



THE GEORGE HULL CENTRE
for Children and Families

Family Wellness Series

“Enhancing the quality of life of children, youth & families”

Groups	Presenter(s)	Date	Attendees	Time
ANXIETY SUPPORT GROUP FOR PARENTS	Eva Casino, MSW Social Worker	12 Mondays Feb 1 to May 10, 2010	Parents of Children in the Anxiety Group for Children	5:00 - 6:30 pm
ANXIETY GROUP FOR CHILDREN	Dr. Marianne Gocker, Child Psychiatrist	12 Mondays Feb 1 to May 10, 2010	Children aged 8 - 12	5:00 - 6:30 p.m.
HELP! I HAVE TEENS!	Leticia Gracia, MSW	6 Thursdays Feb 11 to Apr 1, 2010 (no group on Mar 4 or Mar 18)	All Parents of teens (12 – 18)	6:30 - 8:00 pm
ANGRY PARENTS/ ANGRY CHILDREN	Francis Martin, MSW	6 Wednesdays Feb 3 to Mar 10, 2010	All Parents	6:30 - 8:00 pm
TURNING DOWN THE HEAT	Heather McDonald, MA Rebecca Maiese, MSW	6 Wednesdays Feb 3 to Mar 10, 2010	Children aged 7 - 11	6:30 - 8:00 pm
PARENTING CHALLENGING CHILDREN	Anat Elbaum, RMFT	8 Wednesdays Apr 21 to June 9, 2010	All Parents of kids 4 – 11	6:00 - 8:00 pm
YOU DID WHAT?!! HOW TO TALK ABOUT DIFFICULT THINGS	Anat Elbaum, RMFT Leticia Gracia, MSW	3 Thursdays Apr 29 to May 13, 2009	All Parents of teens (12 – 18) *with their Teen*	6:30 – 8:00 pm
SNACK AND CHAT	Ling Mui, CYW Heather McDonald, MA	Second Tuesday of every month starting September 8 th until June 8 th , 2010	All women	1:00 to 3:00 p.m.
EATING FOR TWO	Ling Mui, CYW	Every Thursday from September 3, 2009 to June 24, 2010	Pregnant women	9:30 to 11: 00 am
FEEDING WITH LOVE	Ling Mui, CYW	Every Friday from September 4, 2009 to June 25, 2010	Parents with children aged 4 months to 1 year	9:30 to 11:00 am

All workshops and groups will take place at The George Hull Centre for Children and Families, 600 The East Mall, 3rd Floor, Toronto, ON M9B 4B1

For Registration/questions regarding the Anxiety Support Groups please call Dominique Darmanin at (416) 622-8833 ext. 258

For Registration/questions regarding all other groups please call Rae Augusto at (416) 622-8833 ext. 252

Group and Workshop Description

<p>ANXIETY GROUP</p> <p>Please Note: Potential participants are assessed to determine their readiness for group work.</p>	<p>This is a valuable treatment group if your child experiences issues with anxious/nervous feelings, thoughts or physical sensations. This group is divided into two sections – one group for the parents and one group for the child.</p> <p>Both parent and child must attend. Group size is limited.</p>
<p>HELP! I HAVE TEENS!</p>	<p>LEARN HOW TO:</p> <ul style="list-style-type: none"> • Improve your relationship • Communicate effectively • Resolve inevitable conflicts • Set reasonable limits • Prepare your teen for independence • Stay sane
<p>ANGRY PARENTS/ANGRY CHILDREN</p>	<p>PARENTS WILL LEARN:</p> <ul style="list-style-type: none"> • Why there is so much anger in families; • Who or what ignites your anger most of the time; • In what ways your anger might be harmful to you and others; • What you could do differently to turn your anger into a constructive force.
<p>TURNING DOWN THE HEAT (ON FEELING ANGRY)</p> <p>Please Note: Potential participants (both parent and child) need to attend an introductory session on January 27th at 6:30 p.m. to assess suitability for this group.</p>	<p>CHILDREN WILL LEARN:</p> <ul style="list-style-type: none"> • How to self-calm when they are angry; • How to express their anger through art instead of acting out; • How to come up with positive solutions to problems with adults and peers; and • How to identify and change situations that trigger anger responses.
<p>PARENTING CHALLENGING CHILDREN</p>	<p>A resource group for <u>ALL</u> parents of children 4 – 11 years wanting to learn new parenting strategies. Especially useful to parents whose children exhibit ADHD-like disruptive behaviours.</p>
<p>YOU DID WHAT?!! HOW TO TALK ABOUT DIFFICULT THINGS</p>	<p>A Communication Workshop for Teens and Parents:</p> <ul style="list-style-type: none"> • Parents - <ul style="list-style-type: none"> ▪ Learn to talk so your teen will listen ▪ Learn to listen so your teen will talk • Teens – <ul style="list-style-type: none"> ▪ Learn effective parent management skills ▪ Learn to get what you <u>AND</u> your parents want
<p>SNACK AND CHAT</p>	<p>A support group for women</p> <ul style="list-style-type: none"> • To offer parenting support • To discuss community resources • To access a clothing exchange • Workshops are available – topics are chosen by the group
<p>EATING FOR TWO</p>	<p>Prenatal Nutrition Program</p> <ul style="list-style-type: none"> • Enjoy a snack and taste new foods • Meet other women and make new friends • Learn about pregnancy, baby care and nutrition • Take home fresh food, food voucher and TTC tickets
<p>FEEDING WITH LOVE</p>	<p>This is a post-natal group for women with babies from the ages of four months until their first birthday.</p> <p>This group:</p> <ul style="list-style-type: none"> • Improves the health and well being of the mother and baby • Promotes nutrition, healthy eating and breast feeding • Increases the accessibility of community services <p>Participants will learn about child development and Infant and parent attachment</p>

**The George Hull Centre is a registered charity.
Donations in support of groups and workshops are gladly accepted.**

I love this place
Liz K