



PARENT EDUCATION | COURSES | WORKSHOPS | GROUPS

# 2022 | January-April



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HAMILTON  
AREA

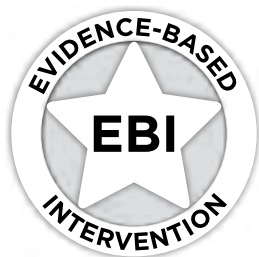


# WELCOME TO GROWING TOGETHER

Growing Together is a community education guide for parents, children and youth listing courses, groups and workshops available in Hamilton from January to April 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](mailto: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](http://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](mailto: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](http://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 (Online)

Ron Joyce Children's Health Centre

In this 8-week session workshop for moms and dads of babies under 24 months, participants watch video clips, learn how to read and respond to infant cues in order to foster infant attachment security, and discuss these issues with the leaders and other parents. Spring 2022.

8 weekly sessions on Zoom

### FOR MORE INFORMATION:

Call 905-521-2100 ext. 77406 or email [ipp@hhsc.ca](mailto:ipp@hhsc.ca) or register at: [www.mcmasterchildrenshospital.ca/family-resources](http://www.mcmasterchildrenshospital.ca/family-resources)

## 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.



Each day of our lives we  
make deposits  
in the memory banks  
of our children.



Charles R. Swindoll

## 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](http://www.thrivechildandandyouth.ca) to review eligibility criteria.

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

### COPEing with Toddler Behaviour (Online)

#### Ron Joyce Children's Health Centre

In this 8-session workshop for moms and dads of toddlers 12-36 months old, parents watch video clips, learn strategies to prevent and respond to challenging behaviour, and discuss these issues with the leaders and other parents.

**DATE:** Thursday's  
Starting January 20th, 2022

**TIME:** 1:00 pm - 3:00pm

**LOCATION:** Via zoom

#### FOR MORE INFORMATION:

Please call 905-521-2100 ext. 77406 or email [ipp@hhsc.ca](mailto:ipp@hhsc.ca) or register at [www.mcmasterchildrenshospital.ca/family-resources](http://www.mcmasterchildrenshospital.ca/family-resources)

### Circle of Security Parenting Group (Online)

#### Ron Joyce Children's Health Centre

In this 8-session workshop for moms and dads of children 0-6 years, participants watch video clips, learn strategies to enhance the parent-child attachment relationship and improve child behaviour, and discuss these issues with the leaders and other parents.

8 weekly sessions on Zoom.

**DATE:** Tuesday's  
Starting January 18th 2022

**TIME:** 6:00 pm - 8:00 pm

**LOCATION:** Via zoom

#### FOR MORE INFORMATION:

Please call 905-521-2100 ext. 77406 or email [ipp@hhsc.ca](mailto:ipp@hhsc.ca) or register at [www.mcmasterchildrenshospital.ca/family-resources](http://www.mcmasterchildrenshospital.ca/family-resources)

### 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

Intended for parents who are thinking about beginning to toilet train their young children.

Preparing yourself by looking at your child's readiness skills, collecting data, and focusing on motivation and reinforcement are some of the techniques that will be discussed. Visual aids for toileting success will be provided if requested.

60-minute individualized consultation with a clinician is available upon request, with completion of workshop.

Registration is limited!

#### TO REGISTER:

Please email [sdbs@hhsc.ca](mailto: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.

### Parenting your Anxious Child (3 weekly online sessions)

Ron Joyce Children's Health Centre

This virtual 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 behaviours that get in the way of everyday living.

**DATES:** Tuesday, January 18, 2022  
AND Tuesday, January 25, 2022  
AND Tuesday, February 1, 2022

**TIME:** 5:30 pm - 6:30 pm

TO REGISTER:

Visit the [Community Education Registration Link](#)

For non-registration related questions, email [communityeducation@hhsc.ca](mailto:communityeducation@hhsc.ca) or call 905-521-2100 x 74147.

### Sleep Problems & Developing Good Sleep Habits Virtual Workshop

Ron Joyce Children's Health Centre

A good night's sleep is important to healthy growth and development of young children. This workshop will help review why and 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 strategies to help.

60-minute individualized consultation with a clinician available upon request, with completion of workshop.

Registration is limited!

#### TO REGISTER:

Email [SDBS@hhsc.ca](mailto: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.

### 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

### Understanding the Mysteries of Children's Behaviour Virtual Workshop

Ron Joyce Children's Health Centre

Learn how to identify and understand the meaning behind your child's behaviour using the SEAT approach. You will learn how to interpret what your child is really trying to communicate with you. Reviewing how to apply proactive strategies to help support your children through challenging behaviours using positive parenting approaches, establishing boundaries, routines and clear expectations to set both you and your child up for success.

60 minute individualized consultation with a clinician available upon request, with completion of workshop.

Registration is limited!

#### TO REGISTER:

Email [SDBS@hhsc.ca](mailto: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

Children and families living in the North End Neighbourhood of elementary school age are welcome to join us for breakfast every school day from 7:45-8:45 am.

A nutritious breakfast is provided in a safe environment for children before school at 438 Hughson St. N.

#### TO REGISTER:

Contact: Jenna McHugh 905-523-6611 ext. 3007

or email [jmchugh@compassch.org](mailto:jmchugh@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](mailto:info@fasdhamilton.ca), social media [@fasdhamiltonca](mailto:@fasdhamiltonca), or visit [www.fasdhamilton.ca](http://www.fasdhamilton.ca).

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

Ron Joyce Children's Health Centre

After the age of two we expect that our children stop having temper tantrums. You may have a child that is well beyond the toddler years who still has a hard time controlling their emotions. Is it behavioural or is there really a concern we can help you with?

**DATE:** Thursday, February 17, 2022  
**TIME:** 10:00 am - 11:00 am

VIRTUAL VIA ZOOM

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

For non-registration related questions, email [communityeducationse@hhsc.ca](mailto:communityeducationse@hhsc.ca) or call 905-521-2100 x 74147.

### 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](mailto: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 years - Online)

Ron Joyce Children's Health Centre

This one-session workshop helps caregivers to identify stressors and learn how they affect their child's daily life. You will be introduced to some basic coping strategies appropriate to manage a young child's stress.

**DATE:** Monday, February 7, 2022  
**TIME:** 4:00 pm - 5:00 pm

VIRTUAL VIA ZOOM

**TO REGISTER:**  
Visit the [Community Education Registration Link](#)  
For non-registration related questions, email [communityeducationse@hhsc.ca](mailto:communityeducationse@hhsc.ca) or call 905-521-2100 x 74147.

## 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 one-session workshop 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.

**DATE:** Thursday, January 20, 2022

**TIME:** 10:00 am - 11:00 am

or

**DATE:** Tuesday, April 5, 2022

**TIME:** 12:30pm - 1:30 pm

#### **TO REGISTER:**

Visit the [Community Education Registration Link](#)

For non-registration related questions, email [communityeducationse@hhsc.ca](mailto:communityeducationse@hhsc.ca) or call 905-521-2100 x 74147.

### **Temper Tamers (Online)**

**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.

**DATE:** February 8 - April 19, 2022

**TIME:** 6:00 pm - 8:00 pm

#### **FOR MORE INFORMATION:**

Contact Lynwood Charlton Centre Community Groups Coordinator Carrie Macartney at 905-971-8267

### **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:** Tuesday, March 22, 2022

and Tuesday, March 29, 2022

and Tuesday, April 5, 2022

and Tuesday, April 12, 2022

and Tuesday, April 19, 2022

and Tuesday, April 26, 2022

**TIME:** 5:30 pm - 6:30 pm

#### **TO REGISTER:**

Visit the [Community Education Registration Link](#)

For non-registration related questions, email [communityeducationse@hhsc.ca](mailto:communityeducationse@hhsc.ca) or call 905-521-2100 x 74147.

### **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.

#### **TO REGISTER:**

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

### **Advocating for my Child (Online)**

**Ron Joyce Children's Health Centre**

Do you struggle to communicate your child's needs at school? It can be hard to know how to work as a team with your child's school, daycare, and community supports. This workshop will help you to take the positive steps to get you there.

**DATE:** Monday, January 10, 2022

**TIME:** 4:00 pm - 5:00 pm

#### **TO REGISTER:**

Visit the [Community Education Registration Link](#)

For non-registration related questions, email [communityeducationse@hhsc.ca](mailto:communityeducationse@hhsc.ca) or call 905-521-2100 x 74147.



## 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.

**DATE:** Monday, March 28, 2022

**TIME:** 4:00 pm - 5:00pm

VIRTUAL VIA ZOOM

**TO REGISTER:**

Visit the [Community Education Registration Link](#)

For non-registration related questions, email [communityeducationse@hhsc.ca](mailto:communityeducationse@hhsc.ca) or call 905-521-2100 x 74147.

### 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](http://www.thrivechildandandyouth.ca) for eligibility requirements. If eligible, please email [Janice.floyd@thrivechildandandyouth.ca](mailto:Janice.floyd@thrivechildandandyouth.ca) for additional group information, and details."

### Peaceful Practices at Home (Online)

**Ron Joyce Children's Health Centre**

Participants will be introduced to a variety of techniques and strategies for reducing stress, clearing the mind, improving focus and decision making. A big benefit is that parents will be able to help teach their children and improve emotional regulation.

**DATE:** Tuesday, February 8, 2022

**TIME:** 12:30 pm - 1:30 pm

**TO REGISTER:**

Visit the [Community Education Registration Link](#)

For non-registration related questions, email [communityeducationse@hhsc.ca](mailto:communityeducationse@hhsc.ca) or call 905-521-2100 x 74147.

### Helping Children Bounce Back From Struggles (Online)

**Ron Joyce Children's Health Centre**

This workshop provides ideas for helping build resiliency in your child and teen. Brainstorm potential obstacles and what solutions can be put in place.

**DATE:** Tuesday, February 1, 2022

**TIME:** 12:30 pm - 1:30 pm

**TO REGISTER:**

Visit the [Community Education Registration Link](#)

For non-registration related questions, email [communityeducationse@hhsc.ca](mailto:communityeducationse@hhsc.ca) or call 905-521-2100 x 74147.

### Journey to Adulthood (Online)

**McMaster Children's Hospital Autism Program**

People connect with Transition Services at Autism Ontario seeking answers to questions about planning and preparing for adulthood, moving to adult services and supports, funding, post-secondary education, options for life after high school and more. An overview of Autism Ontario's current and upcoming transition to adulthood supports including the "Journey to Adulthood" caregiver discussion series will be offered.

**DATE:** Virtual workshop on Tuesday, March 8 2022

**TIME:** 6:30 – 8:00 p.m.

Presented by: Jane McLaren, Service Navigation Transition Specialist, Autism Ontario; and Stacey Feldt, Service Navigation Transition Support Specialist, Autism Ontario

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

“

Start by doing what's necessary, then what's possible; and suddenly, you are doing the impossible.

”

**Francis of Assisi**

## WORKSHOPS AND COURSES FOR PARENTS/CAREGIVERS OF CHILDREN AND TEENS

### Parents for Children's Mental Health (PCMH)

Lynwood Charlton Centre

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.

#### LOCATION:

All meetings currently being held online

#### FOR MORE INFORMATION:

Contact Louise at 905-536-9323, email [hamilton@pcmh.ca](mailto:hamilton@pcmh.ca) or visit website [www.pcmh.ca/hamilton](http://www.pcmh.ca/hamilton)

### 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](mailto:aflinders@jhshamilton.on.ca) or call 905-522-4446.

### 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.

**DATE:** Tuesday, January 18, 2022

**TIME:** 12:30 pm - 1:30 pm

#### TO REGISTER:

Visit the [Community Education Registration Link](#)

For non-registration related questions, email [communityeducationse@hhsc.ca](mailto:communityeducationse@hhsc.ca) or call 905-521-2100 x 74147.

### 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](http://www.YourSpaceHamilton.ca) to register for upcoming sessions or view archived recordings. Email [engage@lynwoodcharlton.ca](mailto: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 monthly on Zoom from 6:30 pm - 8:30 pm on the following dates:

January 20, 2022

February 17, 2022

March 24, 2022

April 21, 2022

#### TO REGISTER:

Registration is mandatory as Family Night kits will be provided.

To register, please visit <https://kemphospice.org/event-category/children-weekly-grief-support> or call 905-387-2448 ext. 2230 or email [childandfamily@kemphospice.org](mailto:childandfamily@kemphospice.org)

### Understanding ADHD and ADD (Online)

Ron Joyce Children's Health Centre

This one-session workshop will go over common behaviours and characteristics of ADHD. Whether your child is diagnosed or you are suspecting they may have ADHD, this workshop will give you some practical tips to help you on your parenting journey.

**DATE:** Wednesday, January 12, 2022

**TIME:** 5:30 pm - 6:30pm

#### TO REGISTER:

Visit the [Community Education Registration Link](#)

For non-registration related questions, email [communityeducationse@hhsc.ca](mailto:communityeducationse@hhsc.ca) or call 905-521-2100 x 74147.

### 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@thrivechildandyouth.ca](mailto:janice.floyd@thrivechildandyouth.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](mailto:childandfamily@kemphospice.org)

### How to Make the Best out of Screen Time (Online)

McMaster Children's Hospital Autism Program

Learn about how to make the best out of screen time including setting limits, internet safety, and online teaching. Parents and caregivers will have an opportunity to ask questions.

**DATE:** Virtual workshop on Thursday, February 3

**TIME:** 6:30 pm – 8:00 p.m.

Presented by:

Olaf Kraus de Camargo, MD, PhD, FRCPC/Developmental Pediatrician, Ron Joyce Children's Health Centre/Associate Professor, McMaster University/Scientist, CanChild and

Dr. Olivia Ng, PhD, C.Psych. Psychologist, Ron Joyce Children's Health Centre/Assistant Clinical Professor, McMaster University.

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

### Emotions in Motion (Handling Big Emotions) (Online)

**Ron Joyce Children's Health Centre**

This is a 1-hour VIRTUAL introductory educational workshop for caregivers explaining the basics of emotional regulation and executive functioning and how this effects your child and teen.

**DATE:** Tuesday, March 10, 2022

**TIME:** 12:30 pm - 1:30 pm

#### TO REGISTER:

Visit the [Community Education Registration Link](#)

For non-registration related questions, email [communityeducationse@hhsc.ca](mailto:communityeducationse@hhsc.ca) or call 905-521-2100 x 74147.

### The ABCs on OCD St. Josephs 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:** St. Joseph's Healthcare, West 5th Campus, 100 West 5th St.

#### FOR MORE INFORMATION AND TO REGISTER:

Please call Dora Fuciarelli at (905) 522-1155 ext. 35373

### 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, February 3, 2022

**TIME:** 10:00 am - 11:00 am

#### TO REGISTER:

Visit the [Community Education Registration Link](#)

For non-registration related questions, email [communityeducationse@hhsc.ca](mailto:communityeducationse@hhsc.ca) or call 905-521-2100 x 74147.

### Working It Out Together (4 weekly sessions online)

**Ron Joyce Children's Health Centre**

This four-session course focuses on collaborative problem solving to help defuse behaviours and improve communication. Whether you are dealing with explosive behaviours or a child that shuts down, it can make parenting more difficult. Spirited temperaments, understanding what is behind the child's behaviour, coping strategies and two-way problem solving/communication will be reviewed.

**DATES:** Thursday, March 24, 2022  
AND Thursday, March 31, 2022  
AND Thursday, April 7, 2022  
AND Thursday, April 14, 2022

**TIME:** 10:00 am - 11:00 am

#### TO REGISTER:

Visit the [Community Education Registration Link](#)

For non-registration related questions, email [communityeducationse@hhsc.ca](mailto:communityeducationse@hhsc.ca) or call 905-521-2100 x 74147.

## WORKSHOPS AND COURSES FOR PARENTS/CAREGIVERS OF CHILDREN AND TEENS

### Parenting Your Child with ADHD (3 weekly online sessions)

#### Ron Joyce Children's Health Centre

This course will review ADHD, and how it effects 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.

**DATES:** Tuesday, February 8, 2022  
AND Tuesday, February 15, 2022  
AND Tuesday, February 22, 2022

**TIME:** 5:30 pm - 6:30 pm

#### TO REGISTER:

Visit the [Community Education Registration Link](#)

For non-registration related questions, email [communityeducationse@hhsc.ca](mailto:communityeducationse@hhsc.ca) or call 905-521-2100 x 74147.

### Parenting 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 families transitioning out of ABA, and parents/caregivers who have a youth transitioning into adult services.

**WHEN:** 6:00 pm to 7:00 pm on  
Wednesday, January 26, 2022  
Wednesday, February 23, 2022  
Wednesday, March 30, 2022

#### TO REGISTER OR LEARN MORE:

Please contact a Family Service Coordinator at 905-521-2100 ext. 78972 or email [autismprogram@hhsc.ca](mailto:autismprogram@hhsc.ca). For a complete list of courses and workshops offered by McMaster Children's Hospital Autism Program, please visit the [Autism Program Winter 2022 Service Guide](#).

### 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](mailto:autismprogram@hhsc.ca)

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



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



Benjamin Franklin

### Co-Parenting Through Divorce & Separation (Online)

#### Ron Joyce Children's Health Centre

The end of a relationship can be difficult on everyone, especially the children. When parents split up, children are effected in different ways. What children want most is for the fighting to stop. This course will help with co-parenting strategies and re-defining your new relationship.

**DATE:** Monday, January 24, 2022  
**TIME:** 4:00 pm - 5:00 pm

VIRTUAL VIA ZOOM.

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

For non-registration related questions, email [communityeducationse@hhsc.ca](mailto:communityeducationse@hhsc.ca) or call 905-521-2100 x 74147.

### 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.

**DATE:** Tuesday, January 25, 2022  
**TIME:** 12:30 pm - 1:30 pm

#### TO REGISTER:

Visit the [Community Education Registration Link](#)

For non-registration related questions, email [communityeducationse@hhsc.ca](mailto:communityeducationse@hhsc.ca) or call 905-521-2100 x 74147.

## WORKSHOPS AND COURSES FOR PARENTS/CAREGIVERS OF CHILDREN AND TEENS

### Anxiety in Children and Youth (Online)

Ron Joyce Children's Health Centre

This workshop is an introduction for caregivers to understand childhood anxiety. What you will learn: How it affects your child and different anxiety disorders and some basic coping strategies will be discussed.

**DATE:** Tuesday, March 22, 2022

**TIME:** 12:30 pm - 1:30 pm

**TO REGISTER:**

Visit the [Community Education Registration Link](#)

For non-registration related questions, email [communityeducationse@hhsc.ca](mailto:communityeducationse@hhsc.ca) or call 905-521-2100 x 74147.

### I'm Shy (Online)

Ron Joyce Children's Health Centre

This one-session online workshop will explore why children act shy, focusing on children that whisper, speak minimally or not at all at school or in public settings. Evidence-based strategies will be provided to help your child start to speak more comfortably in public.

**DATE:** Tuesday, March 8, 2022

**TIME:** 12:30 pm - 1:30 pm

VIRTUAL VIA ZOOM

**TO REGISTER:**

Visit the [Community Education Registration Link](#)

For non-registration related questions, email [communityeducationse@hhsc.ca](mailto:communityeducationse@hhsc.ca) or call 905-521-2100 x 74147.

### Why Won't They Listen? (Online)

Ron Joyce Children's Health Centre

This one session workshop will review ways to increase your child's cooperation and listening. You will learn effective ways of teaching your child how to manage their strong emotions and work collaboratively with them to find a new way to deal with behaviours and issues.

**DATE:** Wednesday, January 5, 2022

**TIME:** 5:30 pm - 6:30 pm

or

**DATE:** Thursday, March 3, 2022

**TIME:** 10:00 am - 11:00 am

**TO REGISTER:**

Visit the [Community Education Registration Link](#)

For non-registration related questions, email [communityeducationse@hhsc.ca](mailto:communityeducationse@hhsc.ca) or call 905-521-2100 x 74147.

### Learn How to Validate Your Child/Teen (Online)

Ron Joyce Children's Health Centre

Validation is a powerful tool for parents. It helps you connect with your child/teen and it can diffuse difficult behaviour. Children will feel heard and may open up more. This workshop will give you the skills to get you started.

**DATE:** Monday, March 14, 2022

**TIME:** 4:00 pm - 5:00 pm

VIRTUAL VIA ZOOM

**TO REGISTER:**

Visit the [Community Education Registration Link](#)

For non-registration related questions, email [communityeducationse@hhsc.ca](mailto:communityeducationse@hhsc.ca) or call 905-521-2100 x 74147.

### Anxiety in Children and Youth (Online)

YourSpace Hamilton

This workshop is an introduction for caregivers to understanding childhood anxiety. What you will learn: how it affects your child and different anxiety disorders and some basic coping strategies will be discussed.

**DATE:** Tuesday, January 11, 2022

**TIME:** 5:30 pm - 6:30 pm

**TO REGISTER:**

Register at [YourSpaceHamilton.ca](http://YourSpaceHamilton.ca)

For more information email [engage@lynwoodcharlton.ca](mailto:engage@lynwoodcharlton.ca) or call 905-389-1361 ext. 288



The secret of change is to focus all your energy, not on fighting the old, but on building the new.



Socrates

## WORKSHOPS AND COURSES FOR PARENTS/CAREGIVERS OF CHILDREN AND TEENS

### **Burnt Out! (3 weekly sessions - Online)**

**Ron Joyce Children's Health Centre**

When our stress levels are too high it can be hard to take care of others. Learning to take care of yourself first is not selfish, it helps you be a better parent and a better you. This workshop series will be an opportunity to reconnect with yourself. We will help you get back to being a happier, empowered, and in control parent that you deserve to be.

**DATES:** Tuesday, February 15, 2022  
AND Tuesday, February 22, 2022  
AND Tuesday, March 1, 2022

**TIME:** 12:30 pm - 1:30 pm  
(3 weekly sessions)

**TO REGISTER:** Visit the [YourSpace Registration Link](#)

For non-registration related questions, email [communityeducationse@hhsc.ca](mailto:communityeducationse@hhsc.ca) or call 905-521-2100 x 74147.

### **Raising Your Teen (3 weekly online sessions)**

**Ron Joyce Children's Health Centre**

We will help you from parenting a school aged child to a pre-teen/teen. We will discuss communication, getting them to co-operate and working together to build their independence and create a supportive and happy relationship.

**DATES:** Tuesday, March 1, 2022  
AND Tuesday, March 8, 2022  
AND Tuesday, March 15, 2022

**TIME:** 5:30 pm - 6:30 pm

**TO REGISTER:**

Visit the [Community Education Registration Link](#)

For non-registration related questions, email [communityeducationse@hhsc.ca](mailto:communityeducationse@hhsc.ca) or call 905-521-2100 x 74147.

### **Understanding ADHD and ADD (Online)**

**YourSpace Hamilton**

This one-session workshop will go over common behaviours and characteristics of ADHD. Whether your child is diagnosed or you are suspecting they may have ADHD, this workshop will give you some practical tips to help you on your parenting journey.

**DATE:** Thursday, April 28, 2022  
**TIME:** 10:00 am - 11:00 am

**FOR MORE INFORMATION:**  
Register at [YourSpaceHamilton.ca](http://YourSpaceHamilton.ca)

For more information email [engage@lynwoodcharlton.ca](mailto:engage@lynwoodcharlton.ca) or call 905-389-1361 ext. 288

### **Building Your Parenting Toolbox (3 weekly online sessions)**

**Ron Joyce Children's Health Centre**

This 3-session course will review a variety of parenting strategies that have proven to be effective. Topics that will be discussed are: understanding your child's disruptive behaviour, reducing conflict, dealing with emotions, communication and problem-solving.

**DATES:** Wednesday, March 2, 2022  
AND

Wednesday, March 9, 2022 AND  
Wednesday, March 16, 2022

3 weekly sessions

**TIME:** 5:30 pm - 6:30 pm

**TO REGISTER:**

Visit the [Community Education Registration Link](#)

For non-registration related questions, email [communityeducationse@hhsc.ca](mailto:communityeducationse@hhsc.ca) or call 905-521-2100 x 74147.

### **Positive Parenting (Online)**

**Ron Joyce Children's Health Centre**

In this 1-hour virtual workshop, participants will learn evidence-based positive parenting strategies that will help reduce conflict and gain compliance.

**DATE:** Thursday, January 13, 2022  
**TIME:** 10:00 am - 11:00 am

or

**DATE:** Monday, April 25, 2022  
**TIME:** 4:00 pm - 5:00 pm

**TO REGISTER:**

Visit the [Community Education Registration Link](#)

For non-registration related questions, email [communityeducationse@hhsc.ca](mailto:communityeducationse@hhsc.ca) or call 905-521-2100 x 74147.

### **My Teen is Stressed (Online)**

**Ron Joyce Children's Health Centre**

Is your child or youth having a hard time handling their stress? This session for families will help you learn more about stress triggers, the effects on your child or teen, and ways you can help. Coping strategies and how to empower your child and youth are also discussed.

**DATE:** Thursday, March 10, 2022  
**TIME:** 10:00 am - 11:00 am

**TO REGISTER:**

Visit the [Community Education Registration Link](#)

For non-registration related questions, email [communityeducationse@hhsc.ca](mailto:communityeducationse@hhsc.ca) or call 905-521-2100 x 74147.

## 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.

“

Logic will get you  
from A to B.  
Imagination will take  
you everywhere.

”

Albert Einstein

### 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](http://www.YourSpaceHamilton.ca) to register for upcoming sessions or view archived recordings.

Email [engage@lynwoodcharlton.ca](mailto: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:** All group sessions are held virtually from 6:30 pm -7:30 p.m. on the following dates:

January 19, 2022  
January 26, 2022  
February 2, 2022  
February 9, 2022  
February 16, 2022  
February 23, 2022

#### TO REGISTER:

To register please visit <https://kemphospice.org/event-category/children-weekly-grief-support> or call 905-387-2448 ext. 2230 or email [childandfamily@kemphospice.org](mailto:childandfamily@kemphospice.org)

### Teen Session (Online)

YourSpace Hamilton

Join our creative session for teens talking about emotion, and changing your mindset.

**DATES:** Wednesday, November 3, 2021

**TIME:** 5:30 pm - 6:30 pm

#### FOR MORE INFORMATION:

Register at [YourSpaceHamilton.ca](http://YourSpaceHamilton.ca)

For more information email [engage@lynwoodcharlton.ca](mailto:engage@lynwoodcharlton.ca) or call 905-389-1361 ext. 288

### 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:

Contact Lisa Gajewicz at [lgajewicz@jhshamilton.on.ca](mailto:lgajewicz@jhshamilton.on.ca)

## ACHIEVES (Online)

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.

### SESSIONS HAVE GONE VIRTUAL!

Interested participants are strongly encouraged to have a device with audio & video capabilities.

### FOR MORE INFORMATION ABOUT THE PROGRAM OR TO BOOK AN INTAKE:

Email Brittany Ramsay at [bramsay@jhshamilton.on.ca](mailto:bramsay@jhshamilton.on.ca) or call 905-522-5556.

## CHOICES (Online)

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.

Programs are now being held virtually.

### FOR MORE INFORMATION:

For more information, or to book a screening, please contact Mimi Vukasevic at [mvukasevic@jhshamilton.on.ca](mailto:mvukasevic@jhshamilton.on.ca) or call (365) 323-2324.

## All 4 One: FASD Youth Justice Program

John Howard Society

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

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 the judicial system, access community resources, and expand their networks of support in developing the young person's circle of care.

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

### FOR MORE INFORMATION:

Call Cassy Bowden at 289-556-6171 or email [cbowden@jhshamilton.on.ca](mailto:cbowden@jhshamilton.on.ca) or Jeff Parker at 289-442-5886 or email [jparker@jhshamilton.on.ca](mailto:jparker@jhshamilton.on.ca)

## CHOICES in Anger (Online)

John Howard Society

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

Programs are now being held virtually.

### FOR MORE INFORMATION:

For more information, or to book a screening, please contact Mimi Vukasevic at [mvukasevic@jhshamilton.on.ca](mailto:mvukasevic@jhshamilton.on.ca) or call (365) 323-2324.

## 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 January 27th 2022 for 6 weeks.

### TO REGISTER OR LEARN MORE:

Please contact Cayleigh Sexton at 905-708-4347 or email [cayleighs@youngcaregivers.ca](mailto:cayleighs@youngcaregivers.ca)

For a complete list of courses and workshops offered by McMaster Children's Hospital Autism Program, please visit the [Autism Program Winter 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. Please register ASAP as groups fill up quickly.

#### DATES/TIME:

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

January 18, 2022  
January 25, 2022  
February 1, 2022  
February 8, 2022  
February 15, 2022  
February 22, 2022

#### TO REGISTER:

To register please contact Susan Repa at 905-387-2448 ext. 2230 or email [childandfamily@kemphospice.org](mailto:childandfamily@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:

Wednesday, January 19, 2022

#### SESSIONS (PARENT & CHILD):

January 26, 2022  
February 2, 2022  
February 9, 2022  
February 16, 2022  
February 23, 2022

or

#### PARENT ONLY SESSION:

Wednesday, March 23, 2022

#### SESSIONS (PARENT & CHILD):

March 30, 2022  
April 6, 2022  
April 13, 2022  
April 20, 2022  
April 27, 2022

**TIME:** 5:30 pm to 6:30 pm

**LOCATION:** VIRTUAL through ZOOM

#### TO REGISTER:

Visit the [Community Education Registration Link](#)

For non-registration related questions, email [communityeducationse@hhsc.ca](mailto:communityeducationse@hhsc.ca) or call 905-521-2100 x 74147.

### 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](http://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](http://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.

## 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](http://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

### Games Night Ages 7-17 (Online)

Dr. Bob Kemp Hospice

Join us for scavenger hunts, Kahoot, mad gabs and so much more!

Games Night is virtually held the last Thursday of every month from 6:30pm - 8:30 pm

All group sessions are held on Zoom. Registration is mandatory to receive the Zoom link. Please register ASAP as groups fill up quickly.

#### DATES/TIME:

All group sessions are held on the last Thursday of every month from 6:30 pm - 8:30 p.m. on the following dates:

January 27, 2022  
February 24, 2022  
March 31, 2022  
April 28, 2022

#### TO REGISTER:

To register please visit <https://kemphospice.org/event-category/youth-family-monthly-grief-groups> or call 905-387-2448 ext. 2230 or email [childandfamily@kemphospice.org](mailto:childandfamily@kemphospice.org)

### Anything Goes (Online)

Dr. Bob Kemp Hospice

Come and have some fun with us! Our specially trained grief counsellor will host a six week support group online. Through different crafts and activities we will explore youth grief, and create masterpieces.

#### DATES/TIME:

Held Tuesdays from 6:30 pm -7:30 pm.

January 18, 2022  
January 25, 2022  
February 1, 2022  
February 8, 2022  
February 15, 2022

#### TO REGISTER:

To register please visit <https://kemphospice.org/event-category/children-weekly-grief-support/> or contact Susan Repa at 905-387-2448 ext. 2230 or email [childandfamily@kemphospice.org](mailto:childandfamily@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. Please register ASAP as groups fill up quickly.

#### DATES/TIME:

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

January 17, 2022  
January 24, 2022  
January 31, 2022  
February 7, 2022  
February 14, 2022

#### TO REGISTER:

To register please visit <https://kemphospice.org/event-category/children-weekly-grief-support/> or call 905-387-2448 ext. 2230 or email [childandfamily@kemphospice.org](mailto:childandfamily@kemphospice.org)

### 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.

#### TO REGISTER OR LEARN MORE:

Please contact a Family Service Coordinator at 905-521-2100 ext. 78972 or email [autismprogram@hhsc.ca](mailto:autismprogram@hhsc.ca).

For a complete list of courses and workshops offered by McMaster Children's Hospital Autism Program, please visit the [Autism Program Winter 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](https://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:

January 11, 2022  
January 25, 2022  
February 8, 2022  
February 22, 2022  
March 8, 2022  
March 22, 2022  
April 12, 2022  
April 16, 2022

**FOR MORE INFORMATION:**

Connect with our Supportive Care Team at 905-387-2448 ext. 2206 or email [support@kemphospice.org](mailto:support@kemphospice.org) to register.

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:**

905-975-4467 or 1-855-338-3131 for more info or to book an appointment. Visit [hnhbscreenforlife.ca](http://hnhbscreenforlife.ca) for Coach schedule.



Try to be a rainbow in  
someone's cloud.



Maya Angelou

### First Steps, First Bonds: 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 8-week support group facilitated by trained hospice volunteers.

This group will be held in person or virtually dependent on Public Health Guidelines at the time of group offering.

**DATES/TIME:** This group will meet Thursday evenings from 6:00 pm - 8:00 pm on the following dates:

February 9, 2022  
February 16, 2022  
February 23, 2022  
March 2, 2022  
March 9, 2022  
March 16, 2022  
March 23, 2022  
March 30, 2022

**FOR MORE INFORMATION:**

Connect with our Supportive Care Team at 905-387-2448 ext. 2206 or email [support@kemphospice.org](mailto:support@kemphospice.org) to register.

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 :** This group will be offered in Spring 2022, dates TBD.

Pre-register with us for 2022 to keep informed of our hikes throughout the Spring, Summer, and Fall months.

**FOR MORE INFORMATION:**

Connect with our Supportive Care Team at 905-387-2448 ext. 2206 or email [support@kemphospice.org](mailto:support@kemphospice.org) to register.

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](http://www.projectyouthaffirm.org)

Contact Rachael Pascoe, AFFIRM Coordinator at email address: [rachael.pascoe@mail.utoronto.ca](mailto:rachael.pascoe@mail.utoronto.ca)

### 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. This group welcomes anyone who has experienced the death of their partner and is facilitated by trained hospice volunteers.

This group will be held in person or virtually dependent on Public Health Guidelines at the time of group offering.

**DATES/TIME:** This group will meet Thursday afternoons from 1:00 pm - 3:00 pm on the following dates:

February 3, 2022  
February 10, 2022  
February 17, 2022  
February 24, 2022  
March 3, 2022  
March 10, 2022  
March 17, 2022  
March 24, 2022

#### FOR MORE INFORMATION:

Connect with our Supportive Care Team at 905-387-2448 ext. 2206 or email [support@kemphospice.org](mailto:support@kemphospice.org) to register.

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

## WORKSHOPS AND COURSES FOR ADULTS

### **More than Words: A Music Therapy Grief Support Group**

**Dr. Bob Kemp Hospice**

When we experience the death of a loved one, we may grieve in ways that words alone cannot describe. This program offers opportunities for grievers to share, listen, and tell their stories in a supportive environment, using the emotional and creative qualities of music-listening and music-making experiences.

Group members will be given time and space to explore/express different themes pertaining to navigating grief through a combination of verbal discussion and musically-based activities. Music will be used to help participants identify and express their own responses to loss, to connect with others who are also grieving, and to learn and develop additional coping skills and music resources that can be used for continued support through the grieving process.

This group will be held virtually or in-person dependent on Public Health Guidelines at the time of group offering.

Participants are asked to register for the entire 6 weeks, if possible.

**DATES/TIME:** This group will be held from 12:30 pm -2:00 pm on the following dates:

January 31, 2022  
February 7, 2022  
February 14, 2022  
February 28, 2022  
March 7, 2022  
March 14, 2022

**FOR MORE INFORMATION:**

Connect with our Supportive Care Team at 905-387-2448 ext. 2206 or email [support@kemphospice.org](mailto:support@kemphospice.org) to register.

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](mailto: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 Milette 905-387-2448 ext. 2206

### **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

“

I dwell in possibility.

”

**Emily Dickenson**

# GROWING TOGETHER

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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? Come and visit the Family Resource Centre at the Ron Joyce Children's Health Centre located at 325 Wellington St. N.

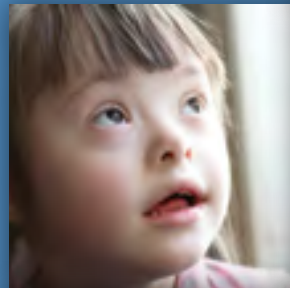
We circulate books, DVDs and pamphlets on a variety of topics.

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

email [frc@hhsc.ca](mailto:frc@hhsc.ca) or call 905.521.2100 ext. 77243



PARENT  
EDUCATION  
COURSES  
WORKSHOPS  
GROUPS



MOST  
COURSES  
FREE

