


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

All Groups are an LGBTQ positive space



**PARENTING**

**Triple P 0-12**

(parents of children 0-12)

Triple P stands for Positive Parenting Program. This unique program 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

**Date:** 8 Tuesdays, May 12 to June 23, 2020

**Time:** 1:00 - 2:00 pm

**Date:** 8 Thursdays, May 7 to June 25, 2020

**Time:** 5:00 - 7:00 pm

**Location:** FSYR Zoom Video Meetings

**Fee:** FREE with \$20 registration fee

**Language Specific**

**Triple P Farsi, Mandarin Cantonese, Spanish**

A Positive Parenting Program (Triple P) taught in Various languages to provide parents with tools to help their children or teens with behavioural and emotional issues.

**Date:** Cantonese, Wednesdays, May 20 to June 24, 2020

**Time:** 9:30—11:30 am

**Date:** Mandarin, Thursdays, May 21 to June 25, 2020

**Time:** 9:30—11:30 am

**Location:** FSYR Zoom Video Meetings

**Fee:** FREE

**Contact** AJ at 905-415-9719

**Groups for Women**

**Raising Hope**

A 12 week course to build resiliency. Learn and Practice CBT, mindfulness and centering techniques to build confidence and assertiveness, conquer anxiety and depression, overcome codependency and learn the advantages of goal setting. Group is conducted in a safe and supportive environment.

**Date:** Tuesdays, May to June, 2020

**Time:** 1:00 to 2:30 pm

**Location:** FSYR Zoom Video Meeting

**Fee** \$120.00 (or Free to those who qualify with a \$20.00 registration fee)

**LGBTQ Groups**

**TRANSGENDER SUPPORT GROUP**

A free group for anyone experiencing or questioning changes on the gender spectrum. Discussions include but are not limited to a variety of issues such as coming out, health and hormones, dealing with discrimination, negotiating relationships. This group is ongoing.

Register for zoom ID by calling Barb Urman at 1-866-415-9723

**Date:** Third Wednesday of each month,

**Time:** 7:00 - 8:30pm

**Location:** FSYR Zoom Video Meeting

**Fee:** FREE

**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.

**Hindi, Punjabi, Urdu & English**

**Date:** Tuesdays, to June, 2020

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

**Location:** FSYR Zoom Meeting

**Fee:** FREE

**TO REGISTER:** Call Leena 416-818-7075 or Email: [lnayyar@fsyr.ca](mailto:lnayyar@fsyr.ca)

**Urdu, Punjabi, Hindi**

**Date:** Thursdays, to June 2020

**Time:** 11:30 am –1:45 pm

**Location:** FSYR Zoom Meeting

**Fee:** FREE

**TO REGISTER:** Call Aisha at 647-545-8241

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

**Date:** Thursdays, May 21 to June 25, 2020

**Time:** 5:30 - 7:30 pm

**Location:** FSYR Zoom Meeting

**Fee:** FREE

**For Information:** Call Sudha at 905-415-9719 or Email: [scoomarasamy@fsyr.ca](mailto:scoomarasamy@fsyr.ca)