

Groups

Winter 2024



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. Apply online at: www.fsyrr.ca/contact/get-started. 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, January 18 to March 7, 2024, Time: 9:30 AM to 11:30 AM**
- **Farsi: 8 Wednesdays, January 10 to February 28, 2024, Time: 5:30 PM to 7:30 PM**
- **Mandarin: TBD**

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. Apply online at: www.fsyrr.ca/contact/get-started. 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, February 13 to April 9, 2024, Time: 6:00 PM to 8:00 PM**

Fearless Triple P

This 6–8-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. 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: 6 Mondays, January 15 to February 19, 2024, Time: 6:00 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. 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: 5 Tuesdays, January 9 to February 6, 2024, 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, Hindi & English: Thursdays, January to March 2024 Time: 11:00 AM to 1:00 PM**
Contact: 647-224-2083 to register
- **Hindi, Punjabi, Gujarati, Urdu & English: TBD**
Contact: 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, January 25 to March 14, 2024, 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, March 28 to May 2, 2024, 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, January 16 to March 5, 2024, 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: 6:30 PM to 8:00 PM**

Gender Galaxies

A free 8-week virtual group for youth 12 to 17 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. 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: 8 Thursdays, February 1 to March 21, 2024, Time: 4:30 PM to 6:00 PM**