



# Parent Networking Group

Visit us at our temporary location  
during construction:  
12050 Arbour Street  
Tecumseh, Ontario N8N 1N8  
(Former St. Anne High School)  
T: 519.979.7788  
Toll Free: 1.800.976.JMCC  
F: 519.979.0578  
www.jmccentre.ca

Wendy Tavares and Diana Semaan, Social Workers at JMCC, along with a Parent Co-Facilitator, will be offering a **free 6-week** informational **networking group** for any parent who has a child that is **currently receiving services** at our centre. The purpose is to provide parents an **opportunity to meet other parents who share similar experiences**, to **gain knowledge** about programs and **supports** available to you, and to learn **healthy coping strategies** in a **supportive environment**.

#### When & Where:

- ★ **Tuesdays at 1:00 - 2:30 pm, *OR* at 7:00 - 8:30 pm**
- ★ **October 27, 2009 to December 1, 2009**
- ★ **JMCC's new temporary location on 12050 Arbour Street**
- ★ **Choose the time slot works best for you!**
- ★ **Note: Limited Child Care May Be Available**

#### Dates and Proposed Topics (Subject to Change):

- ★ *October 27 - Introductions: Getting to Know You and Sharing Your Story*
- ★ *November 3 - The Role of Hope and Normalization in Coping with Everyday Challenges*
- ★ *November 10 - Creating a Healthy Balance and Realistic Expectations, & How to Deal with Questions from Relatives, Friends, & Strangers*
- ★ *November 17- Ways to Cope with Guilt, Anger, Anxiety, Grief, & Depression*
- ★ *November 24 - Strategies to Build Assertiveness, Advocacy, and Resiliency*
- ★ *December 1 - Practical Tips for the Future*

#### For More Info & To Register:

- ★ Please contact **Diana Semaan** at **(519) 979-7788 ext. 502**

**We look forward to hearing from you!**

