

ABOUT THE Community Education Program

- **Services:** Offers information, education and workshops to parents, children and youth, about a variety of common childhood issues.
- **The courses in this flyer are in collaboration with Lynnwood Charlton Hall & YourspaceHamilton.ca**

HOW TO REGISTER

- [Course & Webinar Registration](#)
- **For more information:**
- Send an email to engage@lynwoodcharlton.ca or Send a text/call 905-536-9323

Parent Education Programs

Webinars:

- One time workshop 1 hour long on a specific topic

Courses:

- 1 hour long closed group class. Runs once a week same time and day of week for up to 6 sessions.

RESIDENTS OF THE CITY OF HAMILTON GUIDE



Community Education Program: A guide for families

WORLDCLASSCARE|



VISIT OUR WEBSITE:
www.mcmasterchildrenshospital.ca



Upcoming Webinars

Registration is necessary

Advocating for my Child:

Does your child have mental health or behavioural issues? It can be hard to know how to work as a team with your child's school, daycare or community supports. This workshop will help you take the positive steps to get you there. **Tuesday August 18 (12:30-1:30pm)**

Helping my Child or Youth with Organization and Focus:

Learn practical tips to support your child's need in the home and at school. Encourage and build independence and motivation.

Wednesday September 30 (6- 7pm)

Expressing Feelings

Learn more about how to support your child/teen with their difficult emotions, with coping strategies and understanding.

Tuesday Oct. 27 (12:30-1:30)

Stress less for Teens (single session):

Teens will learn:

1. What to do when I'm stressed out
2. Getting to know my feelings
3. Mindfulness and relaxation

Monday, Nov. 16 (5-6pm)

Coping with my child or youths meltdowns:

Help you child or youth learn how to handle Their emotions with positive choices and calming practices.

Monday, Dec. 7 (6-7 pm)

THE
WELL-
BEING OF
THE
CHILDREN,
YOUTH
AND
FAMILIES
WE SERVE
IS OUR
PRIMARY
CONCERN.

CYMH

COMMUNITY EDUCATION Services

PARENT EDUCATION COURSES:

Parenting Your Anxious Child

- This course will review different childhood anxiety disorders, why children are anxious and how it affects them. Parents will learn how to deal with the anxious and sometimes disruptive behavior that gets in the way of everyday living.
- **3 weekly sessions:**
Monday September 21, 28 & October 5
Registration closes:
- **Course information will be emailed to participants. Printing course material is the responsibility of the participant.**

Parenting Your Child with ADHD

- This course will review ADHD, and how it affects children and teens. We will review why your child acts the way that they do and how to give them the tools they need to succeed
Topics discussed: evidence based parenting strategies, emotional regulation, executive functioning, and social skills.
- **3 weekly sessions:**
Monday October 19, 26 and November 2
Registration closes:
- **Course information will be emailed to participants. Printing course material is the responsibility of the participant.**

Family Resource Centre

- **Services:** Offers resources for patients, families and the community. Resources include books, DVDs and brochures on topics such as medical conditions and illnesses, health issues, child and youth issues and parenting.
- **For more information:**
Visit [Family Resource Centre](#)
Call 905.521.2100 ext. 77243
Or email frc@hhsc.ca

