

The Phoenix Centre for Children and Families

PARENTING GROUPS - 2011

For information or to register call 613-735-2374

<p><u>Re-Think Group</u> The keys and clues to teen and parent re-connection Boardroom & Group Room</p>	<p><u>Pembroke - Tuesdays</u> April 5 to June 7, 2011 6:00 to 8:00 p.m.</p>	<p>This group is for parent(s) & teens (12-15) <u>to attend together</u>. Some topics include: active listening, communication, drugs, youth and the law and more.</p>
<p><u>Early Years Parenting</u> Phoenix Centre Boardroom 8 Week Group</p>	<p><u>Pembroke- Tuesdays</u> Feb. 8 - April 8, 2011 May 3 to June 21, 2011 4:00-5:30pm</p>	<p>This group is for parents of children 0-6 years of age. It provides parents with an understanding of young children and teaches strategies to manage behaviour.</p>
<p><u>Children 1st Program</u> Pembroke – Group Room A 4-hour group that runs every other month.</p>	<p><u>Pembroke Wednesday & Thursday evenings</u> January 26 & 27 March 30 & 31 May 25 & 26 July 27 & 28 6:00-8:00pm</p>	<p>This group provides separating/ divorced parents the opportunity to learn about and discuss the effects that divorce and changing family situations have on children. Parents are introduced to methods of minimizing the negative consequences of divorce on their children.</p>
<p><u>COPE-Parenting</u> Alpha House – 1348 Pembroke Street, West 8 Week Group</p>	<p><u>Pembroke – Wednesdays</u> March 23 to May 11, 2011 6:00 to 8:00 p.m.</p>	<p>This group is for parents of children 6-12 years of age. It teaches effective strategies to manage difficult behaviour.</p>

<p><u>Trauma Information Group</u> Phoenix Centre Boardroom</p>	<p><u>Pembroke-Thursdays</u> 4 week group May 19, 26, June 2, 9th 6:00 to 7:30pm</p> <p><u>Petawawa – Wednesdays</u> 4 week group March 23, 30, April 6, 13 6:00 to 7:30 p.m.</p>	<p>This is an educational group that promotes effective parenting techniques to help children who have been traumatized.</p>
<p><u>Parenting Your Teen</u> Pembroke – Boardroom 4 Week Group</p>	<p><u>Pembroke – Wednesdays</u> June 1-June 22, 2011 6:00 to 8:00 p.m.</p>	<p>This group helps parents understand and deal with behaviours of adolescents.</p>
<p><u>Kinship Support Group</u> Phoenix Centre - Pembroke Group Room</p>	<p><u>Pembroke-Thursdays</u> January 27, 2011 February 24, 2011 March 31, 2011 April 28, 2011 May 26, 2011 June 30, 2011 1:00-3:00pm</p>	<p>This support group is for grandparents or relatives raising second-generation children. It is an opportunity to share ideas, get answers and discuss specific problems through an open forum with guest speakers and the expertise of the participants.</p>
<p><u>Magic 123 - Pembroke</u> 2 hour video January 26, 2011 March 30, 2011 May 25, 2011 Group Room</p>	<p><u>MORE Magic 123</u> 2 hour video February 23, 2011 April 27, 2011 June 29, 2011</p>	<p><u>Pembroke – Wednesdays</u> 1:00 to 3:30 p.m.</p> <p>This video helps parents to stop unwanted behaviour and encourage positive behaviour with their children.</p>
<p><u>Magic 123 - Petawawa</u> 2 hour video February 28, 2011 April 18, 2011 June 27, 2011</p>	<p><u>MORE Magic 123</u> 2 hour video January 24, 2011 March 28, 2011 May 30, 2011</p>	<p><u>Petawawa – Mondays</u> 6:00 to 8:30 p.m.</p> <p>This video helps parents to stop unwanted behaviour and encourage positive behaviour with their children.</p>

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CHILDREN'S GROUPS - 2011

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<p><u>Social Skills Group</u> (8 – 12 years) 8 week group</p>	<p><u>Pembroke - Thursdays</u> April 14 to June 2, 2011 4:30 to 6:00 p.m.</p>	<ul style="list-style-type: none"> - Assists children in developing social skills to effectively cope with every day situations. - Builds emotional resilience and problem-solving abilities - Promotes self-confidence.
<p><u>Teen Girls Support</u> (13 + years)</p>	<p><u>Pembroke – Mondays</u> February 28 to May 2, 2011 4:00 to 6:00pm</p>	<p>This group has an emphasis on body image, self-esteem, relationships and stress management for girls 13 years of age and older.</p>
<p><u>Anger Management Group</u> (8 – 12 years) 8 week group</p> <p>Phoenix Centre – Pembroke Group Room</p>	<p><u>Pembroke – Wednesdays</u> May 4-June 22, 2011 4:30 – 6:00 p.m.</p>	<p>This group teaches children to recognize emotions, triggers, relaxation techniques, positive self-talk and removing yourself.</p>
<p><u>Concurrent Social Skills Group</u> For parents and children (4 to 7 years) 12 Reichwald Cres, Petawawa</p>	<p><u>Petawawa – Mondays</u> March 21-May 16, 2011 4:30-5:30pm</p>	<p>This group is for parents and children to learn parenting strategies to promote positive relationship skills with their children while children receive individual social skills training.</p>
<p><u>Growing Together Group</u> For mothers & children (This group is in partnership with the Phoenix Centre & Bernadette McCann House</p>	<p><u>Pembroke-Thursdays</u> 11 week group 4-6pm March 3-May 12, 2011 Alpha House, 1348 Pembroke St. West</p>	<p>This group is a support group that builds self-esteem, breaks the isolation of abuse and promotes the healing process. To register call Maureen Clouthier 613 732-7776</p>