



OXFORD-ELGIN CHILD & YOUTH CENTRE

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GROUPS at OECYC

Anger Solutions for Children



Criteria: Co-ed., ages 7-9, 8 weekly sessions (1 hour each session)
Learn about anger and how to manage it!

Home Improvements- Tools for Parenting



(School Age Children)

Criteria: Co-ed. – Caregivers (couples or single) of 7-11 year old children, 5 weekly sessions (2 ½ hours each session)
Learn how to manage challenging behaviour!



Home Improvements- Tools for Parenting



(Early Years)

Criteria: Co-ed. - Caregivers (couples or singles) of 3-6 year old children, 6 weekly sessions (1 ½ hours each session)

Learn how to manage challenging behaviour!

K.I.D.S.- Kids Ideas About Divorce/Separation



Criteria: Co-ed., 8 weekly sessions (1 hour each session), ages 6-8 **or** age 9-12 (Two separate groups divided based on age.)

Children learn about the emotional stages associated with grief and how to adjust to a new family style.

ADHD Information Workshop



This is a three hour informational workshop for caregivers (parents, grandparents, teachers, babysitters, etc.) of children diagnosed with ADHD.

Positive Parenting of Teens



Criteria: Caregivers of teenagers (aged 12-18), 5 weekly sessions (2 1/2 hours each session)

Learn how to re-work your parenting role with a young adult.

S.O.S.-Strategies for Overcoming Self-Harm



Criteria: Females engaging in self-harm behaviour, aged 14-18, 8 weekly sessions (2 hours each session)

Learn healthy coping skills!

Stop Now and Plan (S.N.A.P.)



Criteria: Males, aged 8-11, parents attend simultaneous sessions, 10 sessions (2 hours each session)

Learn emotional and behavioural self-regulation, problem-solving skills and positive coping strategies!

Guest Speaking Engagements

Agency staff can be available as community requests for workshops and trainings are made. Some topics that have occurred include: Family Resources, ADHD, Child Management in a Camp Setting, etc. Just ask if your group needs a guest speaker or trainer!



New Groups Under Construction



Other groups are being developed as per needs within the regions of both counties. We'll keep you posted!

Some things being explored include: Anger Management for pre-teen and adolescents; Infancy Parenting Supports (for birth to 3 years); Mood Disorders Groups such as depression and anxiety for pre-teen and adolescents, Sibling (of Children diagnosed with mental health concerns) Support Programs, Brake Shop, Parenting Programs for those Families who's children have been taken into care, Self-Harm Groups for male adolescents, Self-Harm Behaviour Workshops for Caregivers, Parent Support Groups

**Send your suggestions to the agency Groups
Coordinator!**