

## Confident Children

In partnership with local schools, we offer class workshops in Social Skills. Groups are led by a trained children's group facilitator and a teacher.

Children will explore, through discussion, role-plays and videos, issues such as:

- healthy ways to express feelings
- positive self-esteem
- how to respond to teasing
- conflict resolution
- positive peer relations

Speak to the principal in your child's school or call the WOCRC Children's Group Coordinator at 613-591-3686.



## Programs and Services

Counselling, Information and Referral  
Ontario Early Years Centre—Carleton  
Services for Children and Families  
Services for Youth and Families  
Violence Against Women Services  
Chrysalis House  
Community Development  
Services for Seniors and Adults with Physical Disabilities  
Volunteer Services



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*Bringing care and community together*

## Confident Children's Program



Helping children grow into confident young adults. Groups for parents and their children.

**613-591-3686**

**2 MacNeil Court, Kanata**

# Confident Children's Program\*

## Confident Children

The Confident Children's Program offers a variety of group experiences for children, both at the WOCRC and in the local schools.

The purpose of the group is to teach children the skills necessary to understand, talk about and cope with their life circumstances in healthy and positive ways.

If you are interested in the program and would like more information about upcoming groups, call Intake at 613-591-3686.

## Group Rules

Rules are created in the first session so the child feels safe and secure in their environment and willing to share thoughts and feelings.

We ensure that all group members will be treated with respect.

This program generously supported by:  
United Way and City of Ottawa

## Children's Groups

- Trained facilitators lead the group, providing a fun and safe environment for your child. Topics include: Social Skills, Self Esteem, Separation and Divorce.
- Deciding to enroll your child in a group may be due to concerns you have about their behaviour at home or at school, their coping level, or in response to a family crisis.
- Groups are offered once a week in the Fall, Winter and Spring and run for 8-10 weeks. Sessions are approximately 1½ hours long.

## Confidentiality

Participants can share what they did and learned in the group without discussing the participation of other members of the group.

**If a child discloses that he or she is being hurt, or is thinking of hurting him/herself or another person,** we are required to share that information with the appropriate person.

## Parent Involvement

The Children's Group is only part of a child's day-to-day experience. It is important for parents to become involved in the process so that they can encourage building upon the skills the child has learned in the group.

During the Children's Group, we offer a Parent's Group at the same time.

Other parenting workshops are available at the WOCRC throughout the year.

Parents have the right to receive information on their child at any time. Parents may contact the group facilitator or program coordinator to discuss their child's involvement in the group.

\*Available in English only/  
Disponible en anglais seulement