



PARENT EDUCATION | COURSES | WORKSHOPS | GROUPS

2022 | September–December



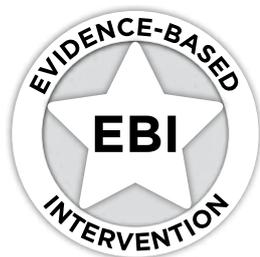
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LOCATIONS
WITHIN THE
HAMILTON
AREA

WELCOME TO GROWING TOGETHER

Growing Together is a community education guide for parents/caregivers, families, children and youth listing courses, groups and workshops available in Hamilton from September to December 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.



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 MONTH

Welcome Baby

Compass Community Health

Until further notice as of December 2021 - Although there is no group program on site during the Covid 19



pandemic, programming benefits, incentives, and virtual programming still happening to support you and your family during your pregnancy! Register today!

Are you Pregnant?

Join a free weekly group for people during their pregnancy and until your babies are 6 months of age to learn about healthy eating, prenatal care, chest-feeding/breastfeeding and caring for your baby with a Registered Nurse and Registered Dietitian. Prepare and enjoy a healthy snack and meet other pregnant people!

Grocery gift cards and bus tickets provided. Free childcare during the program is available for children under the age of six.

To register:

Call Cory Ma, RD, CDE
905-523-6611, ext 3047

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

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

In this 8 session workshop for moms and dads of babies under 24 months, parents watch video clips, learn strategies to figure out what babies are "saying" and how to respond in order to foster infant attachment security, prevent future behaviour problems, improve outcomes, and discuss these issues with leaders and other parents.

DATES: 8 weekly sessions, starting Tuesday, September 27, 2022

Tuesday, October 4, 2022

Tuesday, October 11, 2022

Tuesday, October 18, 2022

Tuesday, October 25, 2022

Tuesday, November 1, 2022

Tuesday, November 8, 2022

Tuesday, November 15, 2022

TIME: 6:00pm - 8:00pm

LOCATION: Ron Joyce Children's Health Centre, 325 Wellington Street North, Hamilton ON, L8L 0A4

To register:

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

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

”

Charles R. Swindoll

ATELIERS, CLASSES ET CENTRES DE JEUX DISPONIBLES EN FRANCAIS

Cours post-natal en yoga

**Centre de Santé Communautaire
Hamilton Niagara**

Ce cours enseigne la relaxation de la mère et de son bébé – augmente les expériences sensoriels du bébé et améliore le développement du système nerveux du nourrisson.

Les nouvelles mamans et leur bébé âgé de moins de 12 mois peuvent suivre le cours.

Pour plus de renseignements, veuillez communiquer avec nous au 905-528-0163 poste 3230.

Programme Canadien de Nutrition Périnatale (PCNP)

**Centre de Santé Communautaire
Hamilton Niagara**

Ce programme vise à éduquer les nouvelles mamans sur une saine interaction mères/enfants et comporte des cours prénataux, des suivis nutritionnels ainsi que des visites à domicile postnatales. Le programme comprend:

- La promotion d'un comportement sain durant la grossesse
- La préparation à l'accouchement
- L'allaitement maternel
- La sensibilisation à la dépression postpartum
- Les soins de la mère et du bébé suivant la naissance

Le programme est désigné aux futures mamans et leur bébé jusqu'à 1 an et à leur partenaire.

Pour plus de renseignements, veuillez communiquer avec nous au 905-528-0163 poste 3230.

Programme de soutien parental

**Centre de Santé Communautaire
Hamilton Niagara**

Le CSCHN offre des activités de groupe et des consultations individuelles destinés à la famille ou aux tuteurs d'enfants. Ces activités ont pour but de soutenir le parent, et d'acquérir des compétences parentales. Nos interventions permettent à la famille de mieux comprendre et de s'occuper des problèmes de comportements et de la santé mentale d'un enfant ou d'un jeune.

Les services du programme de soutien parental sont conçus pour améliorer l'aptitude des enfants et des jeunes à fonctionner grâce à:

- une amélioration de la sensibilisation et de la compréhension du problème
- la promotion de dépistage précoce
- une intervention précoce efficace, en temps opportun
- la réduction du besoin d'une intervention plus intensive et perturbatrice
- l'acquisition de compétences des parents ou des fournisseurs de soins.

Pour plus de renseignements, veuillez communiquer avec nous: 905-528-0163

“

Crois que tu le peux et tu es à la moitié du chemin.

”

Theodore Roosevelt

Programme Bon début

**Centre de Santé Communautaire
Hamilton Niagara**

Cette série d'ateliers porte sur les habiletés parentales, l'éducation, la sécurité et l'alimentation saine des enfants.

- La dépression postpartum
- L'attachement parent/enfant
- Les brûlures
- La noyade
- L'empoisonnement
- La sécurité alimentaire
- L'alimentation saine de la mère et les nourrissons
- La sensibilisation sur les maladies chroniques consécutives à l'obésité

Les ateliers s'adressent aux nouvelles mamans et leur jeune enfant âgé de 0 à 6 ans.

Pour plus de renseignements, veuillez communiquer avec nous au 905-528-0163 poste 3230.

Parlons de nos nourrissons

**Centre de Santé Communautaire
Hamilton Niagara**

Cette série d'ateliers pour les mamans et leur bébé comprend les thèmes suivants:

- La sécurité de nos petits
- L'introduction des solides
- Les premiers soins
- La dépression postpartum

Les ateliers s'adressent aux nouvelles mamans et leur bébé âgé de 0 à 12 mois.

Pour plus de renseignements, veuillez communiquer avec nous au 905-528-0163 poste 3230.

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.thrivechildandyouth.ca to review eligibility criteria.

If eligible, please email Janice.floyd@thrivechildandyouth.ca or call (905) 523-1020 ext. 212.

Practical Parenting Solutions (Online)

Ron Joyce Children's Health Centre

This is a virtual educational session for parents and caregivers. Our focus will be on introducing effective everyday practical parenting solutions. These strategies are well known to reduce conflict, gain compliance and increase your parenting confidence.

Zoom link will be sent 1-2 days before start date. Please check your junk/spam folders.

DATE/TIME:

Wednesday, September 28, 2022 at 5:30 pm - 6:30 pm

OR

Wednesday, December 7, 2022 at 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

Circle of Security Parenting Group

Ron Joyce Children's Health Centre

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

DATES: 8 weekly sessions, starting
Wednesday, October 12, 2022
Wednesday, October 19, 2022
Wednesday, October 26, 2022
Wednesday, November 9, 2022
Wednesday, November 16, 2022
Wednesday, November 23, 2022
Wednesday, November 30, 2022
Wednesday, December 7, 2022

TIME: 1:00pm - 3:00pm

LOCATION: Ron Joyce Children's Health Centre, 325 Wellington Street North, Hamilton ON, L8L 0A4

To register:

Visit the [Community Education Registration Link](#)

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

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.

Program is currently ON HOLD - Relaunching in 2023.

For more information:

Call Health Connections at 905-546-3550.

COPEing with Toddler Behaviour

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.

DATES: 8 weekly sessions, starting
Saturday, September 17, 2022
Saturday, September 24, 2022
Saturday, October 1, 2022
Saturday, October 15, 2022
Saturday, October 22, 2022
Saturday, October 29, 2022
Saturday, November 5, 2022
Saturday, November 12, 2022

TIME: 9:30am - 11:30am

LOCATION: Ron Joyce Children's Health Centre, 325 Wellington Street North, Hamilton ON, L8L 0A4

To register:

Visit the [Community Education Registration Link](#)

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.

For more information:

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

PARENTS/CAREGIVERS OF CHILDREN 0-12 YEARS

Toileting Readiness and Skill Enhancement Workshop (Online)

Ron Joyce Children's Health Centre-Specialized Development and Behaviour Services Team

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:

October 12, 2022 at 9:30am or;
December 6, 2022 at 1:30pm

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.

Picky Eating When Children Won't Eat and How to Help (Online)

Ron Joyce Children's Health Centre-Specialized Development and Behaviour Services Team

Early Childhood Specialists and Occupational Therapists will provide a 2 hour virtual workshop to help you understand: how complicated feeding/eating is, why children may struggle to eat, and how to help children to eat better!

DATE/TIME:

October 6, 2022 at 1:30pm

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.

Children's Sleep Problems and Developing Healthy Habits Workshop (Online)

Ron Joyce Children's Health Centre-Specialized Development and Behaviour Services Team

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:

September 21, 2022 at 9:30am or;
November 24, 2022 at 1:30pm

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.

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](https://www.facebook.com/fasdhamiltonca), or visit www.fasdhamilton.ca.

Understanding the Mysteries of Children's Behaviour Workshop (Online)

Ron Joyce Children's Health Centre-Specialized Development and Behaviour Services Team

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:

September 13, 2022 at 9:30am or;
November 8, 2022 at 1:30pm

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

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.

Working it Out Together (Online)

Ron Joyce Children's Health Centre

This four session virtual 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 behavior, coping strategies and two-way problem solving/communication will be reviewed.

Zoom link will be sent 1-2 days before start date. Please check your junk/spam folders.

DATES: October 18, 2022
and October 25, 2022
and November 1, 2022
and November 8, 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

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

Ron Joyce Children's Health Centre

This is a virtual 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. Please check your junk/spam folders.

DATE: Thursday, September 8, 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

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.

To register:
Please call 905-522-0127.

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

City of Hamilton

Triple P Discussion Groups are 2-hour workshops for parents who are experiencing challenges in a specific area. Program is currently ON HOLD - Relaunching in 2023. Call 905-546-3550 for information.

Why Little Kids Worry (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 affects 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. Please check your junk/spam folders.

DATE: Monday, September 12, 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

Why Do I Do That? Handling Impulsivity (Online)

Ron Joyce Children's Health Centre

This is an introductory educational workshop to help parents and caregivers learn how to identify and understand impulsive behaviour(s). We will explore strategies caregivers can use to support re-directing impulsive behaviour.

Zoom link will be sent 1-2 days before start date. Please check your junk/spam folders.

DATE: Thursday, October 27, 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

Mornings Are Chaos: 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. Please check your junk/spam folders.

DATE: Monday, December 12, 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

Baby Love

Hamilton Ujima Project offered jointly through various community agencies

Baby Love is a free, evidence-based group to support young parents and caregivers (ages 29 and under) understand and respond to their baby's emotional cues. They will learn the importance of attachment, how to understand and calm their baby, feel more confident as a parent/caregiver, meet new friends, and have the chance to ask development/parenting questions. Babies (ages 2-14 months) attend with their parents/caregivers.

Light refreshments and weekly prizes.

WHEN: Tuesdays, September 13 to October 25, 2022, 2:30 – 4:30 p.m.

To register: Contact Kristi at 365-366-4955 or kmacdonald@cfshw.com

OR

WHEN: Thursdays, September 15 to October 27, 2022, 2:30 – 4:30 p.m.

To register: Contact Michelle at (289) 659-5671 or mwoods@gsch.ca

Parenting Your Anxious Child (Online)

Ron Joyce Children's Health Centre

This is a virtual educational 3 session course. It will provide a brief overview of variety of childhood anxiety disorders, why children are anxious, and how it affects them. Parents and caregivers will learn strategies for coping, improving communication and managing anxious and sometimes disruptive behavior that gets in the way of everyday living.

Zoom Links will be sent 1-2 days before start date. Please check your junk/spam folders.

DATES/TIME: 12:30 pm - 1:30 pm on September 21, 2022 and September 28, 2022 and October 5, 2022

OR

DATES/TIME: 5:30 pm - 6:30 pm on November 29, 2022 and December 6, 2022 and December 13, 2022

To register:

Visit the [Community Education Registration Link](#)

Questions?

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

Temper Tamers (Online)

Lynwood Charlton Centre

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

DATES: October 11, 2022 – December 13, 2022

TIME: 6:00pm - 8:00pm

For more information:

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

LEAF Group (Learning Effective Anti-Violence in Families)

Mission Services/Good Shepherd

The L.E.A.F. program provides early intervention group supports for children who have witnessed women abuse, by offering opportunities to share their feelings regarding the abuse and violence they have witnessed, in a creative and supportive environment.

Eligibility: Children, 18 years and younger, who have witnessed women abuse in their homes; and mothers 16 years and older, whose children have witnessed abuse.

For more information:

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

Early Words

For more information on upcoming programs on fluency and stuttering please call 905-381-2828 ext. 224 or email earlywrd@earlywords.ca

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:

October 17, 2022 at 6:30 pm

December 15, 2022 at 1:30 pm

To register:

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

WORKSHOPS AND COURSES FOR PARENTS/CAREGIVERS OF CHILDREN & TEENS

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.thrivechildand youth.ca for eligibility requirements. If eligible, please email Janice.floyd@thrivechildand youth.ca for additional group information, and details."

Listen to Understand: The Power of Validation (Online)

Ron Joyce Children's Health Centre

Join us 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 link will be sent 1-2 days before start date. Please check your junk/spam folders.

DATE: Tuesday, November 22, 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

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. Please check your junk/spam folders.

DATE: Thursday, September 22, 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. Please check your junk/spam folders.

DATE: Wednesday, October 12, 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

Parent Connections

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.

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

[Visit our website here.](#)

“

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 (Hamilton Chapter): Monthly meetings are held on the third Thursday of the month.

TIME: 6:30pm - 8:00pm

LOCATION: All meetings are currently being held online.

To register: Contact
hamilton@pcmh.ca.

Website: <https://www.family.cmho.org/find-a-peer-support-chapter/>

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:

Contact Abby Flinders at
aflinders@jhshamilton.on.ca or call
365-323-1802.

YourSpace Hamilton: Online Sessions and Resources for Families and Youth

Lynwood Charlton Centre

YourSpace is an online space for youth and families looking for mental health information and supports in Hamilton, Ontario.

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:

October 21, 2022

November 18, 2022

December 21, 2022

To register:

Registration is mandatory as Family
Night kits will be provided.

Please visit www.kemphospice.org to register.

For any questions, please contact
Kat Turco, Child and Youth Counsellor,
905-387-2448 ext. 2205

Understanding ADHD and ADD (Online)

Ron Joyce Children's Health Centre

This is an 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. Please check your junk/spam folders.

DATE/TIME: Tuesday, September 13,
2022 at 5:30 pm - 6:30 pm

OR

DATE/TIME: Monday, November 21,
2022 at 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

The Courage Collection

THRIVE Child and Youth Trauma Services/Hamilton Public Library

Provided in partnership with the Hamilton Public Library, this is a unique and specialized collection of resource materials for children, youth, parents/caregivers and professionals on topics related to child abuse and trauma, self-help, healing and adult survivor of sexual abuse issues. Free of charge to individuals and families in Ontario.

For more information:

Email Janice Floyd at
janice.floyd@thrivechildand youth.ca
or call (905) 523-1020 ext. 212.

WORKSHOPS AND COURSES FOR PARENTS/CAREGIVERS OF CHILDREN AND TEENS

Concurrent Parent and 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:

Please RSVP by calling 905-387-2448 ext. 2230 or emailing childandfamily@kemphospice.org

Emotions in Motion (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. Please check your junk/spam folders.

DATE: Tuesday, November 15, 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

The ABCs on OCD (Online) 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.

DATE/TIME: This education series is offered on Tuesdays from 4:00 pm - 5:00 pm in October 2022.

LOCATION: Virtual

To register for the October session:
Please call (905) 522-1155 ext. 35373

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: Wednesday, September 21

TIME: 5:30 pm - 6:30 pm

To register: Visit the [Community Education Registration Link](#)



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



Benjamin Franklin

I'm So Tired: Managing Burn Out (Online)

Ron Joyce Children's Health Centre

This is a series of 3 weekly virtual sessions for parents/caregivers to have an opportunity to regain a sense of balance by developing self care and self compassion strategies. We explore techniques to help you regain a sense of calm and confidence in becoming in-control, positive parent. This is a personal development/ education course. Topics include self-care, self-compassion, life wheel balance, meditation, time and stress management, managing moods and anger, gratitude and mindfulness. Zoom link sent 1-2 days before start date. Please check your junk/spam folders.

DATE: November 30, 2022

and December 7, 2022

and December 14, 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

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.

Zoom link sent 1-2 days before start date. Please check your junk/spam folders.

DATE: Wednesday, November 30, 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 affects 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. Please check your junk/spam folders.

DATES: September 20th, 2022
and September 27th, 2022
and October 4th, 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 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
[Visit our website here.](#)

Young Parent Programs Catholic Family Services of Hamilton

The following is a list of Youth Parent Programs that are offered:

- Residence
- Time for Me Respite
- Workshops
- Outreach
- School Program
- Get Connected

For more information:

Call 905-575-7500 between
8:30am and 4:30pm.

Family Navigator

Hamilton Ujima Project offered jointly through various community agencies

Parents, caregivers, and those expecting, who are 29 years and under are partnered with a Family Navigator who acts as a bridge between the family and community to increase access to parenting and social supports. The Family Navigator connects families to a wide range of individualized, strength-based supports and services including but not limited to mental health, education and employment services, health care, housing/stability, basic needs, childcare, parenting resources, and emotional support. This is a free program.

For more information:

Contact Alicia at (289) 659-3857,
acanne@gsch.ca or Sarah at
(289) 237-4868, sellenor@cfshw.



The power of
imagination makes us
infinite.



John Muir

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.

Zoom link will be sent 1-2 days before start date. Please check your junk/spam folders.

DATE: Wednesday, September 14, 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

Parenting with LOVE

City of Hamilton Public Health Services Healthy Families Division

Parenting with LOVE is an 8 week, evidence informed, attachment based series that is appropriate for all audiences including parents with limited or no access to their children. Bus tickets, light snack, incentives and a certificate are provided.



For more information:

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

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. Please check your junk/spam folders.

DATE: Wednesday, November 2, 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

I'm Shy (Online)

Ron Joyce Children's Health Centre

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

Zoom link will be sent 1-2 days before start date. Please check your junk/spam folders.

DATE: Thursday, October 13, 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

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. Please check your junk/spam folders.

DATE: Tuesday, October 11, 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

Making Friends is Hard! (Online)

Ron Joyce Children's Health Centre

This workshop is for parents/caregivers of children and youth 8-14 years of age. Social skills are learned and some children/youth struggle more than others. We are going to focus on how social skills are developed and how you can help strengthen their social development.

Zoom link will be sent 1-2 days before start date. Please check your junk/spam folders.

DATE: Wednesday, September 21, 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

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

Ron Joyce Children's Health Centre

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

DATES: November 10, 2022

and November 17, 2022

and November 24, 2022

and December 1, 2022

and December 8, 2022

and December 15, 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 Literacy Specialist

Hamilton Ujima Project offered jointly through various community agencies

Parents/caregivers 29 years old and under with their child(ren) 0-6 are partnered with an Early Literacy Specialist to assist in completing Ages and Stages child development screening, collaborative development plans and community referrals. The Early Literacy Specialist also provides parenting and child development support and resources, one-on-one early literacy sessions and early literacy group facilitation. This is a free program.

For more information:

Contact Kristi at 365-366-4955 or kmacdonald@cfshw.com or Michelle at 289-659-5671 or mwoods@gsch.ca.

WORKSHOPS AND COURSES FOR PARENTS/CAREGIVERS OF CHILDREN AND TEENS

Family Resource Centre Ron Joyce Children's Health Centre

The Family Resource Centre is a full service lending library located on the main floor of Ron Joyce Children's Health Centre.

The library is available to patients, families, staff and the community. It has hundreds of books, DVDs and brochures on a variety of topics such as medical conditions, child and youth related issues and parenting.

Books can be borrowed for 3 weeks, however you can easily renew materials by coming into the centre, calling, or emailing.

Public computer internet access is available up to one hour per visit. Staff at the Family Resource Centre can help you to find the information and resources you are looking for. They can have information packages ready for you to pick up or emailed to you as well.

The Family Resource Centre provides the following:

- Lending library
- information packages based on family/clinician requests
- four (4) public access computers
- navigation to community agencies and groups

LOCATION: Ron Joyce Children's Health Centre, 325 Wellington St N, Hamilton ON L8L 0A4 - Level 1

Contact Information:

Call: 905-521-2100 ext. 77243
Email: frc@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 you.

Zoom link will be sent 1-2 days before start date. Please check your junk/spam folders.

DATE: Wednesday, October 19, 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

Healthy Babies Healthy Children Program

Native Women's Centre

This program aims to ensure that Indigenous children and families have access to services and supports.

For more information:

Please call 905-664-1114.

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

Ron Joyce Children's Health Centre

This is a virtual educational interactive program. It is designed for parents/caregivers and their teens aged 13-15 years to attend together. We will focus on causes of stress, managing emotions and unhelpful thoughts, coping strategies managing emotions, communication and connecting with others. We will explore strategies to help caregivers support their child/teen with these strategies, build connection and improve their communication.

This is a 4 session course and will require parent and teen to be present, prepared and engaged with camera on for each session.

Zoom link will be sent 1-2 days before start date. Please check your junk/spam folders.

DATES: October 17, 2022

and October 24, 2022

and October 31, 2022

and November 7, 2022

TIME: 4:00pm - 5:00pm

To register: Visit the [Community Education Registration Link](#)

Please be aware Registration for this program closes October 3rd at 5pm.

Questions?

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

“

I dwell in possibility.

”

Emily Dickenson

WORKSHOPS AND COURSES FOR CHILDREN AND TEENS

Trans Femme Peer Support Groups (Youth ages 16-30)

Compass Community Health

Compass is currently running a peer support program for Trans Feminine identified folks. Many trans spaces are dominated by Trans masculine folks, while Trans Feminine folks have a set of concerns unique to them. At our meetings we discuss transition, employment opportunities, transphobia and related issues, as well as working to build a community of trans sisters. Compass offers a meeting once monthly for youth (age 16 – 29) and for adults (30+), as well as an intergenerational meeting to bring them together.

To register:

Please email TFIntake@compassch.org.

“

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

”

Theodore Roosevelt

Story Time Explorers (Online)

Dr. Bob Kemp Hospice

Calling all 6-9 year old who have experienced the death of someone close to them. Join us for a story and craft. Story Time will occur virtually. Registration is mandatory.

All kits will be available for pick up at the hospice closer to the start date, please keep an eye out for your email with further instructions.

DATES/TIME: 6 weekly sessions on
Wednesdays at 6:30-8:00 PM.

October 5, 2022
and October 12, 2022
and October 19, 2022
and October 26, 2022
and November 2, 2022
and November 9, 2022

To register:

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

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.

Youth Navigation Program

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:

Call 289-260-6905.

CHOICES: Cognitive Skills For Youth At Risk

John Howard Society

Choices is an interactive eight session program designed for both males and females 12-17 years of age. Choices is offered on a weekly basis, both on and off site, and each session is sixty-minutes long. The goal of the program is to provide youth with practical skills that will assist them in making better choices at home, school and with their peers.

For more information:

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: 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 Choices in Anger Program is a cognitive skills based program for youth 12 – 17 years who have interpersonal problems as a result of their aggressive behaviour. The program consists of eight sixty-minute sessions designed to help youth identify their personal aggression patterns, explore alternatives and develop a plan of action to improve how the young person responds to stressful situations. The program is divided into the five components of Anger, Communication, Triggers, Choice Points and Problem Solving.

For more information:

Contact Mimi Vukasevic at mvukasevic@jhshamilton.on.ca or call 905-522-4446

“

Keep your face always
toward the sunshine, and
shadows will fall behind
you.

”

Walt Whitman

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.

For more information:

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

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:

6 weekly sessions on Mondays from 6:30 pm - 8:00 pm

October 3, 2022
and October 10, 2022
and October 17, 2022
and October 24, 2022
and November 7, 2022
and November 14, 2022

To register:

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

kNOw Fear: Ages 8-12 (6 weekly virtual sessions)

Ron Joyce Children's Health Centre



This is a series of 6 virtual weekly sessions via Zoom.

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

This is a virtual Educational program designed to reduce general anxious behaviours. We focus on targeting specific anxieties with weekly exposure steps/goal setting for their target anxiety. We will also focus on skill building, developing helpful thinking, managing emotions, body talk awareness (physical reactions), weekly practice with coping skills and relaxation. This group is not appropriate for children under 8 years of age or with trauma or abuse related worries and fears. Child & Parent Need to be camera ready.

PARENT ONLY SESSION:

Wednesday, October 19, 2022

SESSIONS (PARENT & CHILD):

October 26, 2022
November 2, 2022
November 9, 2022
November 16, 2022
November 23, 2022

TIME: 5:30 pm to 6:30 pm

LOCATION: Virtual through Zoom

To register:

Visit the [Community Education Registration Link](#)

Registration closes on Monday, October 3rd at 5:00pm (Limited Enrollment)

Zoom links and class materials for download/printing are sent 1-2 days before each session. Please check your junk/spam folders.

Questions?

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

Pediatric/Youth Volunteer Visiting 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 for eligibility and to apply at 905-387-2448 ext. 2230.

“

Success is not final,
failure is not fatal: it is
the courage to continue
that counts.

”

Winston Churchill

WORKSHOPS AND COURSES FOR CHILDREN AND TEENS

Children's Trauma and Abuse Counselling

Catholic Family Services of Hamilton

A 7-week psycho-educational/counselling group for children ages 8-16 who have witnessed violence in their families. The Children's Counselling program responds to the needs of children who have witnessed women abuse, with trauma-informed services that include assessment, safety planning, counselling, and short-term follow-up supports.

Eligibility: Services are available for children, 18 years or younger, who have witnessed women abuse in their homes.

To register:

Call 905-527-3823 ext. 257
or email intake@cfshw.com

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.

For more information:

Email SURE@banyancs.org
or call 905-544-7778 x3131.

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 by emailing rachael.pascoe@mail.utoronto.ca or call/text 416-946-0228.

Mental Health Quick Access Service

City of Hamilton Public Health Services Healthy Families Division

We provide mental health assessment and treatment for children and youth, under 18, and their families. Our services are confidential and free.

What do we support children, youth, and families with?

- Social, emotional and behavioral difficulties
- Self-harm
- Suicidal thoughts
- Anxiety
- Depression
- Grief
- Gender and sexuality
- Family conflict, family separation
- Trauma
- Fire setting
- School difficulties

As of September 6th 2022, children, youth and families can walk-in for a single brief mental health counselling session.

LOCATION: 100 Main St. E, Suite 220.
Phone: 905-546-2424 x3678

To request longer-term counselling and therapy, you will need a referral from Contact Hamilton. This will help to ensure that you are directed to the most appropriate services given your unique needs.

For more information:

Phone: 905-570-8888
Email: info@contacthamilton.ca

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

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

DATES/TIME: Sessions will be held from 6:30 pm to 8:30 p.m. on the following dates:

September 29, 2022

October 27, 2022

November 24, 2022

To register:

To register please visit www.kemphospice.org

For any questions, please contact Kat Turco, Child and Youth Counsellor, 905-387-2448 ext. 2205

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 or call 905-387-2448 ext. 2230.

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

October 4, 2022

and October 11, 2022

and October 18, 2022

and October 25, 2022

and November 1, 2022

and November 8, 2022

To register:

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

Recreational Groups for Children with Autism

McMaster Children's Hospital Autism Program

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

To register: Please contact a Family Service Coordinator at 905-521-2100 ext. 78972 or email autismprogram@hhsc.ca
[Visit our website here.](#)

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 Line or Online Chat Support goal is to provide accessible, short-term peer grief emotional 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 & CHAT LINE OFFERS:

- A trained bereavement staff or volunteer

- Provide brief emotional grief and bereavement support

- Resources to support you

DOES NOT OFFER:

- Mental Health Crisis counseling or intervention

- Mental Health Counselling/therapy – 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

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:

Please call 905-522-0127. Registration is limited and on a first come, first served 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

Trans ID Clinics

Compass Community Health

Together with the AIDS Network and the Hamilton Community Legal Clinic, Compass' ID clinics support transgender and gender-diverse individuals in changing their legal name and/or gender marker.

For more information:

Contact Autumn Getty 905-523-6611 ext. 2022, or agetty@compass.org

System Navigation and Information

ConnexOntario

ConnexOntario provides service information for people experiencing problems with gambling, drugs, alcohol, or mental health. Helpful, supportive system navigation specialists answer all calls, emails or web chat requests 24/7. Our referral service is free and confidential.

We can:

- provide contact information for mental health and addictions services or supports that meet the caller's specific needs
- listen, offer support and provide strategies to help people meet their goals
- provide basic education about gambling, drugs, alcohol, or mental health problems.

For more information:

ConnexOntario accepts clientele via the telephone, email, and web chat. No walk-ins please.

Call: 1-866-931-8971

Email or Chat: [https://www.](https://www.connexontario.ca/en-ca/contact-us)

[connexontario.ca/en-ca/contact-us](https://www.connexontario.ca/en-ca/contact-us)

Adult Day Wellness

Dr. Bob Kemp Hospice

Please note: Due to Covid-19 all programs are being offered virtually or via telephone.

DATE/TIME: Adult Day Hospice Program Wednesdays 10am – 2 pm

What we offer:

- Support for living well – individual consultations with Palliative RPN, workshops, and more
- A listening ear – companionship and conversation
- Respite for caregivers – go take a nap, do errands, or relax!
- Nourishing homemade food experience – snack, full course midday meal, with accommodation for dietary needs and preferences
- Music Therapy
- Pet Therapy
- Humour Therapy
- Complementary Therapies (Massage, Reiki, Touch Therapy, Reflexology)
- Creativity and assistance with legacy leaving – art, stories, scrapbooks, personal projects
- Outdoor enjoyment – stroll in the woods, sit at a waterfall, walk the labyrinth
- Special guests (artists, musicians, magician, horticultural therapist, therapeutic clown)
- Table games/cards
- Celebrations... FUN!

For more information:

For any questions regarding our Day Hospice Program, please contact the Manager of Child/Adult Wellness, Cheryl Kislowsky-McLellan by phone at 905-387-2448 ext. 2209

WORKSHOPS AND COURSES FOR ADULTS

Volunteer Visiting

Dr. Bob Kemp Hospice

Please note: Due to Covid-19 all programs are being offered virtually or via telephone.

Our specially trained volunteers offer social and emotional support to individuals and families living with a life-threatening illness in Greater Hamilton. Support is provided through phone and video chat.

These programs offer companionship, respite for caregivers, connect to palliative resources, and/or outings for four hours a week for adults and two hours a week for children.

To register:

Call 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:

Please call 905-522-0127.

Counselling: Violence Against Women

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. 279 or email intake@cfshw.com.

Adult 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:

Please call 905-522-0127.

New Choices Program

Salvation Army, Grace Haven

A community day treatment program for women who are pregnant or mothering young children and have substance addictions. Women attend once a week with their children. Provides the opportunity to access addiction and parenting services based on individual needs. Childcare is available for participants while they are at the program.

For more information:

Please call (905) 522-5556 or email info@gracehavenhamilton.org

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.

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

Saturday, September 24, 2022

Saturday, October 22, 2022

To register and RSVP:

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

Spousal Loss Support Group

Dr. Bob Kemp Hospice

The Spousal Loss Support Group is an 8 week closed group, for those who have experienced the death of their partner. Participants will be able to connect, express and share their grief.

For more information:

Please visit www.kemphospice.org

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 the Peer Support Coordinator 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.

For more information:

Please call 905-522-0127.

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:

Please call 905-522-0127.

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:

Visit www.projectyouthaffirm.org
Contact Rachael Pascoe, AFFIRM Coordinator by emailing rachael.pascoe@mail.utoronto.ca or call/text 416-946-0228.

Adult Grief Support

Dr. Bob Kemp Hospice

One-to-one counselling sessions, which can be facilitated in person, virtually, or over the telephone.

For more information:

Please call (905) 387-2448 ext. 2206 or email managerbereavement@kemphospice.org

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

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

WORKSHOPS AND COURSES FOR ADULTS

Senior Cyber Fraud Prevention Education Program

Compass Community Health

For more information or to register, contact Amaris Rimap 905-523-6611 (ext. 2059) or arimap@compassch.org.

Seniors Community Kitchen

Compass Community Health

This program is for senior residents and clients who wish to learn about nutrition, increase skills and participate in an exciting luncheon to develop friendships and socialize. Senior's Kitchen also offers special guests about topics that interest participants. The program takes place on the 3rd Wednesday of every month from 11:30am to 2:00pm at Compass Community Health (438 Hughson St. N) in the Community Kitchen.

To register:

For more information or to register, contact: Leah Janzen 905-523-6611 ext. 3006 or ljanzen@compassch.org



The journey of a
thousand miles begins
with one step.



Lao Tzu

Suntrac Wellness and Addiction Treatment Program

Mission Services

Suntrac Wellness & Addiction Treatment Program incorporates best practices in the treatment of substance use. We serve individuals 19 and older in Hamilton and the surrounding area.

If you want to make a referral to Suntrac, or if you would like more information about our programs, please call 905-528-0389.

Parental Loss Support Group

Dr. Bob Kemp Hospice

The Parental Loss Support Group is an 8 week closed group, for those who have experienced the death of a parent. Participants will be able to connect, express and share their grief.

DATES/TIME: From 6:00PM to 8:00PM on the following dates:

Wednesday, October 5, 2022

Wednesday, October 12, 2022

Wednesday, October 19, 2022

Wednesday, October 26, 2022

Wednesday, November 2, 2022

Wednesday, November 9, 2022

Wednesday, November 16, 2022

Wednesday, November 23, 2022

LOCATION: In-person at Bob Kemp Hospice.

To register:

Please call (905) 387-2448 ext. 2206 or emailmanagerbereavement@kemphospice.org

Trans Femme Peer Support Groups (Adults 31+)

Compass Community Health

Compass is currently running a peer support program for Trans Feminine identified folks. Many trans spaces are dominated by Trans masculine folks, while Trans Feminine folks have a set of concerns unique to them. At our meetings we discuss transition, employment opportunities, transphobia and related issues, as well as working to build a community of trans sisters. Compass offers a meeting once monthly for youth (age 16 – 29) and for adults (30+), as well as an intergenerational meeting to bring them together.

To register:

Please email TFIntake@compassch.org.

Connecting Over Coffee

Dr. Bob Kemp Hospice

Let coffee and connections warm your heart. Come join us as we come together to connect and talk about our grief experiences in a safe and supportive environment. These sessions are designed for any adult who has experienced the loss of a loved one.

DATES/TIME: Drop-in every other Tuesday (excluding the month of November), from 7:00PM to 8:30PM on the following dates:

Tuesday, September 20, 2022 (virtual)

Tuesday, October 4, 2022 (virtual)

Tuesday, October 18, 2022 (in-person)

Tuesday, November 1, 2022 (virtual)

Tuesday, November 15, 2022 (virtual)

Tuesday, November 29, 2022 (in-person)

Tuesday, December 6, 2022 (virtual)

Tuesday, December 20, 2022 (virtual)

To register:

Please call (905) 387-2448 ext. 2206 or emailmanagerbereavement@kemphospice.org

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? 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 or call 905.521.2100 ext. 77243



**PARENT
EDUCATION
COURSES
WORKSHOPS
GROUPS**



**MOST
COURSES
FREE!**

