

If you are receiving services from York Hills, please connect with your clinical worker to register for one of the workshops.



Register at
www.yorkhillscentre.eventbrite.com
or scan the barcode!

EMBRACING A SENSORY LIFESTYLE (Pooja Patel - Occupational Therapist)

This webinar will look at the role of an Occupational Therapist in the field of child and adolescent mental health. Time will be spent exploring the area of sensory regulation with our 8 senses and how it can impact day to day activities. The second half of this webinar will offer practical strategies for sensory regulation to trial for in home or school use. Healthy lifestyle balance will also be addressed to help our school aged children experience joy in their daily activities.

Tuesday
January 19, 2021
1:00 PM — 2:30 PM
Zoom Webinar
Or
6:30 PM — 8:00 PM
Zoom Webinar

NAVIGATING AND ACCESSING MENTAL HEALTH RESOURCES IN YORK REGION

(Christina Ramdhin and Jasmine Tjandra - RBC Mental Health Navigators)

Have you ever felt confused when trying to locate and access mental health services? Are you curious about what supports are available for children and youth within York Region? If you are interested in learning about how to navigate various systems and supports, then this is the webinar for you! Information will be provided on services available in York Region, self-care when navigating systems, as well as useful tips to help support you and your family when seeking services.

Wednesday
January 27, 2021
6:30 PM — 8:30 PM
Zoom Webinar

POSITIVE CONNECTIONS – HOW TO RESPOND TO YOUR CHILD IN POSITIVE AND EFFECTIVE

WAYS (Larisa Levalds and Pamela Snelgrove - Child and Family Therapist, Cindy Inacio – 0-6 Worker, Vibhuti Bhatt - Speech and Language Pathologist)

This workshop is for parents/caregivers who are looking for new ways to connect with their child(ren) aged 0—6. Caregivers will learn how to connect with their child(ren), and will gain a solid understanding of how, why, and when connections are optimal in order to overcome behavioural challenges that child(ren) may be experiencing.

Thursday
January 28, 2021
6:30 PM — 8:30 PM
Zoom Webinar
Or
Thursday
March 4, 2021
10:00 AM — 12:00 PM

Exploring the Connection Between Youth Mental Health and Substance Use - in partnership with Addiction Services for York Region

(Christina Ramdhin - York Hills RBC Mental Health Navigator, Laurie Blow—York Hills Intensive Services Worker, Halima Bahman - Addictions Services York Region)

Are you a parent/caregiver curious about substance use by teens? Are you seeking information and resources to help support a young person in your life who is potentially facing an addiction and mental health concern? Then you have come to the right place! Research shows that adolescents are more likely to experience mental illness and/or substance use disorders than any other age group. This webinar will provide information to support parents/caregivers of adolescents who are at risk of, or who experience mental health and substance use challenges. We will explore the relationship between mental health and addictions, and how to identify, support and respond to teens.

Monday
February 8, 2021
6:30 PM — 8:30 PM
Zoom Webinar
A collaborative partnership:



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Words and Wellness: Understanding the role that language plays in supporting children's mental health

(Vibhuti Bhatt - Speech and Language Pathologist)

Language plays a critical role in our children's lives, though its importance is often overlooked when more noticeable behaviour challenges arise. This webinar will speak to the many ways in which language connects with children's social and emotional wellbeing. Participants will be invited to consider their child(ren)'s language needs, and will gain concrete strategies to create a language-rich environment to support their mental well being.

Tuesday
February 16, 2021
1:00 PM — 2:30 PM
Zoom Webinar
Or
6:30 PM — 8:00 PM
Zoom Webinar

PARENTING TRAPS AND STRATEGIES - SMALL CHANGES, BIG DIFFERENCES

(Uma Bhatt - Community Outreach Worker)

This workshop is informed by the evidence based parenting program Triple P. While parents hope to have positive relationships with their children, these relationships can sometimes be difficult to navigate when power struggles and challenging behaviours are encountered. Come and learn about how to identify and respond to children in order to avoid power struggles, and develop strategies that will work for your family.

Monday
February 22, 2021
6:30 PM — 8:30 PM
Zoom Webinar

NAVIGATING EXPERIENCES OF GRIEF AND LOSS

(Marcia McCready – IFCR/CCES Clinician)

Is your family experiencing challenges due to grief or loss, including the death or illness of loved one, or another significant change such the challenge of isolation and loss due to COVID-19? Have you wondered how to support your child/teen? This webinar is for parents/caregivers, who are seeking ways to communicate, validate, and support their families through the journey of grief and loss. Join us as we discuss topics such as:

- Different types and expressions of grief and loss, and how to effectively support children/teens according to their stage of development.
- Strategies and resources to guide difficult conversations, and how to offer comfort as you negotiate towards your new 'normal'.
- How to embrace self-compassion and practice and encourage self-care.
- How to recognize if/when your child or teen needs more help.

Tuesday
February 23, 2021
6:30 PM — 8:30 PM
Zoom Webinar

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BRINGING YOUR FAMILY INTO FOCUS — PARENTING CHILDREN WITH ATTENTIONAL DIFFICULTIES.

(Laurie Blow and Rick Rotchild - Intensive Child and Family Workers)

The goal of this workshop is to provide information to support parents/caregivers of children and adolescents who experience challenges with focusing, attention, and managing impulsivity. The workshop will cover: What ADHD is and what it is not, how living with ADHD impacts your child and family, and will provide strategies to assist in managing and coping when your child struggles with attentional difficulties.

Monday
March 1, 2021
6:30 PM — 8:30 PM
Zoom Webinar

SIBLING RIVALRY TO SIBLING RELATIONSHIP (Uma Bhatt - Community Outreach Worker)

Come and learn! This workshop will discuss what sibling rivalry is, what causes it, and what parents can do to build and strengthen this important relationship.

- Explore the meaning of 'fairness' from a child's perspective, and learn how to handle each child's feelings.
- Learn how to respond to challenging behaviours, and how to balance the parental role of being a 'coach and a referee'.
- Learn the value of 'cooling off time', and teach your children to use 'quiet spaces' for calming and learning to work together with a sibling to problem solve.
- Learn ways to encourage positive and respectful sibling relationships.
- Learn additional ways to cope and manage when one/both siblings have mental health challenges.

Tuesday
March 9, 2021
6:30 PM — 8:30 PM
Zoom Webinar

GENERALIZED ANXIETY DISORDER (Dr. Jared Berger - Clinical Child & Adolescent Psychologist)

Anxiety is the most common mental health problem in young people. About 3% of Canadian children or youth experience an anxiety disorder. This webinar will focus on providing information to caregivers of children and youth who experience Generalized Anxiety Disorder (GAD). Participants will leave with an increased understanding of how GAD presents in this age group, its impact on the family, and learn about some helpful resources and supportive coping strategies.

Monday
March 22, 2021
2:00 PM — 3:00 PM
Zoom Webinar

CONSCIOUS PARENTING – RAISING TEENS (Abner Lico- Child and Family Therapist)

This workshop will provide an opportunity for parents to better understand their adolescent, and their role as parents. During our time together we will explore questions such as: How do I see myself as a parent? Why do I choose to parent the way I do? We will also look at what our triggers are and our reactions to these triggers.

Conscious parenting includes awareness of ourselves as individuals, as parents, and of our teenage child. We will look at the developmental period of adolescence and the specific factors that distinguish it from other developmental periods. The aim of this workshop is to introduce you to the concepts of conscious parenting. It is an invitation to become more aware, reflective, understanding and deliberate in the relationship with your child.

Wednesday
March 24, 2021
6:30 PM — 8:30 PM
Zoom Webinar

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UNDERSTANDING AND MANAGING CHALLENGING BEHAVIOURS

(Katelyn Kitson - Child and Family Therapists)

Understanding challenging behaviours and where they stem from is the first step to being able to better manage them. This workshop is for parents/caregivers of youth 12 years and older, and will focus on how behaviours function in a teen’s brain. We will discuss and demonstrate the use of tools/strategies to manage challenging behaviours, and how to improve parent/teen relationships.

Monday
March 29, 2021
6:30 PM — 8:30 PM
Zoom Webinar

JOIN US OVER LUNCH FOR THESE TRIPLE P TIP SHEET DISCUSSIONS

(Uma Bhatt - Community Outreach Worker)

BEING A PARENT

Being a parent is one of the most important and often challenging jobs a person will have in their lifetime, with the goal being to raise healthy, well-adjusted children, equipping them with the skills needed to progress into adult life. Many parents begin this journey feeling unprepared for what lies ahead, and learn how to parent through trial and error. Some parents also have unrealistic and high expectations of themselves, which can lead to feelings of disappointment or inadequacy. Come and learn what being a parent means to you, and develop an increased understanding your parenting role in a meaningful and mindful manner.

BEING A PARENT
Monday
January 25, 2021
12:00 PM — 1:30 PM
Zoom Webinar



HEALTHY SELF-ESTEEM

As children grow and develop they form views of themselves as a person, their value as an individual, and how good they are at doing things. This view of their self-worth is called self-esteem. An important part of being a parent involves building confidence in children and supporting them in developing a healthy sense of self-esteem, which includes children having a true sense of their strengths and challenges. This webinar will provide suggestions to help you promote and support your child’s self-esteem.

HEALTHY SELF-ESTEEM
Wednesday
February 10, 2021
12:00 PM — 1:30 PM
Zoom Webinar

NIGHTMARES AND NIGHT TERRORS

Is your child afraid of going to sleep because they were frightened by a nightmare? It can be difficult for caregivers to know what to do when they find their child upset aft a nightmare or having experienced night terrors. This webinar will look a the difference between nightmares and night terrors, and will provide strategies to develop a night time routine that will assist in increasing a child’s sense of safety and comfort.

NIGHTMARES AND NIGHT TERRORS
Thursday
March 25, 2021
12:00 PM — 1:30 PM
Zoom Webinar

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TRIPLE P SEMINAR SERIES - POSITIVE PARENTING (Uma Bhatt - Community Outreach Worker)

The Power of Positive Parenting seminars are a series of three workshops for parents of children birth to 12 years of age. Kids don't come with an instruction manual! Many familiar parenting challenges have solutions that can be applied that will result in positive changes. Triple P's easy-to-understand and practical strategies have been shown to help families in all types of situations.

Seminar # 1 - The Power of Positive Parenting

This seminar focuses on: Ensuring a safe engaging environment for children by creating a positive learning environment, using assertive discipline, having realistic expectations and taking care of yourself as a parent.

Seminar # 2 - Raising Confident and Competent Children

This seminar focuses on encouraging respect and cooperation, learning to be independent, developing healthy self esteem, and learning how to be a good problem solver.

Seminar #3 - Raising Resilient Children

This seminar focuses on: Learning strategies to help build positive feelings in your child, and helping your child to recognize and accept feelings, and how to deal with negative feelings and upsetting stressful life events.

Seminar #1

Tuesday

January 26, 2021

6:30 PM — 8:30 PM

Zoom Webinar

Seminar #2

Tuesday

February 2, 2021

6:30 PM — 8:30 PM

Zoom Webinar

Seminar #3

Tuesday

February 9, 2021

6:30 PM — 8:30 PM

Zoom Webinar

TRIPLE P GROUP 0-12 YEARS - POSITIVE PARENTING PROGRAM

The Triple P Positive Parenting Program Group is for parents of children 2—12 years of age. During this 8 week virtual parenting group you will:

- Learn how to create a safe and positive learning environment for your child.
- Learn why your child responds the way they do, and how to support them during challenging moments
- Learn how to build your children's self-esteem and sense of self-worth.
- Learn how to teach children to become independent problem solvers.

Thursdays

**January 28, 2021–
March 11, 2021**

10:00 — 11:30 AM

Zoom Meeting

**To Register for this
group please call**

(905) 503-9560



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Fear-Less Triple P Parent Group

(Alyssa Fallone and Nathalie Gonsalves - Community Outreach Worker)

Fear-Less Triple P is a 5 week group for parents/caregivers of children age 6 to 14 years, who have moderate to high levels of anxiety that negatively impact everyday functioning. This group provides parents/caregivers with psychoeducation about anxiety and how it works. Parents/caregivers are encouraged to reflect on how anxiety impacts their family and how their family reacts to anxiety. The group aims to give parents/caregivers a better understanding of the development of a child's anxiety and why it continues. This group is offered through a virtual Zoom meeting platform.

**Wednesday
Evenings**

**January 27, 2021–
March 3, 2021**

6:30 PM — 8:30 PM

Zoom Meeting

**To Register for this
group please call
York Hills Intake
department**

(905) 503-9560

TAKE ACTION – ANXIETY GROUP FOR CHILDREN AND THEIR PARENTS/CAREGIVERS (7-11 years)

(Erika Silveira - Child and Youth Worker and Stephanie D'Mello - Child and Family Therapist)

This 9 week virtual parent child group supports children in learning strategies and coping skills to manage anxiety in their lives. The goal of this group is for children to create an ACTION plan for anxiety. ACTION stands for Aware, Calm, Think, Into action, Options and Never stop taking action. Participants will be provided with a workbook and will engage in play, art and creative activities. Parents and caregivers will engage in their own learning through the use of a parent handbook, and group participation. Parents/caregivers will also have the opportunity to meet virtually as a group to learn how to support their child(ren).

Thursday Evenings

**January 21, 2021–
March 25, 2021**

6:30 PM — 8:00 PM

Zoom Meeting

**To Register for this
group please call
York Hills Intake
department**

(905) 503-9560

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