

EveryMind Fall Groups September - December 2022

[illegible]

<ul style="list-style-type: none"> - 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 <p>Registration Link: Wednesday September 14th https://wheretostart.ca/event/circle-of-security-6/</p> <p>Friday September 30th https://wheretostart.ca/event/circle-of-security-11/</p>			
<p>Parenting Your Anxious Child</p> <p>This two-part psychoeducational workshop will provide parents/caregivers with an opportunity to educate themselves on the following topics:</p> <ul style="list-style-type: none"> - What is anxiety? - What does anxiety look like? - Avoidance - Cognitive Behavioural Therapy (CBT) - Tools for communication <p>Parents will also discuss helpful and unhelpful parenting strategies for anxious children, relaxation strategies and the principles of exposure.</p> <p>Registration Link: https://wheretostart.ca/event/parenting-your-anxious-child-2-part-workshop-13/</p>	Monday	September 19 th & 26 th , 2022 10:00am – 12:00pm	In-Person at 85 Aventura Court
<p>Parenting Your Anxious Child</p> <p>This two-part psychoeducational workshop will provide parents/caregivers with an opportunity to educate themselves on the following topics:</p> <ul style="list-style-type: none"> - What is anxiety? - What does anxiety look like? - Avoidance - Cognitive Behavioural Therapy (CBT) - Tools for communication <p>Parents will also discuss helpful and unhelpful parenting strategies for anxious children, relaxation strategies and the principles of exposure.</p> <p>Registration Link: https://wheretostart.ca/event/parenting-your-anxious-child-2-part-workshop-14/</p>	Wednesday	November 16 th & 23 rd , 2022 10:00am – 12:00pm	Virtual via Zoom
<p>Coping with Challenging Behaviour (ages 7-11)</p> <p>10 Sessions</p>	Thursday	September 15 th – November 17 th , 2022 6:00pm-7:30pm	In-Person at 85

<p>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.</p> <p>Parents of children 7 – 11 years of age will find this group helpful for developing effective parenting skills.</p> <p>Registration Link: https://wheretostart.ca/event/coping-with-challenging-behaviour-4/ </p>			Aventura Court
Groups for Children & Youth			
<p>Girls Circle (ages 14-17)</p> <p>10 Sessions This group will help girls learn self-acceptance and how to express themselves, build healthy relationships and handle conflict.</p> <p>EventBrite Link: https://www.eventbrite.ca/e/girls-circle-registration-385633398877 </p>	Tuesday	September 13 th – November 15 th , 2022 5:30pm – 7:00pm	Virtual via Zoom
<p>Go Girls (ages 11-13)</p> <p>8 Sessions This program will prepare pre-adolescent girls for the transition to adulthood by addressing critical tasks for their healthy development.</p> <p>EventBrite Link: https://www.eventbrite.ca/e/go-girls-registration-385637240367 </p>	Monday	September 19 th – November 14 th , 2022 6:00pm – 7:30pm	In-Person at 85 Aventura Court
<p>First Contact (ages 14 – 18)</p> <p>4 Sessions This group helps youth increase their awareness of substance use and its impacts, and how to replace it with healthier options.</p> <p>EventBrite Link: https://www.eventbrite.ca/e/first-contact-registration-385638494117 </p>	Wednesday	November 9 th – 30 th , 2022 6:00pm -7:30pm	In-Person at 85 Aventura Court
<p>Boys Council (ages 9-11)</p> <p>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.</p> <p>EventBrite Link:</p>	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			
<p>Camp Cope-A-Lot: A computer assisted cognitive behavioural educational program for use with children ages 7-13 struggling with stress and anxiety. The overall approach is cognitive-behavioural; an integration of the demonstrated efficacies of the behavioural approach (FEAR Challenges, relaxation training, role playing activities, practice & reward) with an added emphasis of the cognitive information-processing factors associated with each individual's anxieties.</p> <p>Registration: <i>Please contact WhereToStart.ca at 905-451-4655 to discuss this group and complete an intake if child/youth meets the program criteria.</i></p>	Monday	September 19 th – December 12 th , 2022 4:30-5:30 Ages 7-10	Virtual via Zoom