



Branching Out presents...

Workshops for Families & Professionals

“OK I KNOW ABOUT TRAUMA: TRY LIVING WITH IT!” – Daytime and evening workshops

This **daytime** workshop is for primary caregivers/clinicians who are supporting children who have complex trauma and attachment disruption histories. Cost: \$65 per person. Participants can expect to learn more about:

- how trauma affects brain development and the day to day functioning of children, based on the work of Dr. Bruce Perry
- how to respond to the child’s developmental age instead of chronological age
- how parents/foster parents/ guardians can adapt the milieu to set these children up for success
- how to complete a confidential personal caregiver fatigue assessment; ideas for self care given these children can be exhausting to work with
- resources to review later including ideas on how to work collaboratively with other members of the child’s treatment team.

The 2 hour **evening** workshop (6:30-8:30 pm) will be geared to Teachers, Early Childhood Educators and Child and Youth Workers who are supporting these high needs students in their own settings and will be directly geared to reviewing support strategies for these professionals. Cost: \$30 per person. Agency rates are available. More specific locations and times will be available at the time of registration.

Minto Clifford: October 14 09 Oshawa/Whitby: November 11 09 Brantford: January 13 2010 Burlington/Hamilton: February 10 2010

THE VIRTUES PROJECT: “BRINGING OUT THE BEST IN OUR CHILDREN AND OURSELVES.” Saturday October 24 09 10am-3pm

This workshop in Brampton is designed for parents, caregivers and professionals working with families in home settings. The strategies of the Virtues Project are a simple, proven methodology which helps children and families to remember who they really are, and is based upon the simple wisdom of the world’s diverse cultures and spiritual beliefs. Strategies include: speaking the language of the virtues, recognizing teachable moments, setting clear boundaries, honouring the spirit and spiritual companioning (a problem-solving process). Participants will have the opportunity to practice setting family rules, using virtues language to acknowledge, direct and correct behavior, setting routines and boundaries to support the family values, and using fun, creative activities to enhance cohesion. Lots of take-home information! Cost: \$65 per person. Agency rates are available. Please bring your lunch. Location: 9355 Dixie Road, Brampton

CREATING A SEXUALLY SAFE HOME ENVIRONMENT Tuesday November 3 09 10am-2pm

This workshop is suitable for foster, adoptive and kinship parents who would like to create a safe, therapeutic environment for children who may be survivors of sexual abuse, and to safeguard themselves from potential allegations. Focusing on practical tips that can be used daily in the home milieu, the participants will learn how to adapt routines and their own practices to ensure everyone in the home feels safe. Please bring your own bagged lunch so the time can be used as fully as possible. Cost: \$65 per person. Agency rates are available. Location: Brampton

LOVING OUR ATTACHMENT CHALLENGED CHILDREN – Monthly Meetings

This group offers a parent education component, based on the attachment work by Daniel Hughes, as well as the opportunity for members to share peer support. Current members have identified that they are finding it helpful to learn “new tools” that they can utilize to both set their children up for success and avoid caregiver burnout. There is a revolving intake for this group given that adoptive, kinship and foster parents often have evening commitments with their children. Please pre-register for the nights you are able to attend. Cost: \$15 per person. Location: Brampton. 2009 Dates: September 15, October 13, November 10, December 8, 2009.

Groups for Children & Youth

GIRLS TALK

“Girls Talk” Group is a place to laugh, cry, have fun, make friends, be yourself and make memories. This is for ages 13-17 who can manage mature content in regards to relationships, sexuality and insight into past and current issues. Registration before September 14. The group is scheduled to start September 23 and will run every other week until December 16th from 6:30-8:00 pm. Location: Brampton. Cost: \$145 per person

THE GROUP FOR BOYS

The “Group for Boys” will be offered on November 25, December 9 and 23rd and then every other week in the new year for 6 weeks from 6:30 to 8:00 pm. There is space for 6 boys – age will depend upon registration. Please make referrals prior to October 28 09. Location: Brampton. Cost: \$145 per person

LIVING WITH FOSTERING – A GROUP FOR BIO KIDS

Living with Fostering is a group for biological children of foster parents. It is a four week group that focuses on the special circumstances of living with foster children, including making the transition, strategies to cope with sharing the family and home, and other issues specific to biological children. Ages depend upon registration. Please register before September 8. The group runs September 16, 30, October 14 and 28 from 6:30 to 8:00. Cost: \$89 per person. Discounts are available for multiple children in the same family. Location: Brampton

Branching Out can also present other workshops in your own community for a variety of audiences. Look to our web site for information about our many services www.branchingout1.com. Our facilitators include Practicing Child Psychotherapists and Play Therapists (some of whom are also therapeutic foster parents), Life Skills Coaches, Child and Youth Workers, Adult educators and Trauma and Loss Clinical Specialists.

Please call 905-799-7589 to register, or for more information