



FOUNDED IN VALUES...REACHING OUT TO ALL

## FALL 2018 GROUPS & WORKSHOPS

### 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:** St. Luke's Parish, Thornhill

**Language:** English

**Facilitators(s):** John & Ed

**Registration fee:** \$40

**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:** Tues evenings from Sept. 11 . Oct 30

**Time:** 6:30 p.m. . 8:30 p.m.

**Location:** CCSYR, Richmond Hill Office

**Language:** English

**Facilitator(s):** John

**Registration fee:** \$40

### Groups for Women

**Bridge Group for Women:** An eight session supportive group for women who are going through type form of significant life change. 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:** Wednesday Nights Sept 26 to Nov. 14<sup>th</sup>

**Time:** 6:30 p.m. . 8:30 p.m.

**Location:** CCSYR, Richmond Hill Office

**Language:** English

**Facilitator(s):** Michelle B & Michelle S.

**Registration fee:** \$40

### Groups for Women (continued)

**Newcomer Women's Support Group:** An eight session supportive group for newcomer women 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, women's health and immigration related issues.

**Registration fee:** \$20

**Dates:** Thursdays, from November 1 to December 20<sup>th</sup>

**Time:** 6:00 . 8:00 p.m.

**Location:** Ontario Early Years Centre, Newmarket

**Language:** Spanish

**Facilitator(s):** Zully / Coral

**Child-minding Available!**

**Dates:** Thursdays from Sept 6 to Oct 25

**Time:** 10:00am . 12:00pm

**Location:** CCSYR, Richmond Hill

**Language:** Korean

**Facilitator(s):** Jiyoun & Hanna

**Dates:** Sat. Sept 15 to Sat. Nov. 3, 2018

**Time:** 10:00am . 12:00pm

**Location:** CCSYR, Richmond Hill Office

**Language:** Russian

**Facilitator(s):** Anna K.

### Groups for Parents

**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.

**Registration fee for all parenting programs:** \$20/individual

**Dates:** TBA

**Time:** TBA

**Location:** TBA Richmond Hill

**Language:** Cantonese

**Facilitator(s):** Denise

**Dates:** Tuesdays from October 2 . October 30

**Time:** 10:00am . 11:30am

**Location:** TBA Richmond Hill

**Language:** English

**Facilitator:** Life With A Baby / Jill Franks

### Groups for Parents (continued)

**Parents and Grandparents Program:** A five session group for parents and grandparents together, that recognizes the role of grandparents in transferring cultural values, family customs and literacy.

**Dates:** Saturday from Oct 27 to Nov. 24

**Time:** 10:00am . 12noon

**Location:** St. Luke's Parish, Thornhill

**Language:** English

**Facilitator(s):** John & Ed

**Parents of Pre-Teens / Teens:** A six session group program for parents of 10 to 17 years olds; focused on helping parents stay connected to their children during the teenage years and building a positive relationship with them.

**Dates:** Mondays from September 10 to October 22

**Time:** 6:30-8:30pm

**Location:** CCSYR, Richmond Hill Office

**Language:** Spanish

**Facilitator(s):** Idalmis & Maria F.

**Dates:** TBA

**Time:** TBA

**Location:** TBA

**Language:** English

**Facilitator(s):** Life With A Pre-Teen / Teen (Claire Kerr Zlobin)

### Community Groups

**Money Matters:** Money Matters, an eight week FREE workshop to improve financial knowledge and money management skills for clients who are in need.

**Dates:** Thursdays, from Nov 1st to Dec 20th, 2018

**Time:** 6:00 . 8:00 p.m.

**Location:** CCSYR, Richmond Hill Office

**Language:** English

**Facilitator(s):** Hamid

**Registration fee:** FREE

**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. This group will be offered two times each year.

**Dates:** Tuesdays, from November 6<sup>th</sup> to January 22, 2019

**Time:** 6:30 . 8:30 p.m.

**Location:** CCSYR, Richmond Hill Office

**Language:** English

**Facilitator(s):** Maria & Rick

**Registration fee:** \$20

Registration in advance is required. Call the Intake Line at 905-770-7040, or 1-800-263-2075, ext. 237, or e-mail us at [groups@ccsy.org](mailto:groups@ccsy.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. 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.**

