



## GROUP CALENDAR FALL 2017 PRE REGISTRATION REQUIRED

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

All Groups are an  
LGBTQ positive  
space



### PARENTING

#### **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:** Winter/Spring 2018 TBD

#### **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 six group sessions, including a work book for weekly homework tasks and two 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, September 11 to October 30, 2017

**Time:** 6:00 - 8:00 pm

**Location:** FSyr — 10610 Bayview Ave, Richmond Hill

**Fee:** FREE with \$20.00 registration fee

**Note:** No class Thanksgiving Monday

#### **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 six group is structured for group sessions, including a work book for weekly homework tasks and two telephone sessions where you can ask questions regarding your personal situation.

**Date:** TBD

#### **Farsi Positive Parenting**

(parents of Teens)

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

**Date:** 8 Tuesdays, Fall 2017 or winter 2018 TBD

**Time:** 6:00 - 8:00 pm

**Location:** Welcome Centre, Richmond Hill

**Fee:** FREE

**Note:** Snacks & Transit tickets available

#### **South Asian Triple P**

(parents of children 0-12)

An 8 week Positive Parenting Program to provide parents with tools to help their child with behavioural and emotional issues. Program Language: Hindi, Punjabi & Urdu

#### **Family Transitions Triple P**

This 6 week group promotes a healthy transition for parents going through separation or divorce. This course will address self care and is designed to help a parent manage the anger and resentment that often accompanies relationship breakdown. Pre-Group interview required; call Janice at 905-895-2371.

**Date:** Winter/Spring 2018

**Time:** 6:00 - 8:00 pm

#### 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, September 27 to December 13, 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 Sept 20

### GROUPS FOR WOMEN

- Positive living Women's Support Group** An 11 week women's support group designed to assist members in building resilience by learning to cope with life's frequent challenges through learning activities focused on coping skills. Topics include: building self-confidence, identifying and navigating difficult emotions - anger, anxiety & stress, relationships and boundaries, improved communication and assertiveness skills so that you can express yourself and deal with anger healthily.
- Date:** January 8 to April 16, 2018 **Time:** 6:30 - 8:00 pm  
**Location:** FSyr 10610 Bayview Ave, Richmond Hill **Fee:** \$225.00 or Free to those who qualify with \$20 registration fee  
**Interviews only on Jan 8**
- 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, September 21 to November 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, October 18 to November 15, 2017 **Time:** 6:00 to 8:00 pm  
**Location:** FSyr—4261 Highway 7, Suite 203, Markham **Fee:** \$120.00 (or Free to those who qualify with a \$20.00 registration fee)  
**Note:** Mandatory intake session October 18 2017

### YOUTH & CHILDREN'S GROUPS

- Child Anger Management Parent Program** A 10 week anger management program for children (ages 8—12) and a parent. Children will learn how to recognize and name feelings (ie. anger) and how to respond to these feelings in constructive ways using coping strategies such as assertiveness, communication and problem solving skills, mindfulness and positive self-talk.
- Date:** 10 Tuesdays, Winter 2018 TBD **Time:** 6:15 to 7:45 pm
- Encouraging Heroes & Parent Program** A 10 week social skills program for children (ages 8—12) and their parents. The parents and children's groups are separate but run simultaneously. The focus of the group is on feelings, communication, self confidence, empathy, problem solving and relationships.
- Date:** 10 Tuesdays, October 3 to December 12, 2017 **Time:** 6:15 to 7:45 pm  
**Location:** FSyr - Richmond Hill 10610 Bayview Ave **Fee:** Free with \$20.00 registration fee  
**Note:** **No class October 31** **NOTE: Interviews—Sept 19 or 26, 2017**
- 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:** 8 Wednesdays, October 4 to November 22, 2017 **Time:** 6:00 - 8:00 pm  
**Location:** FSyr Newmarket—1091 Gorham St, Suite 300 **Fee:** Free with \$20 registration fee  
**Mandatory pre-group individual 30 minute interview required on Sept 20 or 27, 2017 to be scheduled**

**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, September to December, 2017 **Time:** 6:00 - 8:00 pm  
**Location:** Markham **Fee:** FREE  
**TO REGISTER:** 416-818-7075 or Email: lnayyar@fsyr.ca

**Urdu, Punjabi, Hindi**

**Date:** Thursdays, September to December, 2017 **Time:** 11:30 am –1:45 pm  
**Location:** Tahir Hall, Maple **Fee:** FREE  
**TO REGISTER:**

**Tamil & English Women's Support and Parenting Groups**

**Date:** September to December, 2017 **Time:** 6:00 am –8:00 pm  
**Location:** Markham **Fee:** FREE  
**For Information:** Call Sudha at 905-415-9719 Ext 313 or Email: scoomarasamy@fsyr.ca

**Date:** Fridays, September to December, 2017 **Time:** 6:00 - 8:00 pm  
**Location:** Wilclay 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](http://www.fsyr.ca) or Email: [groupservices@fsyr.ca](mailto: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](http://www.fsyr.ca)

**GEORGINA**

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

