

FAMILY WELLNESS SERIES

FALL 2024



GEORGE HULL CENTRE
FOR CHILDREN & FAMILIES

Changing the
trajectory of children's
mental health.

"Enhancing the quality of life of children, youth & families"

For registration/questions regarding the above groups, please call Alicia Romano at (416) 622-8833 ext. 258 or the main number at 416-622-8833

*Please note some groups have a small program fee. Please see the second page of this flyer for more information.

Groups	Attendees	Date	Time & Location	Presenter(s)
ANXIETY GROUP*	Children Ages 9 – 12	9 TUESDAYS Oct 1 – Nov 26, 2024	5:00 - 6:00 pm 81 The East Mall, 3rd Floor	Sara Tobin, MSW Tom Dewe, MSW
	Parents of children in the Anxiety Group	9 TUESDAYS Oct 1 – Nov 26, 2024	5:00 - 6:00 pm 81 The East Mall, 3rd Floor	Nancy Ji, MSW Torie Patterson, MSW
FEELINGS EXPLORERS GROUP*	Children Ages 6 – 8	9 WEDNESDAYS Oct 9 – Dec 4, 2024	4:00 – 5:00 pm 81 The East Mall, 3rd Floor	Brittney Lentini, MSW Laura Shugar, MSW
	Parents of children in the Feelings Explorers Group	9 WEDNESDAYS Oct 9 – Dec 4, 2024	4:00 – 5:00 pm 81 The East Mall, 3rd Floor	Raegina Jeyaranjan, MSW Shamika Forde, MSW
CIRCLE OF SECURITY VIRTUAL	Parents of children Ages 1 - 7	8 SESSIONS Start Date: TBD	10:00 – 11:30 am Via Zoom	Laura Shugar, MSW Erin Thackray, MSW
TRIPLE P VIRTUAL	Parents of children Ages 1 - 7	8 SESSIONS Oct 1 – Nov 19, 2024	10:00 am – 12:00 pm Via Zoom	Karen Mohite, MSW Lynda Evans, CYW
TEEN TALK*	Teens Ages 14 - 18	11 WEDNESDAYS Oct 2 – Dec 11, 2024	4:00 – 6:00 pm 81 The East Mall, 3rd Floor	Jessica Udit, MSW Sophia King, MSW
COOL OUT*	Youth ages 10 – 13 who self-identify as queedr (2SLGBTQ+) or questioning	8 MONDAYS Start Date: TBD Spring 2025	4:00 – 5:30 pm 81 The East Mall, 3rd Floor	Sara Tobin, MSW Nafisa Hussain, MSW
HEAR MY VOICE* (a group for kids with selective mutism)	Children Ages 4 - 7	MONDAYS ****Please talk to your clinician or intake about registering for this group	9:15 – 11:30 am 81 The East Mall, 3rd Floor	Carm Viola, RECE Brittney Lentini, MSW Aimee Kenney, MSW
NURTURING ATTACHMENTS* VIRTUAL	For adoptive/kin and foster parents	12 WEDNESDAYS Start Date: TBD Spring 2025	5:30 – 7:00 pm Location: TBD	Aimee Kenney, MSW Erin Thackray, MSW Rebecca Maiese, MSW
NURTURING CONNECTIONS*	For all parents	10 THURSDAYS Oct 10 – Dec 12, 2024	5:30 – 7:30 pm 81 The East Mall, 3rd Floor	Joan Lee, MSW Raegina Jeyaranjan, MSW Tracy De, MSW
BABY LOVE	For children aged 4 – 16 months and their caregivers	8 SESSIONS Day of week and start date TBD	Time TBD Location TBD	Mariela Nievas, RECE Amanda Chan, MSW

The George Hull Centre is a registered charity. Donations in support of groups are gladly accepted.
Reg. Charity No. 10808 2918 RR0001

<p>Anxiety Group (parents' group and children's group)</p> <p>Please Note: Potential participants are assessed to determine their readiness for group work.</p> <p>There is a \$100 fee to cover materials. These fees may be claimed with private insurance and we will provide a receipt. These fees may be reduced or waived if they are a hardship for your family.</p>	<p>For children ages 9-12 years with anxious/nervous feelings, thoughts or physical sensations.</p> <p>This group is divided into two sections – one group for the parent(s) and one group for the child. A parent must attend if their child is in the group, however, parents may participate without their child if their child is not ready for a group experience.</p>
<p>Feelings Explorers (parents' group and children's group)</p> <p>Please Note: Potential participants are assessed to determine their readiness for group work.</p> <p>There is a \$100 fee to cover materials. These fees may be claimed with private insurance and we will provide a receipt. These fees may be reduced or waived if they are a hardship for your family.</p>	<p>For children ages 6 to 8 years</p> <p>This is an innovative social emotional learning, skills based prevention and intervention program that is intended to promote children's mental health and wellness. This program is linked to the Ontario curriculum and reflects Canadian content. The importance of teaching children social emotional skills is critical to their overall development. It provides children the opportunity to develop skills that include self-awareness, self-management, responsible decision making, relationship building, and social awareness. Through this 10 week session, 1 hour a week experiential program, children will engage in play-based activities such as role playing, puppets, games, stories, music and art.</p> <p>This group is divided into two sections – one group for the parent(s) and one group for the child. Both parent and child must attend.</p>
<p>Circle of Security (parents' group)</p> <p>Please Note: Potential participants are assessed to determine their readiness for group work.</p>	<p>The Circle of Security Parenting group gives parents/caregivers the opportunity to reflect on their parenting experiences as well as their child's experiences.</p> <p>Topics include:</p> <ul style="list-style-type: none"> • The Circle of Security and the various needs of infants and the caregivers' children • The importance of "being with" children when they need comfort and presence from caregivers • What can get in the way of caregivers' abilities to see and effectively respond to their child's needs • The path to secure attachments • How to repair relationships after parents have ruptured relationships
<p>Triple P (parents' group)</p> <p>Please Note: Potential participants are assessed to determine their readiness for group work.</p>	<p>Triple P – Positive Parenting Program is a parenting program that aims to make parenting easier. The program consists of both group sessions and individual sessions, so families have the information and skills and the opportunity to practise the strategies.</p> <p>The aim of Triple P is to increase parental competence and confidence in raising children by:</p> <ul style="list-style-type: none"> • Increasing parents' confidence and competence in managing common behaviour problems and developmental issues • Reducing parents' use of coercive and punitive methods of disciplining children • Improve parents' communication about parenting issues • Reducing parenting stress associated with raising children
<p>Teen Talk</p> <p>Please Note: Potential participants are assessed to determine their readiness for group work.</p> <p>There is a \$100 fee to cover materials. These fees may be claimed with private insurance and we will provide a receipt. These fees may be reduced or waived if they are a hardship for your family.</p>	<p>For adolescents who are dealing with issues of dysregulation in the areas of self, emotions, behaviours and relationships.</p> <p>Skills taught in the group are from a Dialectical Behaviour therapy framework and include mindfulness, distress tolerance, emotion regulation and interpersonal effectiveness.</p> <p>Parents are expected to participate in monthly sessions that teach them validation skills and how to walk the middle path.</p>

<p>Cool Out There is a \$100 fee to cover materials. These fees may be claimed with private insurance and we will provide a receipt. These fees may be reduced or waived if they are a hardship for your family.</p>	Cool Out is a group for youth ages 10-13 who self-identify as queer (2SLGBTQ+) or questioning and are looking for a weekly space to connect with peers. This group will use arts-based activities, discussion, and media to explore topics related to gender, sexuality, relationships, intersectional identities, social media, and school..
<p>Hear My Voice Please Note: Potential participants are assessed to determine their readiness for group work.</p> <p>There is a \$100 fee to cover materials. These fees may be claimed with private insurance and we will provide a receipt. These fees may be reduced or waived if they are a hardship for your family.</p>	<p>This group is for children who are diagnosed or exhibiting symptoms of selective mutism, who are between the ages of 4 – 7.</p> <p>Overall goals for the group include: Developing awareness of emotions, increasing eye contact, using non-verbal communication, increasing tolerance of sense of touch, increasing tolerance of proximity, increasing interaction with peers and adults, improving socio-emotional behaviour, increasing tone of voice, increasing choice making and responding to simple questions.</p>
<p>Nurturing Attachments Please Note: Potential participants are assessed to determine their readiness for group work</p> <p>There is a \$200 fee to cover materials. These fees may be claimed with private insurance and we will provide a receipt. These fees may be reduced or waived if they are a hardship for your family.</p>	<p>For adoptive, foster or kin parents to learn: how to help their child develop close, satisfying relationships practical approaches to promoting attachment, shaping behavior and working through trauma and grief</p>
<p>Nurturing Connections Please Note: Potential participants are assessed to determine their readiness for group work.</p> <p>There is a \$200 fee to cover materials. These fees may be claimed with private insurance and we will provide a receipt. These fees may be reduced or waived if they are a hardship for your family.</p>	<p>A group to help parents nurture their attachments with their children so that the children will feel increasingly secure and supported by their parents and in turn more receptive to limits and expectations</p>
<p>Baby Love (parents' group and children's group)</p> <p>Please Note: Potential participants are assessed to determine their readiness for group work.</p>	<p>Sessions include activities for babies and caregivers, Q & A, and practice exercises with your baby. Learn how to:</p> <ul style="list-style-type: none"> • Read and calm your baby • Feel more confident as a parent • Ask development and parenting questions • Meet new friends