EveryMind Fall Groups September - December 2022

Name of Group	Day of Week	Date & Time	Delivery Method
Groups for Parents/Caregivers			
Mom's Group (ages 0-17) 8 Sessions This group will help moms who are isolated and stressed connect with others, learn about themselves and learn how to manage their stressful lives. Moms will learn how to recognize and appreciate their strengths; how to practice self-care; how to access community resources to support them; and improve their stress management skills. Registration Link: https://wheretostart.ca/event/moms-group-feeling-good-about-being-you-4/	Wednesday	September 14 th – November 2 th , 2022 10:30am – 12pm	In-Person at 85 Aventura Court
Learning About ADHD (ages 6 -12) 6 Sessions Learn more about ADD/ADHD, including helpful parenting strategies, the role of medication, how to access resources and how to work collaboratively with the school system. Parents of children 6 to 12 years of age with an ADHD diagnosis will find this group helpful. Registration Link: https://wheretostart.ca/event/learning-about-adhd-8/	Tuesday	September 20 th – October 25 th , 2022 6:00pm -7:30pm	In-Person at 85 Aventura Court
Learning About ADHD (ages 6 -12) 6 Sessions Learn more about ADD/ADHD, including helpful parenting strategies, the role of medication, how to access resources and how to work collaboratively with the school system. Parents of children 6 to 12 years of age with an ADHD diagnosis will find this group helpful. Registration Link: https://wheretostart.ca/event/learning-about-adhd-9/	Thursday	November 10 th – December 15 th , 2022 6pm- 7:30pm	Virtual via Zoom
Sessions Imagine what it might feel like if you were able to make sense of what your child was really asking from you! The Circle of Security® Parenting™ program is based on decades of research about how secure parent-child relationships can be supported and strengthened. This training will help you:	Wednesday Friday	September 14 th – November 2 nd , 2022 6:00pm -8:00pm September 30 th – November 18 th , 2022 10:00am – 12:00pm	Virtual via Zoom

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Understand your child's emotional world by learning to read their emotional cues			
- Support your child's ability to successfully			
manage emotions			
- Enhance the development of your child's self-			
esteem			
- Honour your innate wisdom and desire for your			
child to be secure			
Desistration Links			
Registration Link: Wednesday September 14 th			
https://wheretostart.ca/event/circle-of-security-6/			
inteps.// wheretostart.ca/event/circle-or-security-o/			
Friday September 30 th			
https://wheretostart.ca/event/circle-of-security-			
11/			
Parenting Your Anxious Child			
	Monday	September 19 th & 26 th ,	In-Person
This two-part psychoeducational workshop will	,	2022	at 85
provide parents/caregivers with an opportunity to educate themselves on the following topics:		10:00am – 12:00pm	Aventura
Cadoate members on the following topics.		·	Court
- What is anxiety?			
- What does anxiety look like?			
- Avoidance			
Cognitive Behavioural Therapy (CBT) Tools for communication			
- Tools for communication			
Parents will also discuss helpful and unhelpful			
parenting strategies for anxious children, relaxation			
strategies and the principles of exposure.			
Registration Link:			
https://wheretostart.ca/event/parenting-your-anxious-			
child-2-part-workshop-13/			
Parenting Your Anxious Child			
Parenting rour Anxious Child			
This two-part psychoeducational workshop will	Wednesday	November 16 th & 23 ^{rd,} 2022	Virtual via
provide parents/caregivers with an opportunity to	vveullesday	10:00am – 12:00pm	Zoom
educate themselves on the following topics:		10.00am – 12.00pm	200111
- What is anxiety?			
- What does anxiety look like?			
- Avoidance			
- Cognitive Behavioural Therapy (CBT)			
- Tools for communication			
Parents will also discuss helpful and unhelpful			
parenting strategies for anxious children, relaxation			
strategies and the principles of exposure.			
Pogistration Links			
Registration Link: https://wheretostart.ca/event/parenting-your-anxious-			
child-2-part-workshop-14/			
Coping with Challenging Behaviour			
(ages 7-11)		September 15 th –	In-Person
	Thursday	November 17 th , 2022	at 85
10 Sessions		6:00pm-7:30pm	

Learn skills to increase positive behaviour, avoid conflicts, encourage cooperation and respond to aggression. Parents will watch videos, talk about common concerns and share their ideas with each other. Parents of children 7 – 11 years of age will find this group helpful for developing effective parenting skills. Registration Link: https://wheretostart.ca/event/coping-with-challenging-behaviour-4/			Aventura Court
Groups for Children & Youth	1		
Girls Circle (ages 14-17)		. 44	
10 Sessions This group will help girls learn self-acceptance and how to express themselves, build healthy relationships and handle conflict.	Tuesday	September 13 th – November 15 th , 2022 5:30pm – 7:00pm	Virtual via Zoom
Frank Drike Links			
EventBrite Link: https://www.eventbrite.ca/e/girls-circle-registration-385633398877			
Go Girls (ages 11-13)			
8 Sessions This program will prepare pre-adolescent girls for the transition to adulthood by addressing critical tasks for their healthy development.	Monday	September 19 th – November 14 th , 2022 6:00pm – 7:30pm	In-Person at 85 Aventura Court
EventBrite Link:			
https://www.eventbrite.ca/e/go-girls-registration-			
385637240367 First Contact (cons.14, 19)			In Davison
First Contact (ages 14 – 18) 4 Sessions This group helps youth increase their awareness of substance use and its impacts, and how to replace it with healthier options. EventBrite Link: https://www.eventbrite.ca/e/first-contact-registration-385638494117	Wednesday	November 9 th – 30 th , 2022 6:00pm -7:30pm	In-Person at 85 Aventura Court
Boys Council (ages 9-11) 8 Sessions This program Providing a place where boys can discuss things specific to growing up and being a male in society. While also gaining skills and knowledge to assist them in dealing with issues such as relationships, conflict, education, diversity and future planning. EventBrite Link:	Wednesday	October 5 th - November 23 rd , 2022 6:00pm-7:30pm	In-Person at 85 Aventura Court

https://www.eventbrite.ca/e/boys-council-tickets- 385638985587			
Treatment Group			
Camp Cope-A-Lot:			
A computer assisted cognitive behavioural	Monday	September 19 th –	Virtual via
educational program for use with children ages 7-13		December 12 ^{th,} 2022	Zoom
struggling with stress and anxiety. The overall			
approach is cognitive-behavioural; an integration of		4:30-5:30	
the demonstrated efficacies of the behavioural			
approach (FEAR Challenges, relaxation training, role		Ages 7-10	
playing activities, practice & reward) with an added			
emphasis of the cognitive information-processing			
factors associated with each individual's anxieties.			
Registration: Please contact WhereToStart.ca at			
905-451-4655 to discuss this group and complete an			
intake if child/youth meets the program criteria.			