

Spring Child and Youth Groups



Group	Time and Date
High 5 Flyers – Ages 7-9 Children will have an opportunity to learn through hands on activities and discussions to positively engage, reframe their thoughts and attitudes about themselves, others, and the world.	480 Charles St. E Kitchener Wednesdays, 5:00-6:00pm April 16 – June 4 8 week group
Self-Control Superheroes – Ages 9-11 Children will develop strategies to manage their emotions and impulses by learning how to pause and make thoughtful choices. They will explore ways to recognize their triggers and practice calm techniques for both their minds and bodies. This will be done through engaging activities, role-playing, group discussions, and games, helping them build self-control and navigate challenging situations with confidence.	480 Charles St. E Kitchener Wednesdays, 6:30-7:30pm April 16 – June 4 8 week group
Just Breathe – Ages 9-12 with their caregiver(s) 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.	645 Westmount Rd E Kitchener Thursdays, 6:30-7:30pm April 17 – June 5 8 week group
Defeating Our Dragons - For youth of all genders, ages 15-17, within Waterloo Region, neurodiverse youth are welcome This is a eight week group where the role-playing game Dungeons and Dragons will be used to teach participants about navigating anxiety and depression in a group setting. This group is open to individuals of all abilities and neurodivergent.	480 Charles St. E Kitchener Wednesdays, 6:00-8:00pm April 16 – June 4 (8 weeks)

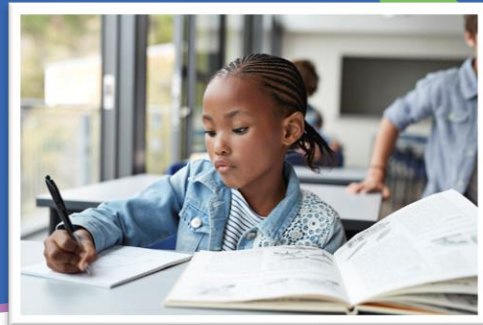


Spring Child and Youth Groups - OK2BME

Group	Time and Date
OK2BME Youth Leadership Team - 2SLGBTQIA+ youth, 12-18 The Youth Leadership Team helps organize and run OK2BME's annual Gender and Sexuality Conference (formerly known as Gay Straight Alliance Conference) and other events for 2SLGBTQIA+ youth across Waterloo Region.	In-person (Bi-weekly) 480 Charles St. E Kitchener Mondays, 5:30-7:00pm April 14 – Ongoing (Bi-weekly)
OK2BME Youth Group – 2SLGBTQIA+ youth, ages 12-18 The goal of this group is to create a space where you can hang out with other 2SLGBTQIA+ youth and meet some new people – all in a safe and respectful environment!	In-person (Bi-weekly) 480 Charles St. E Kitchener Tuesdays, 6:00-7:30pm April 1 - Ongoing Virtual (Bi-weekly) Tuesdays, 6:00-7:30pm April 8 - Ongoing
Families in TRANSition – Trans/non binary/gender diverse children 5-12 years and Parents/Caregivers The FIT group provides parents/caregivers with information about gender identity, strategies for improving communication and connection with transgender/gender diverse youth people, and general support in parenting a trans/gender-diverse youth. A group for trans/non-binary/gender diverse children runs at the same time.	In-person 480 Charles St. E Kitchener Wednesdays, 5:30-7:30pm April 9 – June 11 (10 weeks)
Rainbow Rhythms – 2SLGBTQIA+ Youth 15-17 Rainbow Rhythms is a group for 2SLGBTQIA+ youth ages 15-17 who are looking for an engaging and supportive space to connect with one another and enhance their coping skills. This group combines elements of a traditional psychoeducation group with various music therapy experiences including listening to music, and music for mindfulness, sleep, and self-expression. Rainbow Rhythms is facilitated by OK2BME'S certified Music Therapist	In-person 480 Charles St. E Kitchener Thursdays, 4:30 – 6:30pm April 10 – June 12 (10 weeks)

To register, please visit caminowellbeing.ca/groups-workshops or call 519-743-6333.

Spring Child and Youth Groups - Kinbridge



Group	Time and Date
<p>Extinguish Your Fire - Ages 6-8</p> <p>Children will have the opportunity to learn strategies for managing their big emotions through interactive discussions, games and activities. Participants will learn new skills including how to regulate and calm their bodies, thoughts and emotions.</p>	<p>Kinbridge Community Center - Cambridge Tuesdays, 5:00-6:00pm April 15 – June 3 8 week group</p>
<p>Hocus Pocus Focus – Ages 7-9</p> <p>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 through hands on activities and discussions.</p>	<p>Kinbridge Community Center - Cambridge Tuesdays, 6:30-7:30pm April 15 – June 3 8 week group</p>

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