

What

Carizon is now offering several online and in-person child/youth, caregiver, and family groups. These groups are **FREE** and open to families of the Waterloo Region.

How to Register

Space is limited. To register or to refer families please email crpgroups@carizon.ca or phone 519-743-6333 x2383

*Need access to a computer or internet to join us? Limited equipment available to borrow.

Healthy Living & Healthy Relationships – Online

Family Focused Group for 5–7-year-olds and their Parent(s)/Caregiver + Siblings

In this 8-week session families will participate in discussion and activities to promote a healthy lifestyle and family well-being. Every other week will be a cooking session where families will engage in shopping for, preparing and cooking a meal together, joining others in the group for a virtual family meal.

Wednesday’s, October 13 to December 1, 5:00 to 6:00pm

**Grocery cards and shopping lists will be provided for food items*

Building Parenting Capacity Book Club - Online

Group for Parents of children in grades K-8

Parents will explore and discuss the book “How to Talk so Kids will Listen and Listen so Kids will Talk” during an 8-week virtual book club! Members will focus on one chapter per week, reading and completing exercises between online gatherings. Each session will provide an opportunity to discuss the readings, talk about ideas shared, explore exercises, role play and practice those they would like further assistance with to improve their relationships & parenting/caregiver skills with their children.

Wednesday’s, October 13 to December 1, 12:00 to 1:00pm

Connecting Through Play - Online

Family Focused Group for 5–7-year-olds and their Parent(s)/Caregiver

Children learn through play. Play isn’t just fun; it’s how children learn about their world. Adults engaging and being present in play is a ‘hands-on’ way to establish a deep connection and strengthen a healthy relationship with your child(ren). You can build a connection through play by giving your child your full attention in our weekly group sessions and then transferring those play opportunities to other parts of their and your lives. Join us for an 8-week group that will focus on arts & crafts, active games & activities with kits provided to allow the family to explore and experience new ways to play and engaged with each other.

Thursday’s, October 14 to December 2, 6:00 to 7:00pm

Optimistic Thinking – Online

Youth aged 9-11

Participants will have an opportunity to learn through hands on, virtual activities and discussions to positively engage, reframe their thoughts and attitudes about themselves, others, and the world.

Thursday’s, October 14 to December 2, 4:30 to 5:30pm

Just Breathe - Online

Caregivers and their children aged 7-9

Join us to increase understanding of anxiety and learn strategies to help manage the challenging thoughts and feelings often associated with anxiety. Caregivers and children will learn how to use mindfulness-based tools to manage stress, develop emotional regulation skills, and build self-awareness in this activity-based group.

Thursday’s, October 14 to December 2, 4:30 to 5:30pm

Extinguish Your Fire – In person

Children aged 5-7

Through interactive discussions, story time, games and activities, children will learn how to identify what triggers their anger and ways to calm down or re-energize. Children will learn alternative choices to angry words or actions towards themselves or others and learn ways to calm emotions.

**This group will be held at Carizon, 645 Westmount Road East, Kitchener in the Downstairs Community Room*

Tuesday’s, October 12 to November 30, 5:00 to 6:00pm

#YouthConnected – In person

Female-identified Youth aged 14-17

This group will include a variety of activities and discussions to help youth build connection with peers, reduce anxiety, and increase self-esteem. Our time together will include various games, art-based activities, and conversations about mental health with the goal of recognizing we all experience difficult times and can overcome them.

**This group will be held at Carizon, 645 Westmount Road East, Kitchener in the Downstairs Community Room*

Monday’s, October 18 to December 6, 6:30 to 8:30pm