



PARENT EDUCATION | COURSES | WORKSHOPS | GROUPS

2022 | May – August



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**LOCATIONS
WITHIN THE
HAMILTON
AREA**

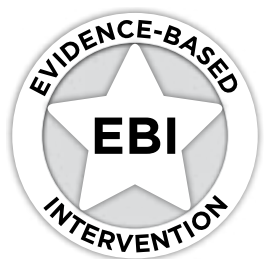


WELCOME TO GROWING TOGETHER

Growing Together is a community education guide for parents, children and youth listing courses, groups and workshops available in Hamilton from May to August 2022.

Offered by a variety of local community agencies, the programs and services published in this guide are designed to help parents, children, youth and others learn new skills to better meet the challenges facing today's families. Please direct any questions about a particular listing to the listing contact in the program description.

**Please keep booklet for
future reference!**



This star means the course is an “evidence-based intervention”. That means the course has been developed by professionals, uses a manual to provide consistent learning, and has been evaluated for effectiveness.

DISCLAIMER: Courses in this guide are offered by a variety of agencies and services across our community. If you have a question about one of these courses, please call the number listed in the course offering. Inclusion of a group or program in this guide does not imply endorsement by the Ron Joyce Children's Health Centre and McMaster Children's Hospital. Although every effort is made to ensure the accuracy of information in this guide, the Ron Joyce Children's Health Centre and McMaster Children's Hospital are not responsible for errors or omissions.



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WORKSHOPS AND COURSES FOR EXPECTANT PARENTS/PARENTS OF INFANTS 0-12 MONTHS

Welcome Baby

City of Hamilton
Healthy & Safe Communities Dept.
Public Health Services
Healthy Families Division



Would you like support during your pregnancy? Join the Welcome Baby prenatal nutrition program. While our in-person groups are temporarily on hold, we are accepting new participants and providing phone support and resources such as grocery and prenatal vitamin gift cards and more!

FOR MORE INFORMATION:

For more information visit:
<https://www.hamilton.ca/public-health/classes/prenatal-nutrition-programs-in-hamilton> or call Health Connections 905-546-3550.

To register, contact Jen Yates, Welcome Baby Coordinator at 905-546-2424 x1577 or email jennifer.yates@hamilton.ca

City of Hamilton - Public Health Services and Compass Community Health, with financial contribution from the Public Health Agency of Canada.

Online Prenatal

City of Hamilton - Healthy & Safe Communities Dept. - Public Health Services - Healthy Families Division

This free online prenatal program covers pregnancy, birth, breastfeeding and newborn care. The program includes interactive learning, videos, and links to resources.

FOR MORE INFORMATION:

Visit www.hamilton.ca/prenatal

Breastfeeding Support Services

City of Hamilton
Healthy & Safe Communities Dept.
Public Health Services
Healthy Families Division

Breastfeeding information, advice, help - prenatal to weaning. (Milk supply, pain, latch issues, infant behaviour at breast, weight concerns, twins/premature, weaning/return to work, medications while breastfeeding, etc).

Virtual or phone support available.

FOR MORE INFORMATION:

Call Health Connections 905-546-3550
Or connect via Facebook: "Healthy Families Hamilton"

Website:

<http://www.hamilton.ca/breastfeeding>

Email:

BreastFeedingSupport@hamilton.ca

Feeding Your Baby 0-12 Months and Making Baby Food

City of Hamilton
Healthy & Safe Communities Dept.
Public Health Services
Healthy Families Division

At these interactive free sessions, Public Health Registered Dietitians teach parents and caregivers of children age 0-12 months about when to start giving solid foods to your baby, what solid food to give to your baby, how to offer new textures, & how to make baby food.

TO LEARN MORE:

Visit <https://www.hamilton.ca/public-health/clinics-services/feeding-your-baby-children> and www.facebook.com/HealthyFamiliesHamilton or call Health Connections at 905-546-3550.

***Program currently CLOSED due to Covid-19**

Health Connections Information Line

City of Hamilton Healthy & Safe Communities Dept.
Public Health Services
Healthy Families Division

Health Connections information line. Connect with us to learn about:

- Breastfeeding
- Child safety
- Growth and development
- Healthy eating
- Positive parenting
- Postpartum depression and anxiety
- Preparing for a healthy pregnancy
- Healthy Babies visiting program

FOR MORE INFORMATION:

Call Health Connections at 905-546-3550

Right From the Start

Ron Joyce Children's Health Centre

8-session workshop for moms and dads of babies under 24 months. Learn how to read babies cues and foster infant attachment security. Draw prizes, transportation help, and limited free childcare are available.

DATES: Begins Friday, April 29, 2022

TIME: 1:00 PM to 3:00 PM

LOCATION: Ron Joyce Children's Health Centre, 325 Wellington Street North, Hamilton

REGISTRATION IS LIMITED!

Register online [here](#)

or contact Julie Ellis at 905-521-2100 ext. 77406
ellisjul@hpsc.ca

ATELIERS, CLASSES ET CENTRES DE JEUX DISPONIBLES EN FRANCAIS

Prenatal Classes in French Centre de Santé Communautaire Hamilton Niagara

Information and support in regards to pregnancy, childbirth, breast feeding and caring for your baby under the Canadian Prenatal Nutrition Program.

LOCATION: 1320 Barton St. E.,
Hamilton

FOR MORE INFORMATION:
Please call 905-528-0163.

Groupe Bon Début (French support group for mothers

Centre de Santé Communautaire
Hamilton Niagara

Support group for francophone mothers with young children and pregnant women. This group offers information and discussions about child development and parenting issues. Please call for dates and times of next session.

TIME: 12:00 pm to 2:00 pm
LOCATION: Centre de Santé
Communautaire Hamilton Niagara
1320 Barton St. E., Hamilton

FOR MORE INFORMATION:
Please call 905-528-0163.

French Postnatal Yoga Classes for Moms and Babies Under 10 Months Centre de Santé Communautaire Hamilton Niagara

Learn the techniques to relax and practice yoga with your baby while getting back in shape. All classes are given in French only. A series of 5 sessions given once a week. Call to find out when the next sessions begin.

LOCATION: 1320 Barton St. E.,

FOR MORE INFORMATION:
Please call 905-528-0163 ext. 3229.

Infant Massage in French

Centre de Santé Communautaire
Hamilton Niagara

This is a program designed to teach parents and caregivers of infants (0-12 months) a warm and nurturing bonding experience through touch.

LOCATION: 1320 Barton St. E.,
Hamilton

**FOR MORE INFORMATION AND
REGISTRATION:**
Please call 905-528-0163.

Centre de la Petite Enfance Notre-Dame (OEYC Notre- Dame)

Centre de Santé Communautaire
Hamilton Niagara

Best Start Resource Centre for French speaking families to play and learn with your children and to meet other parents. French books available for parents. Special seasonal activities organized for parents and children aged 0-12 years old. Open every Monday and Thursday.

DATE: Every Monday

TIME: 1:00 pm to 7:00 pm

LOCATION: Centre de la petite enfance
Notre-Dame
400 Cumberland Ave., Hamilton
and

DATE: Tuesday to Friday

TIME: 10:00 am to 2:00 pm

LOCATION: Centre de la petite enfance
Notre-Dame
400 Cumberland Ave., Hamilton

FOR MORE INFORMATION:
Please call 905-549-3383.

Parlons de Nos Nourrissons (in French)

Centre de Santé Communautaire
Hamilton Niagara

Discussion group for mothers with young babies under the age of 12 months. Topics discussed are nutrition, home security and questions of mental health.

LOCATION: Centre de Santé
Communautaire Hamilton Niagara
1320 Barton St. E., Hamilton

FOR MORE INFORMATION:
Please call 905-528-0163.



The journey of a
thousand miles begins
with one step.



Lao Tzu

WORKSHOPS AND COURSES FOR PARENTS/CAREGIVERS OF CHILDREN 0-12 YEARS

The ABC's of CSB - Online

THRIVE Child and Youth Trauma Services

The ABC's of CSB (Concerning Sexualized Behaviours) is a two-part online educational course for parents/caregivers of children (ages 11 and under) with concerning sexualized behaviours.

Participants will benefit from having the opportunity to increase their knowledge about child sexual development and how to support and respond to a child who is exhibiting concerning sexualized behaviours.

FOR MORE INFORMATION:

Please visit Thrive's website at www.thrivechildandandyouth.ca to review eligibility criteria.

If eligible, please email Janice.floyd@thrivechildandandyouth.ca for additional program information.

COPEing with Toddler Behaviour

Ron Joyce Children's Health Centre

8-session workshop for moms and dads of children 12-36 months. Draw prizes, transportation help, and limited free childcare are available.

DATES: Begins Thursday, May 5, 2022

TIME: 6:00 PM to 8:00 PM

LOCATION: Ron Joyce Children's Health Centre, 325 Wellington Street North, Hamilton

REGISTRATION IS LIMITED!

Register online [here](#)

or contact Julie Ellis at 905-521-2100 ext. 77406 ellisjul@hhsc.ca

Circle of Security Parenting Group

Ron Joyce Children's Health Centre

8-session workshop for moms and dads of children 1-6 years. Learn strategies to enhance the parent-child relationship and improve child behaviour. Prize draws, transportation help, and limited free childcare are available.

DATES: Begins Tuesday, April 12, 2022

TIME: 9:30 AM to 11:30 AM

LOCATION: Ron Joyce Children's Health Centre, 325 Wellington Street North, Hamilton

REGISTRATION IS LIMITED!

Register online [here](#)

or contact Julie Ellis at 905-521-2100 ext. 77406 ellisjul@hhsc.ca

Group Triple P Ages 2-6

City of Hamilton Healthy & Safe Communities Dept. Public Health Services Healthy Families Division



Are you having trouble with your child's behaviour?

Triple P Positive Parenting Program is a 9 week program for parents interested in learning ways to build a positive relationship with their child and strategies to respond to challenging behaviours.

CALL: Health Connections at 905- 546-3550 for more information.

***Program currently CLOSED due to Covid-19**

Dealing with Challenging Behaviours Triple P Discussion Group Ages 2-6

City of Hamilton Healthy & Safe Communities Dept. Public Health Services Healthy Families Division



Triple P Discussion Groups are 2-hour workshops for parents who are experiencing challenges in a specific area.

FOR MORE INFORMATION CALL:

Health Connections at 905-546-3550 for upcoming dates/times & to register.

***Program currently CLOSED due to Covid-19**

Parenting With Love

City of Hamilton Healthy & Safe Communities Dept. Public Health Services Healthy Families Division

Are you having trouble with your child's behaviour?

Triple P Positive Parenting Program is a 9 week program for parents interested in learning ways to build a positive relationship with their child and strategies to respond to challenging behaviours.

FOR MORE INFORMATION CALL:

Health Connections at 905- 546-3550 for upcoming dates/times & to register.

***Program currently CLOSED due to Covid-19**

PARENTS/CAREGIVERS OF CHILDREN 0-12 YEARS

Toileting Readiness and Skill Enhancement Virtual Workshop

Ron Joyce Children's Health Centre- Specialized Development and Behaviour Services Team Early Learning Virtual Series

Intended for parents who are thinking about beginning to toilet train their young children. Prepare your family for success by establishing your child's readiness skills, collecting data, and creating a plan. Focusing on motivation and reinforcement to help support successful learning opportunities. Additional strategies and recommendations to help support children with speech and language or developmental delays.

DATES/TIMES:

Wednesday May 11, 2022 1:30-3:30

Wednesday June 8, 2022 1:30-3:30

Wednesday July 6, 2022 9:30-11:30

Monday August 8, 2022 1:30-3:30

TO REGISTER:

Please email SDBS@hhsc.ca. Leave the name of the workshop you want to register for, your name, your child's first and last name, birth date, telephone number and email address to contact you.

Sleep Problems and Developing Good Sleep Habits Virtual Workshop

Ron Joyce Children's Health Centre- Specialized Development and Behaviour Services Team Early Learning Virtual Series

A good night's sleep is important to healthy growth and development of young children. This workshop will help review how you can ensure your family is getting the rest they need. Helping you establish a good bedtime routine, understanding sleep hygiene and how to create healthy sleep habits in your home. We will help identify where your child's sleep problems may be occurring within the routine and provide practical strategies to help.

DATES/TIMES:

Wednesday May 18, 2022 9:30-11:30

Monday June 13, 2022 1:30-3:30

TO REGISTER:

Please email SDBS@hhsc.ca. Leave the name of the workshop you want to register for, your name, your child's first and last name, birth date, telephone number and email address to contact you.

Understanding the Mysteries of Children's Behaviour Virtual Workshop

Ron Joyce Children's Health Centre- Specialized Development and Behaviour Services Team Early Learning Virtual Series

Learn how to identify and understand what your child is trying to communicate to you through their behaviour. Families will learn how to identify the function of your child's negative behaviour and teach practical strategies to help you and your child prepare for, plan, and teach new skills to increase positive behaviour. You will learn positive parenting strategies, to help establishing boundaries, routines and clear expectations to set both you and your child up for success.

DATES/TIMES:

Monday May 2, 2022 1:30-3:30

Monday May 30, 2022 9:30-11:30

Wednesday July 13, 2022 1:30-3:30

TO REGISTER:

Please email SDBS@hhsc.ca. Leave the name of the workshop you want to register for, your name, your child's first and last name, birth date, telephone number and email address to contact you.

Children's Breakfast Club Compass Community Health

Open to children, parents and families every school day from 7:45am to 9:15am at Compass Community Health (438 Hughson St. N). This is a supervised space for children to spend time before school and a nutritious, hot breakfast is provided for children.

TO REGISTER:

Contact: Leah Janzen 905-523-6611 ext. 3006, ljanzen@compassch.org
OR Mariko Bown-Kai 905-523-6611 ext. 2084, mbown-kai@compassch.org

WORKSHOPS AND COURSES FOR
PARENTS/CAREGIVERS OF CHILDREN 0-12 YEARS

Managing Fighting and Aggression Triple P Discussion Group Ages 2-6

City of Hamilton
Healthy & Safe Communities Dept.
Public Health Services
Healthy Families Division



Triple P Discussion Groups are 2-hour workshops for parents who are experiencing challenges in a specific area.

FOR MORE INFORMATION CALL:
Health Connections at 905-546-3550
for upcoming dates/times & to register.

*currently **CLOSED** due to Covid-19

Check It Out Drop-Ins

City of Hamilton
Healthy & Safe Communities Dept.
Public Health Services
Healthy Families Division

Do you have questions about your child's development and health? Drop in with your child (0-6 years) and speak with various Professionals for free.

FOR MORE INFORMATION:
Call 905-546-3550 or the Hamilton Early Years Information Line at 905-524-4884 or visit <https://www.hamilton.ca/public-health/clinics-services/check-it-out-drop-in-sessions>

*currently **CLOSED** due to COVID-19

SNAP Program

Banyan Community Services

The SNAP program is for children between the ages of 6 to 11 years who are experiencing behavioural problems at home, school, or in the community. Through both individual and group work, children & their families learn and practice self-control and problem solving.

FOR MORE INFORMATION:
To register please call 905-544-7778. A Child and Family Worker will return your call and complete a screening for the program.

Hamilton FASD Resource Team

Hamilton FASD Collaborative

The Hamilton FASD Resource Team provides Community Education Training: (Part 1 FASD: Foundations and Part 2 FASD: Next Steps), Inservices and Case Conferences. The team focuses on promoting best practices for individuals with Fetal Alcohol Spectrum Disorder (FASD).

TO REGISTER:
Call 905-570-8888,
email info@fasdhamilton.ca, social media @fasdhamiltonca, or visit www.fasdhamilton.ca.

Temper Tantrums vs. Meltdowns - Is There Really a Difference? (Online)

Ron Joyce Children's Health Centre

This is an educational session for parents and caregivers. After the age of two we expect our children to stop having temper tantrums. You may have a child that is well beyond toddler years who still has a hard time controlling their emotions. In this workshop we will explore the difference between tantrums and meltdowns and identify some strategies for managing these behaviours.

Zoom link will be sent 1-2 days before start date

DATE: Thursday, June 2, 2022
TIME: 10:00 am - 11:00 am

TO REGISTER:
Visit the [Community Education Registration Link](#)

Questions?

Call 905-521-2100 x74147 or email communityeducationse@hhsc.ca

Early Words

For more information on possible upcoming programs on fluency and stuttering please call Ruth Doherty at 905-381-2828 ext. 235 or email rdoherty@earlywords.ca.

HEROs

Women's Centre of Hamilton

For children (ages 8-12) who've witnessed domestic violence, this group focuses on the individual gifts, abilities and resiliency of each child, and helps build self-esteem.

Activities include mask-making, art activities, guided imagery and more.

TO REGISTER CALL:
Please call Women's Centre of Hamilton at 905-522-0127

Why Little Kids Worry: 3-10 year olds (Online)

Ron Joyce Children's Health Centre

An educational session for caregivers to begin to identify what causes anxiety in their young child, and how it effects their child's daily life. Caregivers are introduced to some basic child coping strategies for anxiety.

Zoom link will be sent 1-2 days before start date.

DATE: Thursday, July 14, 2022
TIME: 10:00 am - 11:00 am

TO REGISTER:
Visit the [Community Education Registration Link](#)

Questions?

Call 905-521-2100 x74147 or email communityeducationse@hhsc.ca

WORKSHOPS AND COURSES FOR PARENTS/CAREGIVERS OF CHILDREN 0-12 YEARS

Growing the Roots of Resilience

**City of Hamilton
Public Health Services
Healthy Families Division**

Group program for caregivers and children (6-12) experiencing caregiver conflict due to separation/divorce. Each caregiver alternates bringing the child(ren) week by week. Caregivers each attend 4 sessions; children attend all 8 sessions. Sessions are 90 minutes.

We are in the process of adapting this group to be delivered virtually.

TO REGISTER CALL:

Pre-screening is required in order to register. For more information or to register please call our centralized access partner, Contact Hamilton at 905-570-8888.

Managing Routines (Online)

Ron Joyce Children's Health Centre

This educational session for parents and caregivers will review the basics and benefits of developing consistent routines and how to best manage bedtime, homework and everyday routines. Visuals, organizational skills, pre-planning and transitions will be discussed.

Zoom link will be sent 1-2 days before start date

DATE: Tuesday, August 23, 2022

TIME: 10:00 am - 11:00 am

TO REGISTER:

Visit the [Community Education Registration Link](#)

Questions?

Call 905-521-2100 x74147 or email communityeducationse@hhsc.ca

Temper Tamers Lynwood Charlton Centre

Does your child (7-12 years old) have problems with temper or anger? This 10-week virtual program includes a parent orientation and parent-child sessions to help with child anger management issues.

FOR MORE INFORMATION:

Contact the Administrative Centre at 905-389-1361.

Parenting Your Anxious Child (Online)

Ron Joyce Children's Health Centre

This 3 week 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 behaviour that gets in the way of everyday living.

DATES: Wednesday May 4th, 2022

AND May 11th, 2022

AND May 18th, 2022

TIME: 5:30pm - 6:30pm

TO REGISTER:

Visit the [Community Education Registration Link](#)

Questions?

Call 905-521-2100 x74147 or email communityeducationse@hhsc.ca

LEAF Group (Learning Effective Anti-Violence in Families)

Mission Services/Good Shepherd

This program offers early intervention for children and their mothers who have experienced domestic violence. Services include support groups and individual support as needed.

FOR MORE INFORMATION: Call Mission Services at 905-529-8149 ext. 108, or Good Shepherd Women's Services at 905-523-8766 ext. 5227.

Finding Childcare (Online) Ron Joyce Children's Health Centre

Childcare can be very beneficial for you and your child, but it can take some work to find the right program!

This virtual workshop reviews: types of licensed early learning settings, developmental benefits to children, steps for finding the right early learning setting, childcare subsidies, and community supports.

DATES/TIMES:

June 16, 2022 at 1:30PM

August 19, 2022 at 9:30AM

TO REGISTER:

Email zajczenko@hhsc.ca
Please include your name, your child's first and last name, birth date, telephone number, and email address to contact you.

WORKSHOPS AND COURSES FOR PARENTS/CAREGIVERS OF CHILDREN & TEENS

Helping Your Child/Youth With Organization and Focus (Online)

Ron Joyce Children's Health Centre

Give your child the skills and tools they need to do well. Time management, routines, habits, charts and more.

Zoom link will be sent 1-2 days before start date

DATE: Wednesday, August 31, 2022

TIME: 12:30 pm - 1:30 pm

TO REGISTER:

Visit the [Community Education Registration Link](#)

Questions?

Call 905-521-2100 x74147 or email communityeducationse@hhsc.ca

Courage to Tell Parent/Caregiver Education Program (Online)

THRIVE Child and Youth Trauma Services

Courage to Tell is a two-part VIRTUAL group designed for parents/caregivers who are dealing with a recent disclosure of sexual abuse involving their child/youth.

Participants will gain important knowledge about such areas as how to support their child/youth during this emotional and challenging time, how to respond to different questions and/or behaviours, how to navigate their way through the process of dealing with their child's/youth's disclosure of sexual abuse, etc.

FOR MORE INFORMATION:

Please visit Thrive's website www.thrivechildandandyouth.ca for eligibility requirements. If eligible, please email Janice.floyd@thrivechildandandyouth.ca for additional group information, and details."

Peaceful Practices at Home (Online)

Ron Joyce Children's Health Centre

This is an educational opportunity for parents and caregivers. Participants will be introduced to a variety of simple every day techniques and strategies for reducing stress, clearing the mind, improving focus and decision making. A big benefit is that parents and caregivers will be able to help teach their children these skills and improve their emotional regulation.

Zoom link will be sent 1-2 days before start date.

DATE: Thursday, May 19, 2022

TIME: 10:00 am - 11:00 am

TO REGISTER:

Visit the [Community Education Registration Link](#)

Questions?

Call 905-521-2100 x74147 or email communityeducationse@hhsc.ca

Helping Children Bounce Back From Struggles (Online)

Ron Joyce Children's Health Centre

This educational workshop provides ideas for helping parents and caregivers build resiliency in your child and teen. We explore potential obstacles, and strategies that can increase and build your child's potential for resilience.

Zoom link will be sent 1-2 days before start date.

DATE: Monday, May 9, 2022

TIME: 4:00 pm - 5:00 pm

TO REGISTER:

Visit the [Community Education Registration Link](#)

Questions?

Call 905-521-2100 x74147 or email communityeducationse@hhsc.ca

Parent Connections (Online)

McMaster Children's Hospital Autism Program

Connect with other parents and caregivers who have a child/youth with autism and share similar experiences to you. There will be two virtual sessions offered monthly on the same evening. Group 1 will support facilitated group discussion for families who have received a new diagnosis and those involved in ABA. Group 2 will include those families who are focusing on the development of their child/youth's social and life skills, and parents/caregivers who have a youth transitioning into adult services.

These sessions are facilitated by a Family Service Coordinator from the McMaster Children's Hospital Autism Program in partnership with a Service Navigator from Autism Ontario.

WHEN: 6:00 pm to 7:00 pm on

Wednesday, April 20

Wednesday, May 25

Wednesday, June 29

TO REGISTER: Please contact a Family Service Coordinator at 905-521-2100 ext. 78972 or email autismprogram@hhsc.ca.

For a complete list of courses and workshops offered by McMaster Children's Hospital Autism Program, please visit the [MCH Autism Program](#)

[Spring 2022 Service Guide.](#)

“

Have patience with all things, but first of all with yourself.

”

Saint Francis de Sales

WORKSHOPS AND COURSES FOR PARENTS/CAREGIVERS OF CHILDREN AND TEENS

Parents for Children's Mental Health (PCMH)

Children's Mental Health Ontario

Are you feeling overwhelmed caring for a child or youth living with mental health challenges? You are not alone! Parents for Children's Mental Health offers support and information through informal monthly meetings, an electronic newsletter or by phone or email. No registration or membership required.

DATES: May 19 (Family Voices Matter)

June 16 (Drop-in; Open Conversation)

TIME: 6:30pm - 8:00pm

LOCATION: All meetings are currently being held online.

TO REGISTER: Contact Louise at 905-536-9323, or email hamilton@pcmh.ca, or visit www.pcmh.ca/hamilton
CMHO: www.family.cmho.org

COMING SOON...

Self-Care & Connection -
Outdoor session at Bayfront Park, more details to follow.

WHEN: Wednesday, June 29 2022

(No meetings throughout July & August)

Family Support Program

John Howard Society

An early intervention program designed to offer parents with youth aged 12-17 years old the opportunity to share their concerns, learn realistic and practical approaches for addressing challenges faced in raising adolescents today. Service is offered in individual or group formats.

FOR MORE INFORMATION:

Please email Abby Flinders at aflinders@jhshamilton.on.ca or call 905-522-4446.

YourSpace Hamilton Online Sessions and Resources for Families

Lynwood Charlton Centre

YourSpace is an online space for youth and families looking for mental health information and supports.

YourSpace has FREE live online sessions for youth and families, archived videos, helpful links, information about local resources and more!

FOR MORE INFORMATION:

Visit www.YourSpaceHamilton.ca to register for upcoming sessions or view archived recordings. Email engage@lynwoodcharlton.ca or call 905-389-1361 ext. 288

Family Nights (Online)

Dr. Bob Kemp Hospice

Family Nights provides an opportunity for families to meet like-minded and experienced people. Children, youth, and caregivers who have experienced the death of a family member or very close friend can join our Family Nights.

DATES/TIME:

All group sessions are held from 6:30 pm to 8:30 pm on the following dates:

May 16, 2022

June 16, 2022

TO REGISTER:

Registration is mandatory as Family Night kits will be provided.

Please visit www.kemphospice.org to register.

Understanding ADHD and ADD (Online)

Ron Joyce Children's Health Centre

This is an introductory educational session for parents and caregivers. We will focus on presenting information to help parents gain a better understanding of ADHD and the inattentive subtype of ADHD.

Zoom link will be sent 1-2 days before start date.

DATE: Wednesday, August 17, 2022

TIME: 12:30 pm - 1:30 pm

TO REGISTER:

Visit the [Community Education Registration Link](#)

Questions?

Call 905-521-2100 x74147 or email communityeducationse@hpsc.ca

The Courage Collection

THRIVE Child and Youth Trauma Services

The Courage Collection, at Kenilworth Library, is a joint project of THRIVE Child and Youth Trauma Services and Hamilton Public Library. A specialized collection containing resources and educational materials on childhood trauma, adult survivor, recovery and healing topics.

Resources in the Courage Collection can be accessed directly at the Kenilworth Library, or patrons can access the library's online catalogue, find what they want and have it sent to their own local library for pick up.

FOR MORE INFORMATION:

Email Janice Floyd at THRIVE Child and Youth Trauma Services at janice.floyd@thrivechildand youth.ca

WORKSHOPS AND COURSES FOR PARENTS/CAREGIVERS OF CHILDREN AND TEENS

Concurrent Parent & Children/Youth Groups

Dr. Bob Kemp Hospice

Our Concurrent Parent & Children/Youth Groups allow children, teens and their guardians to come together to find understanding, stability and support. Any child or teen, ages 7-17 who have experienced the death of a family member or close friend can join.

Concurrent parent groups will occur at the same location.

TO REGISTER CALL:

Please RSVP to Susan Repa by calling 905-387-2448 ext. 2230 or email childandfamily@kemphospice.org

Supporting Caregivers (Online)

McMaster Children's Hospital Autism Program

Stephanie Moeser, MSW, RSW

Being a parent is rewarding and challenging at the same time. Throughout the past two years, parents and caregivers have been at the front lines in supporting their children through unprecedented times and have done so while navigating their own fears, emotions, and uncertainties. Through this time the resilience and strengths of families have been awe inspiring. However, we must note that it has also taken an emotional and physical toll. This workshop aims to provide strategies and support within the context of the pandemic and the fatigue that some families have faced. This workshop will introduce some self-care and community care strategies to support wellness. There will be an opportunity for discussion and questions.

DATE/TIME: Tuesday, May 31 from 6:30PM - 8:00PM.

TO REGISTER: Call 905-521-2100 ext. 78972 or email

autismprogram@hhsc.ca.

Emotions in Motion: Handling Big Emotions (Online)

Ron Joyce Children's Health Centre

An educational workshop for parents and caregivers explaining the basics of emotional regulation. You will learn how to help your child deal with their emotions in a helpful way. Teach your child and youth how to talk it out instead of act it out.

Zoom link sent 1-2 days before start date

DATE: Wednesday, June 22, 2022

TIME: 5:30 pm - 6:30 pm

OR

DATE: Wednesday, August 3, 2022

TIME: 10:00am - 11:00am

TO REGISTER: Visit the [Community Education Registration Link](#)

Questions?

Call 905-521-2100 x74147 or email communityeducationse@hhsc.ca

The ABCs on OCD (Virtual) St. Joseph's Hospital

A 4 week family educational series on obsessive-compulsive disorder (OCD) in children and adolescents.

Week 1: An overview of OCD

Week 2: A review of family accommodation and OCD

Week 3: A review of medication and cognitive behavioural therapy treatment options for OCD

Week 4: Helpful strategies to manage OCD at home and school settings.

DATES/TIME: This education series is offered on Tuesdays from 4:00 pm - 5:00 pm in February, June, and October.

LOCATION: Virtual

TO REGISTER FOR JUNE SESSION:

Please call (905) 522-1155 ext. 35373

Give your Child the Tools for Life (Online)

Ron Joyce Children's Health Centre

This workshop will help parents understand how to raise resilient children. Children respond differently to the challenges in life. With our guidance, we will show you how to empower your child and nurture these skills so they can learn to bounce back with confidence.

DATE: Thursday, July 17, 2022

TIME: 10:00am - 11:00am

TO REGISTER:

Visit the [Community Education Registration Link](#)

Questions?

Call 905-521-2100 x74147 or email communityeducationse@hhsc.ca

Dealing with Impulsivity (Online)

Ron Joyce Children's Health Centre

This single session workshop will help caregivers understand how they can use a variety of techniques and visual strategies to help their child (including children with ADHD) gain better self-control, become more independent and get tasks done.

DATE: Thursday, June 9, 2022

TIME: 10:00am - 11:00am

OR

DATE: Wednesday, August 24, 2022

TIME: 12:30pm - 1:30pm

TO REGISTER: Visit the [Community Education Registration Link](#)

Questions?

Call 905-521-2100 x74147 or email communityeducationse@hhsc.ca

WORKSHOPS AND COURSES FOR PARENTS/CAREGIVERS OF CHILDREN AND TEENS

Parenting Your Child with ADHD (Online)

Ron Joyce Children's Health Centre

This 3 session course for parents and caregivers will review ADHD, how it effects children and teens and strategies for supporting your adhd child/teen. We will review why they act the way they do, how to give them the tools they need to succeed and ways to support them. Topics discussed: evidence based parenting strategies, emotional regulation, executive functioning, and social skills.

Zoom link will be sent 1-2 days before start date

DATES: June 14, 2022
AND June 21, 2022
AND June 28, 2022

TIME: 5:30 pm - 6:30 pm

TO REGISTER:

Visit the [Community Education Registration Link](#)

Questions?

Call 905-521-2100 x74147 or email communityeducationse@hhsc.ca

McMaster Children's Hospital Autism Program Ron Joyce Children's Health Centre

The McMaster Children's Hospital Autism Program Fall Service Guide is now available! The Guide includes both virtual and in-person services. Many of the services are provided as part of the Ontario Autism Program (OAP) Foundational Family Services and are available at no cost.

FOR MORE INFORMATION:

Call 905-521-2100 ext. 78972 or email autismprogram@hhsc.ca

For a complete list of courses and workshops offered by McMaster Children's Hospital Autism Program, please visit the [MCH Autism Program Spring 2022 Service Guide](#).

Building Friendships (Online)

Ron Joyce Children's Health Centre

This workshop is for parents/caregivers of children and youth 10-18 years of age. The focus will be on helping caregivers develop an understanding of social skill development and how they can assist their child/teen.

Zoom link will be sent 1-2 days before start date

DATE: Wednesday, June 29, 2022

TIME: 12:30 pm - 1:30 pm

TO REGISTER:

Visit the [Community Education Registration Link](#)

Questions?

Call 905-521-2100 x74147 or email communityeducationse@hhsc.ca

Co-Parenting Through Divorce & Separation (Online)

Ron Joyce Children's Health Centre

This is an educational session for parents and caregivers. Co-parenting will help you redefine your working relationship with your partner when it comes to parenting your child. In this session we will help you understand how you can move forward, redefine this new co-parenting relationship, improve your communication, minimize negative impacts, increase benefits on your child(ren) and their relationships with both of you.

Zoom link will be sent 1-2 days before start date

DATE: Wednesday, July 13, 2022

TIME: 12:30 pm - 1:30 pm

TO REGISTER: Visit the [Community Education Registration Link](#)

Questions?

Call 905-521-2100 x74147 or email communityeducationse@hhsc.ca

When Conversations at Home are Hard (Online)

Ron Joyce Children's Health Centre

This workshop provides ideas for helping re-build connection with your child or teen, working together, strengthening the parent-child relationship and improving cooperation and communication.

Zoom link will be sent 1-2 days before start date

DATE: Thursday, May 5, 2022

TIME: 10:00am - 11:00am

TO REGISTER:

Visit the [Community Education Registration Link](#)

Questions?

Call 905-521-2100 x74147 or email communityeducationse@hhsc.ca



Tell me and I forget,
teach me and I may
remember, involve me
and I learn.



Benjamin Franklin

WORKSHOPS AND COURSES FOR PARENTS/CAREGIVERS OF CHILDREN AND TEENS

Anxiety in Children and Youth (Online)

Ron Joyce Children's Health Centre

Join us for this introductory educational opportunity to explore more about childhood anxiety, triggers and the effects on your child and teen. We will also introduce coping strategies to help you empower your child and youth.

Zoom Link will be sent 1-2 days before start date

DATE: Thursday, June 23, 2022

TIME: 10:00 am - 11:00 am

OR

DATE: Thursday, August 11, 2022

TIME: 10:00 am - 11:00 am

TO REGISTER:

Visit the [Community Education Registration Link](#)

Questions?

Call 905-521-2100 x74147 or email communityeducationse@hhsc.ca

I'm Shy (Online)

Ron Joyce Children's Health Centre

An introductory educational workshop for parents and caregivers that will introduce some of the issues or concerns with shy, anxious behaviours. Strategies and supports available for your child will be discussed and provided.

Zoom link will be sent 1-2 days before start date

DATE: Tuesday, July 5, 2022

TIME: 12:30 pm - 1:30 pm

VIRTUAL VIA ZOOM

TO REGISTER:

Visit the [Community Education Registration Link](#)

Questions?

Call 905-521-2100 x74147 or email communityeducationse@hhsc.ca

Why Won't They Listen? (Online)

Ron Joyce Children's Health Centre

In this educational workshop parents and caregivers we will review strategies to increase your child's cooperation and improve listening to parental requests. You will learn why children may be acting out, and how to best support them with their strong emotions.

Zoom link will be sent out 1-2 days before start date

DATE: Wednesday, June 29, 2022

TIME: 5:30 pm - 6:30 pm

OR

DATE: Thursday, August 18, 2022

TIME: 10:00am - 11:00am

TO REGISTER:

Visit the [Community Education Registration Link](#)

Questions?

Call 905-521-2100 x74147 or email communityeducationse@hhsc.ca

Learn How to Validate Your Child/Teen (Online)

Ron Joyce Children's Health Centre

Join is for this parent and caregiver educational workshop. Validation is a powerful tool for parents. It helps you connect with your child/teen and it can diffuse difficult behavior. They will feel heard and open up more. This will give you the skills to get you started.

Zoom links will be sent 1-2 days before start date

DATE: Monday, June 27, 2022

TIME: 4:00 pm - 5:00 pm

OR

DATE: Tuesday, August 30, 2022

TIME: 10:00am - 11:00am

TO REGISTER:

Visit the [Community Education Registration Link](#)

Questions?

Call 905-521-2100 x74147 or email communityeducationse@hhsc.ca

COPEing with 3-12 year olds (6 weekly online sessions)

Ron Joyce Children's Health Centre

This evidence-based program teaches parenting strategies to strengthen relationships and increase cooperation with your children.

DATES: July 12, 2022

AND July 19, 2022

AND July 26, 2022

AND August 2, 2022

AND August 9, 2022

AND August 16, 2022

TIME: 12:30 pm - 1:30 pm

TO REGISTER:

Visit the [Community Education Registration Link](#)

Questions?

Call 905-521-2100 x74147 or email communityeducationse@hhsc.ca

“

The power of
imagination makes us
infinite.

”

John Muir

WORKSHOPS AND COURSES FOR PARENTS/CAREGIVERS OF CHILDREN AND TEENS

Building Your Parenting Toolbox **(3 weekly online sessions)** Ron Joyce Children's Health Centre

A 3 session educational series for parents and caregivers. Topics will explore: understanding your child's disruptive behaviour, reducing conflict, dealing with emotions, improving communication and problem solving.

Zoom link will be sent 1-2 days before start date

DATES: 3 weekly sessions:

Wednesday, June 8, 2022

AND June 13, 2022

AND June 22, 2022

TIME: 12:30 pm - 1:30 pm

TO REGISTER:

Visit the [Community Education Registration Link](#)

Questions?

Call 905-521-2100 x74147 or email communityeducationse@hhsc.ca

Positive Parenting (Online) Ron Joyce Children's Health Centre

This is an educational session for parents and caregivers. Our focus will be on introducing evidence informed positive parenting strategies that are well known to help reduce conflict and gain compliance and increase parental confidence.

Zoom links will be sent 1-2 days before start date.

DATE: Wednesday, July 20, 2022

TIME: 12:30 pm - 1:30 pm

TO REGISTER:

Visit the [Community Education Registration Link](#)

Questions?

Call 905-521-2100 x74147 or email communityeducationse@hhsc.ca

My Teen is Stressed (Online)

Ron Joyce Children's Health Centre

An introduction to stress factors and how they impact teens. Ideas for helping them identify emotional triggers, expand emotional vocabulary, develop and utilize coping strategies. We will also discuss caregiver strategies to help you support and validate your teen.

Zoom link will be sent 1-2 days before start date

DATE: Thursday, May 12, 2022

TIME: 10:00 am - 11:00 am

TO REGISTER:

Visit the [Community Education Registration Link](#)

Questions?

Call 905-521-2100 x74147 or email communityeducationse@hhsc.ca

Parent Self-Care: Making Time For You! (Online)

Ron Joyce Children's Health Centre

Parenting is hard work. Add difficult behaviour, multiple children with different needs, homework, chores, and meal prep and there is little time left for you! We understand and we are here to support you. We will talk about how to get rid of the guilt of taking care of yourself, brainstorm ideas and how to make it happen. Because you matter!

DATE: Wednesday, July 17, 2022

TIME: 12:30 pm - 1:30 pm

TO REGISTER:

Visit the [Community Education Registration Link](#)

Questions?

Call 905-521-2100 x74147 or email communityeducationse@hhsc.ca

Stress Less: A Pathway to Coping for Parents & Teens **Ages 13-15 years** **(4 weekly online sessions)**

Ron Joyce Children's Health Centre

This educational interactive program is for teens 13-15 years and caregivers to attend together. Learning new skills and handling disappointments, stress, and emotions can be hard to do. This program will help you work together to find the strategies that will fit your needs and how to set goals and move forward together with a plan. **First session is a PARENT-ONLY Orientation. Parent/caregiver and teen must be comfortable with being on camera.**

DATES: Wednesday May 25, 2022

AND June 1, 2022

AND June 8, 2022

AND June 15, 2022

TIME: 4:00pm - 5:00pm

TO REGISTER: Visit the [Community Education Registration Link](#)

Questions?

Call 905-521-2100 x74147 or email communityeducationse@hhsc.ca

WORKSHOPS AND COURSES FOR CHILDREN AND TEENS

The Burger Box

Dr. Bob Kemp Hospice

The burger box is a free resource for families who have experienced the death of a family member or close friend. It is customizable with resources specific to the loss. There is also a how to book for parents written by our Supportive Care Team.

Target age 3-17 years.

FOR MORE INFORMATION:

Visit <https://kemphospice.org/services/tools-resources/the-burger-box/> for more information or to register to receive a box.

“

Do what you can, with
what you have, where
you are.

”

Theodore Roosevelt

YourSpace Hamilton Online Sessions and Resources for Youth

Lynwood Charlton Centre

YourSpace is an online space for youth and families looking for mental health information and supports.

YourSpace has FREE live online sessions for youth and families, archived videos, helpful links, information about local resources and more!

FOR MORE INFORMATION:

Visit www.YourSpaceHamilton.ca to register for upcoming sessions or view archived recordings.

Email engage@lynwoodcharlton.ca or call 905-389-1361 ext. 254

Story Time Explorers (Online)

Dr. Bob Kemp Hospice

All sessions are held virtually.

Calling all 6-9 year olds who have experienced the death of someone close to them. Join us for story time and a craft.

Registration is mandatory. There are no fees to participate in this program.

DATES/TIME: 6 week session on Wednesdays at 6:30-7:30 PM on the following dates:

May 4, 2022
May 11, 2022
May 18, 2022
May 25, 2022
June 1, 2022

TO REGISTER:

To register please visit www.kemphospice.org or call 905-387-2448 ext. 2230.

Youth Navigation Program (Online)

The John Howard Society of Hamilton, Burlington, and Area

This ongoing program provides 1:1 and group programming for individuals ages 12-24, in areas such as: employment goals, legal concerns, gang involvement, family dynamics, substance abuse, housing, ID, SMART goals, anger management, healthy self-esteem, bullying, managing conflict, social media, and healthy boundaries.

TO REGISTER:

Please contact Lisa Gajewicz at 905-522-4446 ext 313 // 289-439-4344 or lgajewicz@jhshamilton.on.ca

Kids Help Phone

Kids Help Phone is Canada's only 24/7 e-mental health service offering free, confidential support to young people in English and French.

Need Help Now?

Start a confidential conversation with a real person you can trust.

CALL: 1-800-668-6868

TEXT: 686868

VISIT: www.kidshelpphone.ca

WORKSHOPS AND COURSES FOR CHILDREN AND TEENS

ACHIEVES

John Howard Society

WHAT IS ACHIEVES?

ACHIEVES is a 12-week program that supports youth in grades 6, 7 and 8 that experience barriers to their social and educational success.

We provide a variety of opportunities for youth, such as:

- Life-skills programming
- Creating pro-social relationships
- Free recreational activities
- Incentives for reaching goals
- Supports and skills for transitioning to high-school.

Guardian/Parent Supports:

Guardians/parents receive supports in the best format for them, including; parent groups, telephone coaching, and 1:1 support.

FOR MORE INFORMATION ABOUT THE PROGRAM:

Contact Tabitha Doan at 289-260-6905.

CHOICES

John Howard Society

This is a cognitive-behaviour based program for youth ages 12-17 which is delivered in 8 group sessions. Focus is on important social skills relating to cost and consequences of making good and bad decisions. Delivery methods include discussion, role play, movies and games.

FOR MORE INFORMATION:

For more information, or to book a screening, please contact Mimi Vukasevic at mvukasevic@jhshamilton.on.ca or call 905-522-4446.

All 4 One Program

John Howard Society

ALL 4 ONE is an individualized program that provides intervention and support for youth diagnosed with or querying a diagnosis of FASD (ages 12-17), and their caregivers.

This program is comprised of a Family Support Worker and a Youth Worker, who will provide wide-ranging assistance to both youth and caregivers, as they navigate different systems, access community resources, and expand their networks of support in developing the young person's circle of care.

Note: Note: In order to be eligible for the program, the young person must have had some form of limited police contact (i.e. cautions, warnings, missing persons reports).

Open to community referrals. Funded by the Department of Justice Canada.

FOR MORE INFORMATION:

Call Beth Fennell at 289-556-6171 or email bfennell@jhshamilton.on.ca or Jeff Parker at 289-442-5886 or email jparker@jhshamilton.on.ca

CHOICES in Anger

John Howard Society

The goal of the program is for youth to recognize their anger, identify triggers, learn to communicate more effectively and make better decisions in the future. Delivery methods include: group discussions, written exercises, movie clips, role play, and skills practicing.

FOR MORE INFORMATION:

For more information, or to book a screening, please contact Mimi Vukasevic at mvukasevic@jhshamilton.on.ca or call 905-522-4446.

Sibling Connection Group (Online)

McMaster Children's Hospital
Autism Program/Young Caregivers
Association

This 6-week virtual program is designed to bring siblings together! Led by Cayleigh Sexton, Director of Programs and Services with the Young Caregivers Association, this recreational group is for children ages 5-12 years old who support a sibling at home who has special needs. Together we will explore themes that can help siblings share their experiences and connect with others. Some of the themes include frustration, coping skills, and how to take time for themselves. Each week includes a variety of games, crafts, and activities that relate to the themes. The group provides children with an opportunity to connect with peers who understand the experience of having a sibling who needs some extra help.

WHEN: Runs virtually every Thursday from 6:30 pm - 8:00 pm starting April 21 2022 for 6 weeks.

TO REGISTER:

Please contact Cayleigh Sexton at 905-708-4347 or email cayleighs@youngcaregivers.ca

For a complete list of courses and workshops offered by McMaster Children's Hospital Autism Program, please visit the [MCH Autism Program Spring 2022 Service Guide](#).

WORKSHOPS AND COURSES FOR CHILDREN AND TEENS

Adapted Recreation

City of Hamilton

The City of Hamilton is committed to ensuring the rights of individuals with disabilities and/or with special needs. Adapted recreation is available at many centres through the use of activity modifications and assistive technology. Equitable access will be provided to support persons and individuals with assisted devices or animals.

Persons requiring assistance or accommodation at a City facility are encouraged to complete an Individual Accommodations Form to communicate their needs. Forms can be obtained at your local centre.

Visit <https://www.hamilton.ca/recreation/adapted-programs> for more information.

Gaming Through Grief Ages 10-13 (Online)

Dr. Bob Kemp Hospice

Any child or teen aged 10-13 who has experienced the death of a family member or very close friend can join the group. Participants will need a computer for Zoom and either an iPad, iPhone, or Android device. New games and activities each week.

Registration is mandatory.

DATES/TIME:

Wednesdays from 6:30 pm - 8:00 pm on the following dates:

May 3, 2022
May 10, 2022
May 17, 2022
May 24, 2022
June 2, 2022

TO REGISTER:

Please visit www.kemphospice.org

kNOw Fear 8-12yrs (6 weekly virtual sessions)

Ron Joyce Children's Health Centre



This is a series of 6 VIRTUAL weekly sessions (in a row) via ZOOM.

The first session is a PARENT-ONLY orientation. The remaining 5 sessions parent & child attend together.

kNOw Fear is an **educational** CBT-based anxiety group for children ages 8-12 years and their caregiver(s). Together the family will learn what stressors most effect their child. Identify how the child reacts to these worries/fears, and how to deal with them in a positive and effective way. This is not a treatment group.

PARENT ONLY SESSION:

Tuesday, May 3, 2022

SESSIONS (PARENT & CHILD):

May 10, 2022
May 17, 2022
May 24, 2022
May 31, 2022
June 7, 2022

TIME: 5:30 pm to 6:30 pm

LOCATION: VIRTUAL through ZOOM

TO REGISTER:

Visit the [Community Education Registration Link](#)

Questions?

Call 905-521-2100 x74147 or email communityeducationse@hhsc.ca

Sibteens - Opening Hearts (Online)

Sibteens is a support program for teenagers aged 13-17 who have siblings with special needs. It's an opportunity to get together, share experiences and have fun.

Programs are now being held virtually.

FOR MORE INFORMATION:

Visit www.openinghearts.ca/sibteens.

Sibshops - Opening Hearts (Online)

Opening Hearts Sibshops is an exciting program for 8-13 year old brothers and sisters of children with special needs. At Sibshops kids will make new friends, share experiences, eat lunch, play games and have fun! Sibshops are free. Sessions take place 2nd Saturday of each month.

Programs are now being held virtually.

FOR MORE INFORMATION:

Visit www.openinghearts.ca.

Pediatric Visiting Volunteer Program

Dr. Bob Kemp Hospice

Working with caregiver needs, the visiting volunteer can provide companionship and enhanced social supports to the caregiver, the child and/or sibling in the home for up to 2 hours per week.

Volunteers do not provide medical or personal care and cannot be responsible for any lifesaving monitoring.

TO REGISTER:

Contact our Coordinator of Children and Family Support Programs at 905-387-2448 ext. 2230.

WORKSHOPS AND COURSES FOR CHILDREN AND TEENS

Child Trauma and Abuse Counselling

Catholic Family Services

Have your children experienced or been exposed to domestic violence? Individual counselling is available to help them process and understand their feelings and experiences.

Services are available for children ages 5-18, and require an assessment to determine readiness.

TO REGISTER:

Call 905-527-3823 ext. 257. An intake counsellor will return your call and complete a referral.

The SURE Program (Self-Understanding and Emotional Regulation)

Banyan Community Services

The Self-Understanding and Regulating Emotions (SURE) program aims to address emotional and behavioural issues among young people aged 12-14 who face barriers in developing strong emotional and social skills, which can have an impact on relationships with family, teachers and members of their peer group. SURE achieves this by teaching emotional regulation, problem-solving, and assertive communication skills to the young person and their parent(s)/ primary caregiver in a group setting.

DATE: Offered one evening for consecutive weeks 8 – 10 weeks depending on the needs of the participants.

Sessions offered multiple times in the calendar year set by the families accessing service.

LOCATION: Banyan Community Services

FOR MORE INFORMATION:

Dane Bott, Program Coordinator at 905-544-7778 ext. 3131 or email Sure@banyancs.org

Project Youth AFFIRM (Online)

University of Toronto/Planned Parenthood Toronto



Project Youth AFFIRM (ages 12-14; and 15-18) offered online with Hamilton Family Health Team, Hamilton-Wentworth District School Board, Compass Community Health, Hamilton Catholic Children's Aid Society (CCAS).

offers 8 FREE sessions of coping skills training for LGBTQ+ youth (ages 12-14; and 15-18).

BENEFITS OF AFFIRM:

An opportunity to build community and meet other LGBTQ+ youth.
Learn stress coping skills to navigate mental health.
Compensation for survey completion.

AFFIRM will help you to decrease unhelpful thoughts, learn stress coping skills to navigate mental health challenges, make health-related choices for your sexual and mental health, and provide an opportunity to build community and meet other LGBTQ+ youth.

(For older youth/adult AFFIRM, please see listing under "Adults")

LOCATION:

Offered online using Zoom video conferencing.

FOR MORE INFORMATION:

Website: www.projectyouthaffirm.org
Contact Rachael Pascoe, AFFIRM Coordinator at email address: rachael.pascoe@mail.utoronto.ca

Quick Access Service - Mental Health Walk-in

City of Hamilton Public Health Services Healthy Families Division

Come and talk with a therapist. For children and youth under 18 who are living with mental health issues, such as feeling sad, worried, and/or angry, or anything else on your mind. We invite caregivers to attend with the young person. Some youth may choose to come on their own.

To be responsive to the current context of Covid-19 and our Quick Access Service and Mental Health Walk-In sites are temporarily closed to the public however our services are open and able to provide treatment virtually by phone and/or online. In-person sessions held at our clinic location may be available upon request.

Our Quick Access Mental Health walk-ins is designed to provide brief, single-session therapy for children and youth seeking mental health services that could benefit from a brief and immediate intervention with a therapist.

HOW TO BOOK AN APPOINTMENT FOR BRIEF, SINGLE-SESSION THERAPY:

Due to Covid-19, the referral and booking process for our QAS Mental Health Walk-in for brief, single-session therapy has been streamlined. Youth and families can book an appointment directly with Public Health Services, Child and Adolescent Services.

By phone at 905-546-2424 ext. 3678 or online at <https://www.hamilton.ca/public-health/clinics-services/child-and-adolescent-services>

WORKSHOPS AND COURSES FOR CHILDREN AND TEENS

Grief Support Games Night: Ages 7-17 (Online)

Dr. Bob Kemp Hospice

Dr. Bob Kemp Hospice provides a place for young adults to come together. Through participation in facilitated peer groups, they find understanding, stability, and support.

All group sessions are held on Zoom. Registration is mandatory to receive the Zoom link.

DATE/TIME:

Session will be held from 6:30 pm to 8:30 p.m. on May 26, 2022

TO REGISTER:

To register please visit www.kemphospice.org

Grief Support: Pen Pals

Dr. Bob Kemp Hospice

For youth 10-17 years old

Do you ever think that no one understands what you are going through? Like you are by yourself? Join our pen pal group! A group where you will be paired up with another youth in our community who is in a similar situation as you. Share stories, memories, and feelings since losing your person.

TO REGISTER:

Registration is mandatory to secure your spot! To ensure safety for all, confidentiality forms will be provided, and all letters will be sent and distributed through Dr. Bob Kemp Hospice only.

To register please visit www.kemphospice.org

Cooking Up Care (Online)

Dr. Bob Kemp Hospice

Our chef will guide youth through the recipe from a pre-delivered Cooking Up Care box. Zoom will be used as we make the meal together and then our grief facilitators and other group participants will connect over dinner.

Registration is mandatory as kits will be provided. Designed for youth 12-17.

DATES/TIME:

Cooking up care is a 6 week program held from 6:30 pm to 8:30 pm on the following dates:

May 2, 2022
May 9, 2022
May 16, 2022
May 23, 2022
May 30, 2022

TO REGISTER:

Please visit www.kemphospice.org or call 905-387-2448 ext. 2230.

Recreational Groups for Children with Autism (Online)

McMaster Children's Hospital Autism Program

Children are invited to participate virtually in fun theme-based recreational groups offered throughout the spring months.

TO REGISTER: Please contact a Family Service Coordinator at 905-521-2100 ext. 78972 or email autismprogram@hhsc.ca

For a complete list of courses and workshops offered by McMaster Children's Hospital Autism Program, please visit the [MCH Autism Program Spring 2022 Service Guide](#).

Grief Text and Online Chat Support

Dr. Bob Kemp Hospice

We are so excited to be launching our Grief Text and Online Chat Support!

Available 7 days a week, 10 a.m. until 10 p.m.

Our Grief Text or Online Chat service is to provide accessible, short-term peer brief grief emotional support for children, youth, parents/caregivers, and adults who have experienced a death from a pet or someone in their lives. It is not a mental health crisis/or distress service and will not provide mental health therapy.

TEXT AND CHAT LINE OFFERS:

-will provide brief emotional grief and bereavement support

-offer resources to support you

DOES NOT OFFER:

-mental health crisis counselling or intervention

-mental health counselling/therapy, treatment, or medical and health advice.

TO ACCESS TEXT/CHAT SUPPORT:

Text 289-278-1885 or for chat go to: kemphospice.org/support-line

Pediatric Day Wellness Program

Dr. Bob Kemp Hospice

Dr. Bob Kemp Hospice offers a day wellness program held weekly at our hospice. The caregiver and the child with a serious illness can come to connect with other caregivers and children to share in conversation and activities.

TO REGISTER:

Contact our Coordinator of Children and Family Support Programs at 905 387 2448 ext 2230 for eligibility and to apply.

WORKSHOPS AND COURSES FOR ADULTS

Connecting Over Coffee (Online)

Dr. Bob Kemp Hospice

While we grieve, we can feel lonely and isolated. People in our lives may try to help support us, but can leave us feeling misunderstood by those in our lives who haven't experience the profoundness of grief. Connecting Over Coffee is a virtual drop-in group by the bereaved, for the bereaved. Come join us as we come together to connect and talk about our grief experiences in a safe and supportivve environment. Our groups provide a confidential virtual setting for individuals to participate in voluntary discussion about how our grief impacts us and our loved ones.

DATES/TIME: Held the 2nd and 4th Tuesday of the month from 7:00 pm - 8:30 pm on the following dates:

May 10, 2022
May 24, 2022
June 7, 2022
June 21, 2022
July 12, 2022
July 26, 2022
August 9, 2022
August 23, 2022

TO RSVP AND REGISTER:

Please call 905-387-2448 ext. 2206 or email support@kemphospice.org.

Visit <https://kemphospice.org/services/grief-bereavement-support/support-for-adults/> for more information.

Return to Me

Women's Centre of Hamilton

This 4-week, ONLINE group will explore your inner creative mind. The group is an introspective and reflective journey of the self that incorporates meditation, art, and other creative mediums. If you are needing to reconnect with others and take charge of your self-care, then this is the group for you!

FOR MORE INFORMATION:

Call Women's Centre at 905-522-0127. Registration is limited and on a first come, first serve basis.

Mobile Cancer Screening Coach

Hamilton Niagara Haldimand Brant
Regional Cancer Program

Have you never been screened for cancer or can't remember the last time you were screened? The Coach provides mammograms, Pap tests and a take-home test that screens for colon cancer, for eligible residents who are overdue for cancer screening.

Eligibility for screening is based on age, sex, personal and family health histories. Drop-ins welcome.

FOR MORE INFORMATION:

Call 905-975-4467

or 1-855-338-3131 for more info or to book an appointment.

Visit hnhbscreenforlife.ca for Coach schedule.



It's not only children who
grow, parents do too.



Joyce Maynard

Express Yourself: A Parental Loss Support Group

Dr. Bob Kemp Hospice

Each loss is as unique as your relationship with your loved one. The bond between parent and child is one of the first we experience in our life, and at times may be one of our first significant grief experiences in our lives.

Dr. Bob Kemp Hospice invites those who have experienced the death of a parent or elder to please join us for a 9-week support group facilitated by trained hospice volunteers. Participants will be able to share, connect, and express their grief through various art modalities such as painting, drawing, collaging, etc throughout the group experience.

This group will be held virtually or in person while adhering to public health guidelines.

DATES/TIME: This group will take place from 3:00 PM to 5:00 PM on the following dates:

April 27, 2022
May 4, 2022
May 11, 2022
May 18, 2022
May 25, 2022
June 1, 2022
June 8, 2022
June 15, 2022
June 22, 2022

TO RSVP AND REGISTER:

Please call 905-387-2448 ext. 2206 or email support@kemphospice.org.

Visit <https://kemphospice.org/services/grief-bereavement-support/support-for-adults/> for more information.

WORKSHOPS AND COURSES FOR ADULTS

Volunteer Visiting

Dr. Bob Kemp Hospice

Our trained volunteers offer social and emotional support to individuals and families living with a life-limiting illness in Greater Hamilton.

Support is provided in the client's place of residence, including home, long term care facility, our residential hospice or hospital.

TO REGISTER CALL:

Cherylin Kislosky-McLellan at
905.387.2448 ext. 2209

Building Skills to Move Forward

Women's Centre of Hamilton

Women who have experienced trauma or abuse are welcome to attend workshops designed to reclaim your inner voice. Setting healthy boundaries, releasing guilt and shame, as well as other meaningful sessions are being offered online.

TO REGISTER CALL:

Women's Centre at 905-522-0127 for details.

Trauma & Abuse Counselling

Catholic Family Services

Healing from the impacts of abuse can be a journey. Confidential, individual counselling is available to women aged 16+ who have survived abuse and are seeking support in the process of recognizing and working through the impacts of these experiences.

FOR MORE INFORMATION:

Call 905-527-3823 ext. 257. An intake worker will return your call.

Community Day Program

Dr. Bob Kemp Hospice

Our Day Hospice Program is available to individuals residing in Greater Hamilton who are living with a life-limiting illness.

Our program is coordinated and staffed by a Palliative Care Registered Practical Nurse and supported by our trained hospice volunteer team.

FOR DATES/TIMES AND TO REGISTER:

Please call Cherylin Kislosky-McLellan at 905-387-2448 ext. 2209

Healing and Wellness

Women's Centre of Hamilton

Through meditation and mindfulness, women who have experienced trauma or abuse learn techniques to build healthy coping skills as they move through their healing journey. Workshops and sessions are being offered online.

TO REGISTER:

Call Women's Centre 905-522-0127.

New Choices

New Choices

New Choices is a program for women (pregnant or parenting young children) who have concerns regarding substance use. Support around addictions, parenting, life skills and health and wellness are provided. Food vouchers, bus tickets and childcare available.

FOR MORE INFORMATION:

Please call (905) 522-5556.

Braving the Wilderness

Dr. Bob Kemp Hospice

Join the Supportive Care team for a monthly hike in the Hamilton area. We will explore the grounds around us by foot, learning about plants growing naturally around us. As we hike, there will be opportunity to share details about your own losses, learn about the season of grief and how this is naturally reflected in the world around us. You will have the chance to connect with the Dr. Bob Kemp Hospice Supportive Care Team, but also with each other in peer to peer conversation. We are excited to offer this program, knowing the deep healing that can come from being in nature together. This hike is designed for any adult who has experienced the loss of a loved one.

This group will only run if we can safely gather in person, pending COVID-19 restrictions determined by Public Health. RSVP is mandatory to ensure that a reservation can be made with the local Conservation Authority.

DATES/TIMES: Braving the Wilderness will take place at different Conservation Areas in Hamilton from 9:30 AM to 11:30 AM on the following dates:

May 28, 2022
June 25, 2022
July 30, 2022
August 20, 2022

TO RSVP AND REGISTER:

Please call 905-387-2448 ext. 2206 or email support@kemphospice.org.

Visit <https://kemphospice.org/services/grief-bereavement-support/support-for-adults/> for more information.

WORKSHOPS AND COURSES FOR ADULTS

Peer Support

Women's Centre of Hamilton

Through online or telephone, our trained Peer Support Volunteers provide confidential, individual support for women in a safe and trusting environment to discuss life's challenges.

FOR MORE INFORMATION:

Please call Peer Support Coordinator, Sue Ann, at 905-522-0127 x201

Positive Parenting and Coping

Women's Centre of Hamilton

Online sessions are available to women who have experienced abuse and/or trauma. Sessions explore the struggles of parenting, establishing healthy boundaries, communication and managing through COVID.

TO REGISTER CALL:

Women's Centre at 905-522-0127 for more details.

Project AFFIRM (ages 18+) Online

University of Toronto/Planned Parenthood Toronto



Project AFFIRM (Ages 18+) offered online with Hamilton Family Health Team, Hamilton-Wentworth District School Board, Compass Community Health, Hamilton Catholic Children's Aid Society (CCAS)

Project AFFIRM offers 8 FREE sessions of coping skills training for LGBTQ+ young adults (ages 18+)

BENEFITS OF AFFIRM:

An opportunity to build community and meet other LGBTQ+ young adults. Learn stress coping skills to navigate mental health. Compensation for survey completion.

AFFIRM will help decrease unhelpful thoughts, learn stress coping skills to navigate mental health challenges, make health-related choices for your sexual and mental health, and provide an opportunity to build community and meet other LGBTQ+ young adults.

(For Project Youth AFFIRM, please see listing under "Courses for Children and Teens" on page 9 of this guide)

LOCATION:

Offered online using Zoom video conferencing.

FOR MORE INFORMATION:

Website: www.projectyouthaffirm.org

Contact Rachael Pascoe, AFFIRM Coordinator at email address: rachael.pascoe@mail.utoronto.ca

Creative Connections: A Spousal Loss Support Group

Dr. Bob Kemp Hospice

The loss of a spouse and/or partner can be one of life's greatest challenges. Our spousal loss support group provides an opportunity to connect with other bereaved individuals in a safe and supportive environment. Participants will be able to share, connect, and express their grief through various art modalities, such as painting, drawing, collaging, etc. This group welcomes anyone who has experienced the death of their partner and is facilitated by trained hospice volunteers.

This group will be held virtually or in person while adhering to public health guidelines.

DATES/TIME: Creative Connections will take place from 6:00 PM to 8:00PM on the following dates:

May 2, 2022
May 9, 2022
May 16, 2022
May 30, 2022
June 6, 2022
June 13, 2022
June 20, 2022
June 27, 2022
July 4, 2022

TO RSVP AND REGISTER:

Please call 905-387-2448 ext. 2206 or email support@kempshospice.org.

Visit <https://kempshospice.org/services/grief-bereavement-support/support-for-adults/> for more information.

WORKSHOPS AND COURSES FOR ADULTS

Support Over Supper: A Support Club by Grievers, for Grievers

Dr. Bob Kemp Hospice

Dr. Bob Kemp Hospice invites you to nourish both your body and grieving soul during our drop-in supper group facilitated by trained hospice volunteers. Come share a fresh home cooked meal and connect with other grievers in a supportive supper club environment. This group is offered free of charge, donations are welcome. Participants are welcome to attend as many or as few of our suppers.

SPRING 2022 DATES COMING SOON!

TO RSVP AND REGISTER:

Please call 905-387-2448 ext. 2206 or email support@kemphospice.org.

Visit <https://kemphospice.org/services/grief-bereavement-support/support-for-adults/> for more information.

Across the Wires: A Virtual Podcast Club for Grievers

Dr. Bob Kemp Hospice

Across the Wires is our virtual version of a book club. Instead of reading a book together, each week we will be listening to a different podcast that relates to the week's theme. On Tuesday afternoons, we will come together to share about our listening experiences, and how these stories may connect with our own. The group space is a confidential setting, where participation in the discussion is voluntary.

This group is virtual. RSVP is required in order to receive the secure password to join our session via Zoom!

SPRING 2022 DATES COMING SOON!

TO RSVP AND REGISTER:

Please call 905-387-2448 ext. 2206 or email support@kemphospice.org.

Visit <https://kemphospice.org/services/grief-bereavement-support/support-for-adults/> for more information.

Coping with Grief and Loss The Cattel Centre

These open groups offer adults who are grieving a confidential, comfortable, caring and supportive atmosphere in which to share about their loss with others.

These groups run every Tuesday from September to June.

FOR MORE INFORMATION CALL:

Call Beverley at 905-512-6995 or email beverleyg60@gmail.com

Adult Grief Support

Dr. Bob Kemp Hospice

We understand after the death of a loved one, some can feel lost and alone. Recognizing this, we offer complimentary grief support for those who are learning to live with loss.

FOR MORE INFORMATION CALL:

Jessica Milete 905-387-2448 ext. 2206

“

Believe you can and
you're halfway there.

”

Theodore Roosevelt

Women's Weekly Good Shepherd - Women's Services

A supportive education group addressing issues related to woman abuse. Childcare available.

FOR MORE INFORMATION:

please call 905-523-8766 ext. 4239

Individual Abuse Counselling

Women's Centre of Hamilton

Changing your life is a process. Individual counselling is available for women who are experiencing or have experienced abuse. Counselors can assist you in discovering your goals and identifying your options so that you can make informed decisions about your life.

FOR MORE INFORMATION:

Call Women's Centre at 905-522-0127

211 Ontario

211 is an award winning helpline and website that provides information on and referrals to Ontario's community, social, health-related and government services. Free, confidential, available 24/7, 150+ languages.

Ask about:

- Health Services and Supports
- Financial and Social Assistance
- Housing and Utility Help
- Children and Youth Services
- Food Assistance and Meal Programs
- Seniors' Services and Home Care
- Government Program Assistance
- Parenting and Family Programs
- Newcomer Services
- Volunteer Organizations
- and much more!

CALL: 2-1-1

VISIT: www.211ontario.ca

GROWING TOGETHER

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- 1 Feeding Your Baby 0-12 Months
- 1 Health Connections Information Line
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- 1 Welcome Baby

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- 2 French Postnatal Yoga Classes - Moms and Babies Under 10 Months
- 2 Groupe Bon Début (French support group for mothers)
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Your Contact to Services for Children and youth.

Contact Hamilton can help. We are your first point of contact if you need assistance from agencies that support children, youth and families with behavioral, emotional and developmental concerns.

We will provide information about services in Hamilton, identify the services that can respond to your family's needs and make referrals.



Call us at **905.570.8888**



Growing Together
A Community Education Guide for Parents, Youth and Children

FAMILY RESOURCE CENTRE

Looking for more information about difficulties your child or teen is experiencing? Visit the Family Resource Centre at the Ron Joyce Children's Health Centre located at 325 Wellington St. N.

We circulate books, DVDs and pamphlets on a variety of topics.

For more information, [please visit our website.](#)

Email frc@hhsc.ca or call 905.521.2100 ext. 77243



PARENT
EDUCATION
COURSES
WORKSHOPS
GROUPS



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COURSES
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