

If you are receiving services from York Hills, please connect with your clinical worker to register for one of the workshops.



Register at  
[www.yorkhillscentre.eventbrite.com](http://www.yorkhillscentre.eventbrite.com)  
or scan the barcode!

**POSITIVE CONNECTIONS– HOW TO RESPOND TO YOUR CHILD IN POSITIVE AND EFFECTIVE WAYS** **Monday**  
**September 21, 2020**  
(Larisa Levalds - Child and Family Therapist, Cindy Inacio –0-6 Child and Family Worker, Vibhuti Bhatt—Speech and Language Pathologist) **6:30 PM — 8:30 PM**  
**Zoom Webinar**

This workshop is for parents/caregivers who are looking for new ways to connect with their child(ren) aged 0—6. Caregivers will learn how to connect with their children, and will gain a solid understanding of how, why and when connections are optimal in order to overcome behavioural challenges that child(ren) may be experiencing.

**MANY FACES OF ANXIETY - UNDERSTANDING AND SUPPORTING CHILDREN WHO LIVE WITH WORRY** **Thursday**  
**September 24, 2020**  
(Fiona Jack - Child and Family Therapist and Jeaninne Cairns - Child and Family Therapist) **6:30 PM — 8:30 PM**  
**Zoom Webinar**

The goal of this workshop is to provide valuable information to support caregivers of children and adolescents who experience anxiety. Topics include: Understanding different types of anxiety, causes, how the mind and brain are connected, coping strategies for caregivers; and what caregivers can do to help.

**RIDE THE WAVE - DEVELOPING MINDFUL PRACTICES AND COPING SKILLS** **Monday**  
**October 5, 2020**  
(Karen McKinney- Community Outreach Worker) **6:30 PM — 8:30 PM**  
**Zoom Webinar**

Have you noticed an increase in stress levels and an influx of emotional regulation skills in your household during these challenging times? Being housebound can definitely have an impact on our thoughts, emotions and actions. As the days are turning into weeks and likely months, both our physical and emotional well - being is being challenged. This webinar will demonstrate a variety of coping strategies and informal mindfulness practices to help us ride the emotional waves that come and go each day. The aim is to provide participants with a variety of mindful coping strategies that can help us to: Pause, observe our body’s physical sensations, thoughts and emotions, problem solve, and respond to everyday challenges in a positive and thoughtful way.

**CALMING STORMY WATERS– SUPPORTING CHILDREN THROUGH SEPARATION AND DIVORCE** **Thursday**  
**October 15, 2020**  
(Jo Allison- Child and Family Therapist and Sarah Leyton Glimcher- Child and Family Therapist) **6:30 PM — 8:30 PM**  
**Zoom Webinar**

Are you worried about how separation or divorce is affecting your children? Would you like to minimize your children’s exposure to conflict and strengthen their resiliency? Are you looking for ways to deal with stress in co-parenting relationships? In this workshop you will learn how to: Improve communication and decrease stress, manage upset emotions, strengthen and grow relationships with your children, and develop positive approaches to parenting that will support your children’s emotional health.



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**PLUGGED IN – TIPS AND STRATEGIES FOR MANAGING SCREEN TIME**

(Michelle Holzapfel—Child and Family Therapist, Jelum Raval— Child and Family Therapist)

Does screen time in your home ever feel like scream time? Is it hard to get your children unplugged? If you answered yes, the Plugged In workshop is for you. Topics include: Guidelines for healthy screen time use, understanding how screen time effects the brain, how your own technology use impacts children, and strategies for managing screen time.

Monday  
October 19, 2020  
6:30 PM — 8:30 PM  
Zoom Webinar

**CONSCIOUS PARENTING – RAISING TEENS** (Abner Lico- Child and Family Therapist)

This workshop will provide an opportunity for parents to better understand their adolescent, and their role as parents. During our time together we will explore questions such as: How do I see myself as a parent? Why do I choose to parent the way I do? We will also look at what our triggers are and our reactions to these triggers.

Conscious parenting includes awareness of ourselves as individuals, as parents, and of our teenage child. We will look at the developmental period of adolescence and the specific factors that distinguish it from other developmental periods. The aim of this workshop is to introduce you to the concepts of conscious parenting. It is an invitation to become more aware, reflective, understanding and deliberate in the relationship with your child.

Tuesday  
October 20, 2020  
6:30 PM — 8:30 PM  
Zoom Webinar

**PARENTING TRAPS AND STRATEGIES—SMALL CHANGES, BIG DIFFERENCES**

(Uma Bhatt - Community Outreach Worker)

This workshop is informed by the evidence based parenting program Triple P. While parents hope to have positive relationships with their children, these relationships can sometimes be difficult to navigate when power struggles and challenging behaviours are encountered.

Come and learn about how to identify and respond to children in order to avoid power struggles, and develop strategies that will work for your family.

Tuesday  
October 27, 2020  
6:30 PM — 8:30 PM  
Zoom Webinar

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**TRIPLE P SEMINAR SERIES - POSTIVE PARENTING (Uma Bhatt - Community Outreach Worker)**

Power of Positive Parenting seminars are a series of three workshops for parents of children birth to 12 years of age. Kids don't come with an instruction manual! Many familiar parenting problems have very simple solutions that can be applied with some effort and focus. Triple P's easy-to-understand and practical strategies have been shown to help families in all types of situations.

**Seminar # 1 - The Power of Positive Parenting**

This seminar focuses on : ensuring a safe engaging environment for children by: creating a positive learning environment, using assertive discipline, having realistic expectations and taking care of yourself as a parent.

**Seminar # 2 - Raising Confident and Competent Children**

This seminar focuses on encouraging respect and cooperation, learning to be independent, developing healthy self esteem and learning how to be a good problem solver.

**Seminar #3 - Raising Resilient Children**

This seminar focuses of: learning strategies to help build positive feelings in your child and help your child recognize and accept feelings, deal with negative feelings and upsetting stressful life events.

**Seminar #1**  
Tuesday  
September 22, 2020  
6:30 PM — 8:30 PM  
Zoom Webinar

**Seminar #2**  
Tuesday  
September 29, 2020  
6:30 PM — 8:30 PM  
Zoom Webinar

**Seminar #3**  
Tuesday  
October 6, 2020  
6:30 PM — 8:30 PM  
Zoom Webinar



**TAKE ACTION – ANXIETY GROUP FOR CHILDREN AND THEIR PARENTS/CAREGIVERS (Ages: 7-11 years)**

This 9 week virtual parent child group supports children in learning strategies and coping skills to manage anxiety in their lives. The goal of this group is for children to create an ACTION plan for anxiety. ACTION stands for Aware, Calm, Think, Into action, Options and Never stop taking action. Participants will be provided with a workbook and will engage in play, art and creative activities. Parents and caregivers will engage in their own learning through the use of a parent handbook, and group participation. Parents/caregivers will also have the opportunity to meet virtually as a group to learn how to support their child(ren).

Wednesday  
Evenings  
September 23, 2020–  
November 18, 2020  
6:30 PM — 8:00 PM  
Zoom Meeting

To Register for this group please call York Hills Intake department (905) 503-9560



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**TRIPLE P STANDARD GROUP - POSITIVE PARENTING PROGRAM**

Triple P Positive Parenting Program Group is for parentings of children 2—12 years of age. During this 8 week virtual parenting group you will:

- Learning How to create a safe and positive learning environment for your child.
- Learn why your child responds the way they do, how to support them during challenging moments
- Learn how to build your children’s self—esteem and sense of self—worth.
- Learn how to teach children to become independent problem solvers.



Thursday  
Evenings  
October 1, 2020–  
November 12, 2020  
6:30 PM — 8:00 PM  
Zoom Meeting

To Register for this group please call York Hills Intake department (905) 503-9560

**TRIPLE P FAMILY TRANSITIONS GROUP**

Family Transitions Triple P is a positive parenting program that helps you protect your child from the impact of divorce or separation. Over five weeks, in small group sessions with a Family Transitions provider, you will explore everything from stress and anger management, to how to communicate better with your ex-partner. Your Family Transitions Triple P provider will give you new ideas about managing the day-to-day dramas and ongoing trauma of your situation. It is not a mediation program, so you attend without your ex-partner. The group will be offered virtually.



Thursday  
Evenings  
October 22, 2020–  
November 19, 2020  
6:30 PM — 8:00 PM  
Zoom Meeting

To Register for this group please call York Hills Intake department (905) 503-9560