

AISSLING DISCOVERIES FAMILY/CAREGIVER SKILL BUILDING GROUP CALENDAR 2018-2019

Group Name	Population	Spring	Summer	Fall	Winter	# of Sessions	Location
<b>Facing Your Fears (ages of 7-9)</b>	Parent-Child group to help children who are experiencing anxiety	N/A	Starts mid September	October to December	January to March	13 sessions 6-7:30 (evening)	325 Milner Avenue
<b>Facing Your Fears (ages 10-12)</b>	Parent-Child group to help children who are experiencing anxiety	April to June	N/A	October to December	March to June	14 sessions 6-7:30 (evening)	325 Milner Avenue
<b>Circle of Security (Catholic Children's Aid Society)</b>	To help parents referred by CCAS to build positive, nurturing relationships with their young children and infants	May to June	N/A	October to December	N/A	8 sessions + 1 follow up (daytime)	CCAS office
<b>Circle of Security (Children's Aid Society of Toronto)</b>	To help CAST-referred parents involved in supervised access to build positive, nurturing relationships with young children and infants	N/A	N/A	October to December	January to March	8 sessions + 1 follow up (daytime)	CAST office
<b>Circle of Security (parents of children &lt; 6)</b>	To help parents to build positive, nurturing relationships with their young children and infants	April to June 1 daytime session 1 evening session	N/A	October to December 1 daytime session	January to March 1 daytime session 1 evening session	8 sessions + 1 follow up (evening & daytime)	325 Milner Avenue
<b>Scarborough Post-Partum Depression</b>	For parents referred by / involved with Toronto Public Health	Starting in June	Continues			14 sessions (daytime)	Taibu
<b>Triple P Parenting</b>	Parenting group to help parents of children ages 4-12 to learn positive parenting strategies	March to April (Day)	June-July (evening) July-Aug (evening)	September to October (evening) October to November (day)	January to February (evening) February to March (evening)	5 group sessions and 3 telephone sessions (evening & daytime)	325 Milner Avenue

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				November to December (evening)			
<b>Triple P Parenting (Cantonese and Mandarin)</b>	Parenting group to help Chinese-speaking parents of children ages 4-12 to learn positive parenting strategies	March to April	N/A	September to October	N/A	5 group sessions and 3 telephone sessions (evening)	325 Milner Avenue
<b>ADHD Parent Group Seminar Series</b>	For parents with children ages 7 to 12 diagnosed with ADHD	1 seminar per month (April 18, May 16, June 6).	N/A	1 seminar per month (Sept, Oct, Nov, Dec). Dates to be confirmed.	1 seminar per month (Jan, Feb, Mar). Dates to be confirmed.	Wednesdays Monthly (evening)	325 Milner Avenue
<b>SNAP Parent Group (Parents with a child in Day Treatment at Vradenburg)</b>	Parent training on the use of SNAP skills taught in the classroom to help children develop better coping skills to manage their emotions and make better decisions.				January 10 to April 4	Thursdays 10-12 sessions weekly (evening)	Vradenburg Public School
<b>Coping Power (Parents with children in Day Treatment at Holy Name)</b>	Parent training on the use of Coping Power taught in the classroom to help children develop better problem solving skills to address their emotions.				January 15 to May 21	Tuesdays 10-12 sessions bi-weekly (evening)	Holy Name Catholic School
<b>Triple P Parenting (Parents with children in Day Treatment at Highland Heights)</b>	Parenting group to help parents to learn positive parenting strategies				January 14 to April 8	Mondays 12 group sessions weekly (evening)	Middlefield Avenue
<b>Beyond the Basics 1</b>	Parenting program for parents with children ages 0-6 in the care of Child Welfare	April to June	N/A	September to November	January to March	10 Sessions (evening)	Warden Woods CC
<b>Beyond the Basics 2</b>	Parenting program for parents with children ages 7-12 in the care of Child Welfare.				January 8 to March 15	10 sessions (evening)	Warden Woods CC

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<b>Caring Dads</b>	Parenting program for fathers involved with Child Welfare	March to June	N/A	October to January	March to June	15 -17 sessions (evening)	Scarborough CAST office
<b>Here to Help</b>	Group programming for women and children (ages 4-16) who have experienced or witnessed violence	April to June	N/A	September to December	January to March	Spring and Fall: 13 sessions 5:30 – 7:30 (evening) Winter: 11 sessions	Off-site