

What?

Carizon is now offering several virtual child/youth, caregiver, and family groups. These groups will be run through Zoom, are FREE and open to families of the Waterloo Region.

Where?

Groups will be run virtually using Zoom

Participants must have a device with a working camera and microphone to participate.

How To Register?

To register or to refer families please email: crpgroups@carizon.ca

Space is limited

 400 Queen St. S, Kitchener

 519-743-6333 x 2383

 www.carizon.ca

Community Resource Program Groups

Optimistic Thinking (Caregivers and their children aged 5-7)

Caregivers and their family members 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.

This is an 8-session group that begins Wednesday, January 20th and runs from 5:30-6:30pm.

Family Mindfulness (Caregivers and their children aged 5-7)

Caregivers and their family members 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 they will be able to focus on their “present” and calm their bodies when stressed.

This is an 8-session group that begins Thursday, January 21st and runs from 5:30-6:30pm.

Super Me (children aged 9-11)

“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, January 19, and runs from 4:00-5:00pm

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Just Breathe (Caregivers and their children aged 7-9)

In this one-hour weekly group children and parents/caregivers will increase their understanding of anxiety and learn strategies to help manage the challenging thoughts and feelings often associated with anxiety. 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. The first session will be for parents/caregivers only, but children will attend with their parents/caregivers for the remaining seven sessions.

This is an 8-session group that begins Tuesday, January 19th and runs from 6:00-7:00pm

How's It Going? (Children aged 10-12)

Navigating life within a pandemic has been challenging and stressful for everyone including children. **How's It Going?** is a weekly group where children can chat about their concerns and challenges in returning to school and the changes in their daily lives as a result of Covid -19. At the same time, children will have fun engaging in collaborative activities and games and learn new coping skills.

This is an 8-session group that begins Monday, January 18th and runs from 4:30-5:30pm