



Serving people from diverse cultures

Catholic Community Services of York Region FALL 2010 GROUPS AND WORKSHOPS

Our programs and services are open to the entire community

Check our website for updated information at: www.ccsyr.org

Groups for Men

Focus on Fathers: A six session group for fathers 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.

Date: Saturdays, from October 16th to November 20th

Time: 10:00 – 12:00

Location: CCSYR, Richmond Hill

Language: English

Date: Fridays, from October 1st to November 5th

Time: 7:00 – 9:00 p.m.

Location: OEYC, Thornhill

Language: **KOREAN**

Reconnecting Fathers: An eight weekly session group program 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.

Date: Tuesdays, from October 12th to November 30th

Time: 7:00 – 9:00 p.m.

Location: Ontario Early Years Centre, Aurora

Language: English

Groups for Women

Bridge Group for Women: A supportive group for women, led by experienced female counsellors. Topics include self-esteem, assertiveness building, dealing with anger, building stronger relationships, reducing isolation and coping constructively with transitions. This is an ongoing program and is offered three times each year.

Date: Mondays, from September 27th to November 22nd

Time: 6:30 – 8:30 p.m.

Location: CCSYR, Richmond Hill

Language: English

Women to Women Workshops: A one day workshop for women, led by female counselor. Topics are different for each session.

Date: Monday, December 13th

Time: 6:00 – 8:30 p.m.

Location: CCSYR, Richmond Hill

Language: English

Newcomer Women's Support Group: A supportive group for newcomer women to meet with other members of their community and discuss topics including: self esteem, stress and isolation, family relationships, women's health issues, and immigration related issues.

Date: Fridays, from October 1st to November 19th

Time: 7:00 – 9:00 p.m.

Location: CCSYR, Richmond Hill

Language: **RUSSIAN**

Date: Wednesdays, from October 6th to November 24th

Time: 6:00 – 8:00 p.m.

Location: OEYC, Newmarket

Language: **SPANISH**

Date: Saturdays, from October 9th to November 27th

Time: 10:00 – 12:00

Location: CCSYR, Thornhill office

Language: **KOREAN**

Date: Thursday, from October 21st to December 9th

Time: 7:00 – 9:00 p.m.

Location: CCSYR, Richmond Hill

Language: **FARSI**

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.

Date: Thursdays, from October 21st to November 18th
Location: OEYC, Thornhill

Time: 7:00 to 9:00 p.m.
Language: English

Date: Wednesdays, from October 20th to November 17th
Location: Richmond Hill Chinese Community Church

Time: 10:00-12:00
Language: CHINESE

COPE, Parenting Program: Community Parent Education is a nine session school based family oriented group program for parents of children 4 to 12 years of age who have disruptive behavior, will be offered in English.

Date: Tuesdays, from October 26th to December 14th
Location: Catholic Elementary School, Vaughan

Time: 7:00 – 9:00 p.m.
Language: English

Triple-P: An eight session group for parents who have teenage children to gain confidence, problem solving skills and useful strategies for raising compliant and confident children held in collaboration with Family Services of York Region.

Date: Mondays, from October 25th to December 13th
Location: CCSYR, Richmond Hill office

Time: 7:00 – 9:00 p.m.
Language: FARSI

Parents of Teens: A six session group program for parents of 11 to 17 years old teenagers, focused on helping parents stay connected to their kids during the teenage years.

Date: Wednesdays, from October 20th to November 24th
Location: CCSYR, Richmond Hill

Time: 7:00 – 9:00 p.m.
Language: English

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.

Date: Tuesdays, from October 5th to November 2nd
Location: CCSYR, Richmond Hill office

Time: 7:00 to 9:00 p.m.
Language: SPANISH

Step-parenting Workshop: Parenting for Stepfamilies is a three session group program for parents who are living in blended families which helps them to build a strong couple relationship and to discuss strategies to meet their children's needs.

Date: TBA
Location: CCSYR, Richmond Hill office

Time: 7:00 – 9:00 p.m.
Language: English

Divorce Care: Group for women and men, going through separation or divorces who want to explore issues of concern and find mutual support. Learn more about this program at: www.divorcecare.org

Date: Tuesdays, from September 21st to December 21st
Location: CCSYR, Richmond Hill office

Time: 6:45 – 8:45 p.m.
Language: English

All these Programs are offered FREE of charge, but registration in advance is required
Many of these programs are offered throughout the year in other languages, including Chinese, Farsi, Korean, Russian, Spanish, Tamil and Urdu. For information on upcoming groups...

Call Intake at 905-770-7040, or 1-800-263-2075, extension 241.