

**Community Resource Program Groups**

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



To register please email **CRPGroups@carizon.ca**

**OR call Jamie at
226-339-0571**

**(space is limited-registration closes September 25th, 2019)**

**Current Groups**

**Emotional Freedom Technique – (For Parents/Guardians and their children Ages 6-10)** EFT is based on Chinese Medicine, often called needleless acupuncture. We tap on the end points (the meridians) of our own energy system (on our own bodies) to release uncomfortable feelings and negative experiences, creating profound change. **This is an 8-session group beginning Tuesday October 01, 2019 until November 19, 2019 inclusive** **from 5:00pm-6:00pm** at Play-A-Latte - 1601 River Road East, Kitchener. Unit 22 (*Childminding will be provided)*

**Super Me – (Self- Esteem Group for children ages 6-9).** “Super Me” is a group that will focus on building self-esteem in children.  This program will combine games, discussions, crafts and other activities all aimed at helping your child recognize their own value and potential.  “You are someone.  You mean something”-Batman **This is an 8-session group beginning Tuesday, October 01, 2019 until November 19, 2019 28, 2019 inclusive from 4:00 to 5:00pm,** at Kinbridge Community Centre-200 Christopher Drive Cambridge

**Extinguish Your Fire – (Anger Management group for children ages SK- Grade 1)**

This program for children includes interactive discussions through story time, games and activities that allows the participant to identify triggers and ways to be able to calm down or re-energize with alternative strategies. Participants will re-energize choices to angry words or actions towards themselves or others to create a calmer controlled individual. **This is a 10- session group beginning Wednesday October 02, 2019 until November 20, 2019 inclusive** **from 4:00pm-5:00pm** at Greenway Chaplin Community Centre- 116 Rouse Ave, Cambridge

**Registration is required!**[**www.carizon.ca**](http://www.carizon.ca)



**Current Groups**

**Your Anxious Child (Parent Group) and Anxiety? Me? (Group for children ages 8-11) The parent group and child group run at the same time.** Raising a child who struggles with feelings of anxiety can be difficult and sometimes it is hard to understand what’s going on for our children. By attending this group, parents and guardians can gain knowledge in understanding what childhood anxiety is and how to support their children in managing their anxious feelings. The children’s groups will focus on teaching how to recognize feelings and ways to cope. Come enjoy learning and sharing in a supportive group for you and your child.

**This is an 8-session group beginning Wednesday October 02, 2019 until November 20, 2019 inclusive** **from 5:30pm-6:30pm** at Carizon Community Services (645 Westmount Road East Kitchener- Community Room) – *childminding is provided upon request.*

**Hocus Pocus Focus (Mindfulness and Self-Regulation Group for children ages (5-7)** In this group children will have an opportunity to learn skills to pay attention, with care, to their surroundings one moment at a time and avoid distractions. With practice children will be able to focus on their “present” and calm their bodies when stressed. **This is a 10-session group beginning Thursday October 03, 2019 until December 12, 2019 inclusive** **from 4:00pm-5:00pm** at Kingsdale Community Centre (72 Wilson Ave Kitchener) *- please note group will not run Thursday October 31, 2019*

**Registration is required!
www.carizon.ca**