



FOUNDED IN VALUES...REACHING OUT TO ALL

FALL 2018 GROUPS & WORKSHOPS

Revised Nov 14, 2018

Groups for Men

Focus on Fathers: A six session group for fathers (and grandfathers) only with children up to 6 years old that is designed to strengthen personal and parenting skills and to support men in being more active in their children's lives. Topics covered may include: the role of fathers in child development, discipline, anger, stress management and more.

Dates: Saturdays from Sept 15 to Sat Oct. 20, 2018

Time: 10:00am - 12:00pm

Location: CCSYR @ 21 Dunlop St.

Language: English

Facilitators(s): John & Ed

Reconnecting Fathers: An eight session group program which is offered for fathers who are not living with their children, but want to be more involved and learn effective parenting skills. This program is designed to meet the unique needs of non-resident fathers, especially those who are going through transition in their families and potentially dealing with custody and access challenges.

Dates: TBA based on program enrollment!

Time: TBA

Location: CCSYR, Richmond Hill Office

Language: English

Facilitator: John

Parents & Grandparents (Family Parenting): A group for parents & grandparents which highlights the unique opportunities and challenges in multi-generational parenting / family parenting. Some topics may include: importance of grandparents in child development, intergenerational customs & traditions, cultural implications, handling conflict, family communication, parenting plans & more!

Dates: Saturdays from Nov. 17th to Dec 5th

Time: 1:00pm – 3:00pm

Location: EarlyON Thornhill

Language: English

Facilitators(s): Ed Bader

Women's Groups

Bridge Group For Women: This is a supportive group for women who have gone through some form of trauma or significant life change to assist with the transition. Led by experienced female counsellors, weekly topics may include: identity, boundaries, managing stress, building stronger relationships, reducing isolation and coping constructively with transitions. **A general intake is required to enroll in this class. Please contact Group Services to schedule yours!**

Dates: TBA based on program enrollment!

Time: TBA

Location: CCSYR, Richmond Hill Office

Language: English

Facilitators: Michelle S & Michelle B

Newcomer Support Groups

Newcomer Support Groups: An eight session supportive group for newcomers to meet with other members of their community to share their experiences, build up community connection and discusses topics of interest, including: self-esteem, stress, isolation, family relationships, health and immigration related issues.

NWSG Korean – Women's Support Group

Dates: Saturdays Nov 5 – Dec 29th

Time: 10:00am – 12:00pm

Location: EarlyON Thornhill

Language: Korean

Group Coordinators: Hanna

NSG Spanish – Richmond Hill

Dates: Mondays Oct 29 to Dec. 17th

Time: 6-8pm

Location: CCSYR, 21 Dunlop St. Richmond Hill

Language: Spanish

Group Coordinator: Maria F.

NSG Spanish – Newmarket

Dates: Thursdays Nov. 1 to Dec. 20th

Time: 6-8pm

Location: EarlyON, Newmarket

Language: Spanish

Group Coordinator: Maria F.

Group Facilitator: Denise B.

Groups for Parents

Our parenting programs are run in partnership with...



Preparing New Parents Program: A five session group program for couples expecting their first child or whose youngest child is less than 2 years old to help couples adjust to their new roles and relationship after child birth. Topics may include: managing with stress, food & nutrition for parent and baby, introducing solids, basic first aid / CPR (non-certificate), home safety, dealing with sleep challenges, supporting your partner etc.

Dates: Saturdays Oct 27 – Nov. 24

Time: 10am – 12 noon

Location: Cornerstone Chinese Alliance Church, Markham

Language: Cantonese

Group Coordinator: Life With A Baby / Denise C.

Registration fee: \$20pp/\$30 couple

Register Online: www.lifewithababy.com/event-3062930

Dates: Mondays from Nov. 12th to Dec. 10th

Time: 10:00am – 11:30am

Location: Treehouse Play Centre, Richmond Hill

Registration fee: \$20pp/\$30 couple

Register Online: www.lifewithababy.com/event-3006572

Group Coordinator: LWAB / Jill F.

Parents of Pre-Teens / Teens: A group program for parents of 9 to 17 years olds; focused on helping parents stay connected to their children during the pre-teen / teenage years and building a positive relationships with them.

Dates: Wed evenings Oct. 3 – Nov. 21st (no class Oct. 31)

Time: 6:30 – 8:30pm

Location: CCSYR Offices @ 21 Dunlop Richmond Hill

Registration fee: \$20pp/\$30 couple

Register Online: www.lifewithababy.com/event-3055910

Group Coordinator: Claire

Speaker: Tamar Spilberg

Community Groups

Financial Literacy Workshop: 10 Healthy Habits of Financial Management. Get ready to examine ten healthy financial habits that will improve the way you manage your finances!

Dates: Thursday Nov 1st

Time: 6:00 – 8:00 p.m.

Location: CCSYR, 21 Dunlop Richmond Hill Office

Language: English

Facilitator(s): CPA Canada (Emily)

Registration fee: FREE

Register Online: <https://www.eventbrite.com/e/10-habits-of-healthy-financial-literacy-tickets-51030719255>



Divorce & Separation Support Group: A 10 session group program to help women and men adjust to the end of a relationship, explore issues or concerns and find mutual support.

Dates: Tuesdays, from November 6th to January 29th, 2019

Time: 6:30 – 8:30 p.m.

Location: CCSYR, Richmond Hill Office

Language: English

Facilitator(s): Maria & Rick

Registration fee: \$20 per person

Register Online: <https://www.eventbrite.com/e/divorce-separation-support-group-tickets-51031116443>

Registration in advance is required for all group service programs. Please call the Intake Line at 905-770-7040, or 1-800-263-2075, ext. 237, or e-mail us at groups@ccsyrr.org to secure your space in an upcoming program. **Programs run based on enrollment response.** Minimum and Maximum enrollment numbers do apply. Register early to avoid disappointment and please register to confirm program details are still accurate. Nominal fees are required to help cover the cost of running most of these programs. We keep the fees as low as possible with the generous support of our funders. **No one will be turned away for lack of ability to pay.** If you require a fee accommodation, please inquire.