



THE GEORGE HULL CENTRE
for Children and Families

Spring - 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 Emma Lensen-Silverberg, MSW Doret Phillips, MSW	12 Mondays Jan 30 to May 7, 2012	Parents of Children in the Anxiety Group for Children	6:00 - 7:30 pm
ANXIETY GROUP FOR CHILDREN	Dr. Marianne Gocker, Child Psychiatrist Laurel Choat, Art Therapist Brenda Bucci, MSW Jessica Udit, MSW	12 Mondays Jan 30 to May 7, 2012	Children aged 8 - 12	6:00 - 7:30 pm

For Registration/questions regarding the Anxiety Support Groups and the Turning Down the Heat Groups please call Jessica Arruda at (416) 622-8833 ext. 258

HELP! I HAVE TEENS!	Leticia Gracia, MSW Marisa Marlatt, MSW Jessica Udit, MSW	6 Tuesdays Jan 31 to Mar 6, 2012	All Parents of teens (12 – 18)	6:30 – 8:00 pm
TURNING DOWN THE HEAT - PARENT GROUP	Heather McDonald, MA Elina Di Luca, MSW	8 Thursdays Jan 19 to Mar 8, 2012	All Parents	6:30 – 8:00 pm
TURNING DOWN THE HEAT (ON FEELING ANGRY)	Laurel Choat, Art Therapist Marina Vinokurov, MSW	8 Thursdays Jan 19 to Mar 8, 2012	Children aged 7 – 11	6:30 – 8:00 pm
PARENTING CHALLENGING CHILDREN	Anat Elbaum, RMFT	8 Wednesdays April 18 – June 6, 2012	All Parents of kids 4 – 11	6:00 – 7:30 pm
FAME KIDS	Anie Najarian, MA, CCC Maureen McSween, CYW	8 Thursdays Mar 29 to May 17, 2012	Children aged 7 – 12 Who have a family member with a mental illness	4:30 – 6:00 pm

For Registration/questions regarding the above parenting groups please call Rae Masche at (416) 622-8833 ext. 252

PARENT CHILD INTERACTION GROUP - WITH CONCURRENT PARENT AND CHILD PROGRAMS	Ling Mui, CYW Heather McDonald, MA	8 Wednesdays Jan 25 to Mar 28, 2012 (No group on Feb 15 th)	All Parents and children aged 2 – 6	9:30 – 11:30 a.m.
SNACK AND CHAT **LOCATION; RATHBURN AREA YOUTH CENTRE	Ling Mui, CYW Heather McDonald, MA Maureen McSween, CYW	Second Tuesday of every month starting Sept 13 th 2011 until June 12, 2012	All women	1:00 to 3:00 p.m.
FEEDING WITH LOVE	Ling Mui, CYW	Every Friday from Sept 9, 2011 to June 29, 2012	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 with the exception of Snack and Chat

Group and Workshop Description

<p>ANXIETY GROUP (PARENTS GROUP AND CHILDREN'S GROUP) 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>TURNING DOWN THE HEAT – PARENTS GROUP</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 Please Note: Potential participants are assessed to determine their readiness for group work.</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 <p>How to identify and change situations that trigger anger responses.</p>
<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>FAME KIDS</p>	<p>A specialized program for children aged 7 – 12 who have a family member with a mental illness. It educates and equips kids with coping skills through artwork, discussion, and games in a safe environment. This group helps kids to:</p> <ul style="list-style-type: none"> • Identify and express feelings in a safe environment • Explore healthy coping strategies • Gain accurate knowledge about mental illness • Develop personal support networks • Promote resilience • Develop and operational action plan
<p>PARENT INTERACTION GROUP</p>	<p>Focus on Interaction between a parent a child from 2 – 6 years of age:</p> <ul style="list-style-type: none"> • Parents - <ul style="list-style-type: none"> ▪ Will learn a variety of techniques and strategies to play with their children and how to appropriately use discipline ▪ Opportunity provided for interaction within a structured, supported environment ▪ Opportunity to network with parents and to find ways of coping with the stresses of parenting
<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>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>

I love this place

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