

VIRTUAL GROUP PROGRAMS

for Children and Youth in the Durham Region



Group Programs for Young Children (up to age 11)

PROGRAMS AND DESCRIPTION	OFFERED BY	OFFERED FOR	DATES/TIME	REGISTRATION
<p>Courage Club A virtual program for young children who are demonstrating symptoms of anxiety, and their parents/caregivers. Families will have an opportunity to practice strategies for reducing anxiety symptoms. (4 sessions)</p>	Carea Community Health Center	Age 3 - 5	Mondays: July 5, 12, 19 & 26, 10:00-11:00 am	Contact Jessica at Carea: 289-509-0603 Ext. 3206.
<p>Happy Healthy Kids This program will promote positive mental health in children through fun, interactive, parent/child activities. (4 sessions)</p>	Carea Community Health Center	Up to age 6 with parents/ caregivers	Tuesdays: July 13, 15, 20 & 22 1:00-2:00 pm	Contact Carea at: 905-723-0036 Jen: Ext. 1233 or Louise: Ext. 1224
<p>Kids Have Stress Too Fun activities to learn how to cope with stress, and techniques to promote resilience. (4 sessions)</p>	Carea Community Health Center	Age 6 - 9 (+ one session for parents/ caregivers)	Parent session: July 5, 6-7:30 pm Child Sessions: July 6, 13, & 20 11am -12:00 pm	Contact Kim at Carea: 905-723-0036 Ext. 3205

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Come Together Indigenous Mental Health Mental health support program, incorporating traditional teachings, building relationships and creating an understanding of First Nations Peoples by sharing Indigenous knowledge through stories, experiences and activities. (4 sessions)	Carea Community Health Center	Age 8 -11	Tuesdays: July 6, 13, 20, 27 10:30-11:30 am	Contact Angela at Carea: 905-723-0036 Ext. 1222
Craft and Connect This program is a fun and engaging way to learn how to keep our minds and bodies healthy. Children will be given the opportunity to participate in games, art/crafts and story time that relate to feelings. (3 sessions, offered twice)	Carea Community Health Center	Age 6 - 8	Sign up for: Thursdays: July 8, 15 & 22 4:00- 5:00 pm OR Thursdays: Aug 12, 19 & 26, 4:00-5:00 pm	Contact Kara at Carea: 905-723-0036 Ext. 1273

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<p>Self Awareness and Emotional Resilience</p> <p>This workshop will be delivered in two parts. It is designed to help students continue their journey of self-discovery by providing a safe space for them to understand the basics of self-awareness, emotional resilience challenges, and solutions for their age group. It will give them the language to understand the appropriate definitions of race, ethnicity, nationality, sexuality, gender, and pronouns. This discussion will also address in depth triggers such as education, family, societal, relationship, physical and mental health stressors, the unhealthy effects that poor coping habits can have and ultimately provide students with healthy techniques to manage stress. This will assist the students in developing resilience and mental toughness to manage stressors in healthy ways going forward.</p>	<p>TAIBU Community Health Centre</p>	<p>Black students in grades 5/6</p> <p>Note: these two part sessions have been designed to create a safe space for Black students to access mental health and wellness education and resources.</p> <p>Workshops are 60-90 minutes in length.</p>	<p>Mondays: July 5 & 12 OR July 19 & 26 OR August 9 & 16 10:00-11:30 am</p>	<p>Register Online</p>

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Group Programs for Youth (Age 11 and up)

PROGRAMS AND DESCRIPTION	OFFERED BY	OFFERED FOR	DATES/TIME	REGISTRATION
Trails to Wellness Anxiety and depression support for teens - offered late summer as preparation for return to school. (10 sessions)	Carea Community Health Centre	Grades 9 to 12	Thursdays: Aug 5 to Oct 7 4:00-5:00 pm	Contact Jessica at Carea: 289-509-0603 Ext. 3206
Come Together Indigenous Mental Health Mental health support program, incorporating traditional teachings, building relationships and creating an understanding of First Nations Peoples by sharing Indigenous knowledge through stories, experiences and activities. (4 sessions)	Carea Community Health Centre	Age 12-14	Tuesdays: July 6, 13, 20, 27 1:00-2:00 pm	Contact Angela at Carea: 905-723-0036 Ext. 1222
Healthy Hangout Fun activities to support mental health. (4 sessions)	Carea Community Health Centre	Age 11-14	Wednesdays: Aug 11, 18, 25, & Sept 1 2:30-3:30 pm	Contact Alyssa at Carea: 905-723-0036 Ext. 3204

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Comic Creators This program will introduce reluctant readers to short stories in the form of graphic novels. Each participant will receive a copy of a graphic novel. Participants will be given the materials and guidance required to create a comic/ graphic novel style short story. This program is intended to provide an outlet for creativity, boost confidence in the participants artistic abilities while sharpening literacy skills. (3 sessions, offered twice)	Carea Community Health Centre	Age 11-13	Sign up for: Mondays: July 5, 12 & 19 4:00-5:00 pm OR Mondays: Aug 9, 16 & 23 4:00-5:00 pm	Contact Kara at Carea: 905-723-0036 Ext. 1273

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Healthy Meals, Healthy Minds This program is designed to provide socialization for youth, food handling, safety and prep skills, information regarding the benefits of healthy eating, discussion topics to support mental well-being and the healthy ingredients required to make an age-appropriate meal. (3 sessions, offered twice)	Carea Community Health Centre	Age 11-13	Sign up for: Tuesdays: July 6, 13 & 20 3:30- 4:30 pm OR Tuesdays: Aug 10, 17 & 24, 3:30-4:30 pm	Contact Kara at Carea: 905-723-0036 Ext. 1273
Living Life to the Full 12 hours that can change your life. Want to feel happier, have more energy, gain confidence, enjoy better relationships, feel less stressed and develop skills to deal with life's challenges?	Carea Community Health Centre	Age 15-18	Wednesdays: June 30 to Aug 25, 4:30-6:00 pm	Contact Ana at Carea: 905-723-0036 Ext. 1227

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PROGRAMS AND DESCRIPTION	OFFERED BY	OFFERED FOR	DATES/TIME	REGISTRATION
Youth Art Hub Participants will complete a different art project each week using a variety of materials (provided) and techniques. There will be weekly topic of discussion, on a variety of issues such as healthy ways to cope with stress, worries and self-care. This program is intended to provide an outlet for creativity, boost confidence in the participants artistic abilities, provide a safe space to make social connections while addressing common social and health issues. (3 sessions, offered twice)	Carea Community Health Centre	Age 11 - 13	Sign up for: Wednesdays: July 7, 14 & 21, 4:00 - 5:00 pm OR Wednesdays: Aug 11,18 & 25, 4:00- 5:00 pm	Contact Kara at Carea: 905-723-0036 Ext. 1273

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<p>Self Awareness & Emotional Resilience</p> <p>This workshop will be delivered in two parts. It is designed to help students continue their journey of self-discovery by providing a safe space for them to understand self-awareness and emotional resilience challenges, and solutions for their age group. This workshop is designed to be an open panel discussion on mental health and how students identify and define this for themselves and others. Students will be given a safe space to address topics such as anxiety, depression, self-care practices and mental health vs. mental wellness. This will help students learn the basics of self-care, holistic wellness and receive resources for support.</p>	<p>TAIBU Community Health Centre</p>	<p>Black students in grades 7/8, 9/10 and 11/12</p> <p>Note: these two part sessions have been designed to create a safe space for Black students to access mental health and wellness education and resources.</p> <p>Workshops are 60-90 minutes in length.</p>	<p>7/8's Mondays: July 5 & 12 OR July 19 & 26 OR August 9 & 16 12:00 - 1:30 pm</p> <p>9/10's Mondays: July 5 & 12 OR July 19 & 26 OR August 9 & 16 2:00 - 3:30 pm</p> <p>11/12's Tuesdays: July 6 & 13 OR July 20 & 27 OR August 10 & 17 1:00 - 2:30 pm</p>	<p>Register Online</p>

VIRTUAL GROUP PROGRAMS

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Parent/Caregiver Virtual Workshops

PROGRAMS AND DESCRIPTION	OFFERED BY	OFFERED FOR	DATES/TIME	REGISTRATION
<p>Raising Resilient Black Children</p> <p>This workshop is designed to help parents/caregivers of Black students develop healthy coping strategies for both their lives and their children’s lives as they enter adulthood. Parents/caregivers will have an opportunity to discuss in an open panel their experiences of trauma, understand the definition of it, recognize the signs, and be able to fully discuss the various impacts of racial trauma on their children’s lives. Parents/caregivers will learn about the importance of mental wellness, especially in communities of colour like the Black community. There will also be an open panel discussion to address healthy and unhealthy coping mechanisms, identify strategic ways to help students manage unhealthy coping mechanisms and create self-accountability. Parents/caregivers will learn how to become resilient and create self-care plans to support their overall mental and physical wellness and health.</p>	<p>TAIBU Community Health Centre</p>	<p>Parents/ Caregivers of Black children</p> <p>Note: these two part sessions have been designed to create a safe space for parents of Black children to access mental health and wellness education and resources.</p> <p>Workshops are 60-90 minutes in length.</p>	<p>Tuesdays: July 6 & 13 OR July 20 & 27 OR August 10 & 17 6:00 - 7:30pm</p>	<p>Register Online</p>

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Parent/Caregiver Virtual Workshops

PROGRAMS AND DESCRIPTION	OFFERED BY	OFFERED FOR	DATES/TIME	REGISTRATION
<p>Supporting Children and their Mental Health with the Transition Back to School*</p> <p>This 2-part workshop will focus on equipping parents/ caregivers to assist their school-age children with the transition back to school. It will address concerns including anxiety, worry, coping with change and fostering resilience and positive mental health alongside this transition. Opportunities for parent/caregiver discussion/ dialogue will be built into the workshop sessions. Resources for supporting parents/ caregivers will be provided.</p>	<p>Family Services Durham: Family Counsellors/ Social Workers</p>	<p>Parents/ caregivers of elementary school-aged children (age 4-12; grade JK-6)</p> <p>Max 20 participants/ workshop (offered on a first-come, first-served basis).</p>	<p>This virtual workshop series is being offered twice.</p> <p>Sign up for either:</p> <p>Workshop A: Thursdays: Aug 12 & Sept 16 7:00- 8:00 p.m.</p> <p>OR</p> <p>Workshop B Tuesdays: Aug 17 & Sept 21 7:00- 8:00 p.m.</p>	<p>Contact Adrienne Buller by email: or phone at: 905-668-7711 Ext. 3672</p> <p><i>*See below for additional registration details</i></p>

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***Additional registration details for Supporting Children and their Mental Health with the Transition Back to School**

Family Service Durham (FSD) prefers that when you call or email, please indicate:

- Which workshop series you are interested in attending (Workshop A or Workshop B)
- If you would prefer FSD **to not** leave a voicemail and if so, when would be a good day and time to reach you
- If you would prefer FSD **contact you by email only**
- Please share the full name(s) of parents/caregivers attending from your household, contact number, email address and the ages of the children in the homes (names of children not provided)
- Identify if there are any accessibility needs/considerations

FSD will be in contact with you to confirm your registration and to send a virtual meeting invite. Please let FSD know if you require support with accessing the virtual invite, as this can be provided. Instructions will also be emailed on how to access the virtual platform.