 17 to March 7 2017

Time: 6:00 - 8:00 pm

Location: FSyr Newmarket—1091 Gorham St

Fee: FREE with \$20.00 registration fee

Farsi Positive Parenting

(parents of children 0-12)

An 8 week Positive Parenting Program in Farsi to provide parents with tools to help their children with behavioural and emotional issues.

Date: 8 Tuesdays, January 17 to March 7, 2017

Time: 6:00 - 8:00 pm

Location: Welcome Centre Richmond Hill

Fee: FREE

Note: Snacks & Transit tickets available To register call Roya at 905-883-6572 Ext 256

South Asian Triple P

(parents of teens)

An 8 week Positive Parenting Program to provide parents with tools to help their teens with behavioural and emotional issues. Program Language: Hindi, Punjabi & Urdu If interested: Please call Bushra at 647-224-2083 or email bupal@fsyr.ca. Light refreshments and child care available.

Date: TBD

Time: TBD

Location: Vaughan TBD

Fee: FREE

Spanish Triple P (0-12)

(parents of children 0-12)

An 8 week Positive Parenting Program in Spanish to provide parents with tools to help their children with behavioural and emotional issues. Program in Spanish. If interested call Julia at 905-883-6572 Ext 229.

Date: 8 Tuesdays, 2017 TBA

Time: 10:00 am - 12:00 pm

Location: Welcome Centre, Vaughan

Fee: FREE

Family Transitions Triple P

This 5 week group promotes a healthy transition for parents going through separation or divorce. This course will address self care and moving from a two parent family to a one parent family. This program is for separated, single and divorced individuals. Pre-Group interview required; call Janice at 905-895-2371.

Date: Spring, TBD

Time: 6:00 - 8:00 pm

Location: FSyr Richmond Hill

Fee: Free with \$20.00 registration fee

FREE to BE

Parenting support and children's group for gender independent youth and their parents. Please see page 3 Under LGBTQ groups for more information.

GROUPS FOR MEN

- Men's Anger Management & Positive Living Group** A 12 week program that helps members understand and deal with their anger, frustration, anxiety and stress in more constructive ways. Learn how to challenge distorted thinking and learn to redirect thoughts and choose respectful interactions. Change your thoughts, feelings and behavior; enhance your relationships within a supportive space.
- Date:** 12 Wednesdays, January 18 to April 5, 2017 **Time:** 6:30 - 8:00 pm
Location: FSyr Newmarket, 1091 Gorham St, Suite 300 **Fee:** \$225.00 or Free to those who qualify with \$20 registration fee
Note: Pre Group Interviews may be required January 17

GROUPS FOR WOMEN

- Positive living Women's Support Group** A 12 week women's support group designed to help women cope with anger and life's challenges.
Date: TBD
- Expressive Arts Support Group** An 8 week program designed to increase self esteem, self-awareness, assertiveness and empowerment. Discussions may involve healthy relationships, boundaries, and self esteem, This group uses art materials and creative art techniques to explore these issues in a safe and supportive environment.
Date: 8 Thursdays, January 12 to March 2, 2017 **Time:** 10:00 am to 12:00 noon
Location: YRCCS—16775 Yonge St, Suite 200A, Newmarket **Fee:** Free with \$25.00 for art supplies (Open to York Region Residents only)
- Spanish Women's Support Group** An 8 week program designed to help women build self confidence, better relationships and connect with other women in the community. Group is run in Spanish. Call Julia at 905-883-6572 Ext 256
Date: 8 Tuesdays January to February 2017 TBC **Time:** 9:30 to 10:45 am
Location: Welcome Centre ,Vaughan **Fee:** Free
- Farsi Women's Support Group** This 8 week program focusing on self-confidence, assertiveness, communication skills, parenting, healthy relationships, immigration and settlement issues, self care, health & wellness and community resources.
Date: 8 Thursdays, January 19 to March 9, 2017 **Time:** 6:00 - 8:00 pm
Location: FSyr— 10610 Bayview Ave, Richmond Hill **Fee:** FREE
Free Child Care, snacks and transit tickets available. Contact Roya: 905-883-6572 Ext. 256

GROUPS FOR MEN & WOMEN

- Mindfulness & Stress Reduction Training *MAST*** This 5 week group intervention offers members the opportunity to better understand their unique response to stress and to learn valuable skills to help manage their stress and regulate emotions. Through education, mindfulness practice and group support, members will expand their toolkit of coping skills. .
Date: 5 Wednesdays January 25 to February 22, 2017 **Time:** 6:00 to 8:00 pm
Location: FSyr—Markham **Fee:** \$120.00 (or Free to those who qualify with a \$20.00 registration fee)
Note: Mandatory intake session on January 25, 2017

YOUTH & CHILDREN'S GROUPS

- Child Anger Management & Parent** An 11 week anger management program for children (ages 8-12). Children will learn how to recognize and respond to feelings of anger in a more positive way through assertiveness techniques, coping strategies, communication skills, self awareness and self-talk.
Date: 11 Tuesdays, Spring 2017 TBD **Fee:** Free with \$20.00 registration fee
- Encouraging Heroes & Parent Program** An 11 week social skills program for parents and children (ages 8—12). The parents and children's groups are separate but run simultaneously. The focus of the group is on relationships, communication, Feelings, self confidence and ones role in the family. **NOTE: Participant interview Jan 17**
 An 11 week simultaneous Parent group will be held to focus on helping parents cope and strategize while supporting their child through their program. The first night is a 30 minute parent & child interview.
Date: 11 Tuesdays, January 17 to April 4, 2017 **Time:** 6:15 - 7:45 pm
Location: FSyr - Richmond Hill **Fee:** Free with \$20.00 registration fee
Note: No class during March Break
- Working with Worry** An 8 week group for teen's 14—17 to learn to conquer anxiety. Focus on understanding anxiety, stress, fear and worry through different methods. Participants will learn to identify and change unhelpful thinking and behavior patterns and develop skills to manage anxiety and build resilience. in a supportive environment.
Date: 9 Wednesdays, February 8 to April 12, 2017 **Time:** 6:00 - 8:00 pm
Location: FSyr Newmarket **Fee:** Free with \$20 registration fee 2
Mandatory pre-group individual 30 minute interview required February 8, 2017

SOUTH ASIAN OUTREACH

South Asian Women's Support Groups:

Ongoing programs for South Asian Women. Topics will include Parenting, Health & Nutrition, Family Stress, Immigration & Legal Information, Yoga & Exercise, Employment and other topics that matter to you and your families. **FREE Childcare, snacks and transit tickets available.**

Hindi, Punjabi, Urdu & English

Date: Tuesdays, winter2017 **Time:** 6:00 - 8:00 pm
Location: Cedarwoods P.S., Markham **Fee:** FREE
TO REGISTER: 416-818-7075 or Email: lnayyar@fsyr.ca

English

Stress & Mindfulness **Date:** Mondays, January to March, 2017 **Time:** 10:00 am -12:00 noon
 Group **Location:** Vaughan Community Health Centre, Maple **Fee:** FREE
TO REGISTER: 647-224-2083 or Email: bupal@fsyr.ca

Urdu, Punjabi, Hindi **Date:** Thursdays, December to March, 2017 **Time:** 12:00 am -2:00 pm
Location: Tahir Hall Maple **Fee:** FREE
TO REGISTER: 647-224-2083 or Email: bupal@fsyr.ca

Tamil & English Women's Support and Parenting Groups

Date: 8 Thursdays, December to March 2017 **Time:** 6:00 am -8:00 pm
Location: Cedar Wood PS., Markham **Fee:** FREE
For Information: Call Sudha at 905-415-9719 Ext 313 or Email: scoomarasamy@fsyr.ca
Date: Fridays, January to March 2017 **Time:** 6:00 - 8:00 pm
Location: Boxwood PS, Markham **Fee:** FREE
For Information: Call Juanita at 416-857-6308

LGBTQ GROUPS

TRANSGENDER SUPPORT GROUP

An open group for those questioning their gender identity or transitioning. The group provides an opportunity to use the process of dialogue and reflection to become more secure and resilient, discover new community resources, share tips about dressing to pass, deal with discrimination, etc. Snacks provided. This group is ongoing.

Register at reception or by calling Barb Urman at 1-866-415-9723 Ext 224.

Date: Alternate Wednesdays, please call for dates **Time:** 7:00 - 8:30pm
Location: FSyr Richmond Hill 10610 Bayview Ave. **Fee:** FREE

FREE To BE
 Child/parent Group
 (SK—Gr 4)

This group for parents/caregivers and their gender independent children will meet once a month. Free to Be offers an opportunity for parents/caregivers to meet for support and education in order to promote positive development and healthy futures. Program goals are: de-stigmatize gender independence and promote the child's pride and self-worth. The children will be provided a safe, fun and affirming place to be together and make new friends. (Note: now open to parents of older gender independent youth to attend solo)

Date: First Wednesday of each month September to August **Time:** 6:30 - 8:00 pm
Location: FSyr Richmond Hill -10610 Bayview Ave. **Fee:** Free with \$20.00 registration fee

Website: www.fsyr.ca or Email: groupservices@fsyr.ca

MARKHAM

4261 Highway # 7
 Suite 203
 Unionville,
 L3R 9W6
 905 415 9719
 1 866 415 9723

CHINESE SERVICES

ACCESS LINE
 905 477 5741

RICHMOND HILL

10610 Bayview Avenue
 Unit 18
 Richmond Hill
 L4C 3N8
 905 883 6572
 1 888 820 9986

York Rainbow Support Line
 1-888-967-5542

NEWMARKET

1091 Gorham Street
 Suite 300
 Newmarket
 L3Y 8X7
 Tel: 905 895 2371
 1 888 223 3999

E-Counselling Available
www.fsyr.ca

GEORGINA

P.O. Box 8
 25202 Warden Avenue,
 Sutton West,
 LOE 1R0
 905 476 3611

