



2023 | January - April



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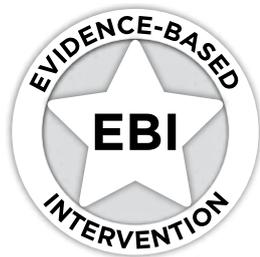
LOCATIONS
WITHIN THE
HAMILTON
AREA



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 and around Hamilton, or virtually, from January to April 2023.

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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Welcome Baby Prenatal Nutrition Program

City of Hamilton - Healthy & Safe Communities Dept. - Public Health Services - Healthy Families Division and Compass Community Health (Compass CH location) with financial contribution from the Public Health Agency of Canada



Would you like support during your pregnancy? Join a free weekly Welcome Baby group to learn about having a healthy pregnancy and taking care of your baby with a Registered Dietitian and Registered Nurse.

Available at the program: grocery gift cards, bus tickets to get to and from the group, gift cards for prenatal vitamins, healthy snacks.

There are several on-site locations to choose from. There is also one online group with limited capacity. If interested email cpnp@hamilton.ca.

For more information:

- Visit [our website here](#) for available days, times and locations
- Call Health Connections 905-546-3550
- Email cpnp@hamilton.ca

Online Prenatal Program

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

A Healthy Start for Baby and Me

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

Pregnancy is a time of change. Learn how to take care of yourself and your growing baby. Written in plain language and full of illustrations, this prenatal book provides information about pregnancy, labour, birth and postpartum.

For more information and to access the guide:

[Visit the website here.](#)

“

Success is not final;
failure is not fatal: It is
the courage to continue
that counts.

”

Winston S. Churchill

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

Practical Parenting (Online)

Ron Joyce Children's Health Centre

This is a virtual educational session for parents and caregivers. Participants will learn evidence-based positive parenting strategies that will help reduce conflict and gain compliance.

DATE/TIME:

January 11th 2023 at 5:30 - 6:30 pm
OR

March 30, 2023 at 10:00 - 11:00am

To register:

Visit the [Community Education Registration Link](#)

Questions?

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

Circle of Security Parenting

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/TIME: 8 weekly sessions.

Saturday mornings from 10:00a.m. – 12:00pm. Begins January 14 to March 11 (No class February 18 due to family day weekend).

LOCATION: In-person at St. Martin's Manor, 500 Mohawk Rd. W. Hamilton.

To register:

Visit the [Community Education Registration Link](#)

or contact Julie Ellis at 905-521-2100 ext. 77406.

Dealing with Challenging Behaviours Triple P Discussion Group Ages 4-12

City of Hamilton

Healthy & Safe Communities Dept.
Public Health Services
Healthy Families Division

Triple P Discussion Groups are short, small group sessions that offer parents practical evidence-based strategies for tackling specific challenging behaviours. These discussion groups are for parents with children between the ages of 4-12 to learn new positive parenting strategies and to connect with other parents.

DATE/TIME: January 18, 2022

12pm-1pm OR 6pm-7pm

For more information:

Call Health Connections at 905-546-3550.

Ready, Set, Smile (Online)

Ron Joyce Children's Health Centre

Learn the importance of shared smiling between you and your toddler, how social routines can increase interaction and promote communication and, get ideas and strategies to try out with your toddler. Workshop format provides opportunities to ask questions and receive resources.

DATES: Tuesday, January 24th 2023
OR

Tuesday, March 21st 2023

TIME: 7:00 - 8:00PM

LOCATION: Virtual.

To register:

Visit the [Community Education Registration Link](#)

or contact Julie Ellis at 905-521-2100 ext. 77406.

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.

Early Language at Home with Your 0 – 18 Month Old Baby

Affiliated Services for Children and Youth – Early Words – Hamilton Preschool Speech and Language Program

This parent workshop gives information about early speech and language milestones (0-18 months). Parents will learn how to use people play, songs, books and toys to support baby's communication. Parents will be able to ask the Speech-Language Pathologist questions about their child's development.

WHEN: Thursday, March 2nd, 2023

1:00 p.m. to 2:00 p.m.

Virtual (Zoom link to be sent 2 days prior to workshop)

Or

Thursday, April 27th, 2023

9:30 a.m. to 10:30 a.m.

St. David's Early ON Centre (33 Cromwell Crescent)

To register:

Register by sending an email to Julie Last at jlast@ascy.ca, indicating date of workshop.

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:

February 8, 2023 at 9:30am or;
April 25, 2023 at 1:30pm

To register:

Please email SDBS@hpsc.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!

DATES/TIME:

January 26, 2023 at 1:30pm or;
March 22, 2023 at 9:30am

To register:

Please email SDBS@hpsc.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:

January 25, 2023 at 9:30am or;
April 6, 2023 at 1:30pm

To register:

Please email SDBS@hpsc.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, 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:

January 19, 2023 at 9:30am
OR
March 28, 2023 at 1:30pm

To register:

Please email SDBS@hpsc.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.

DATES: March 2, 2023
and March 9, 2023
and March 16, 2023
and March 23, 2023

TIME: 10:00am - 11:00am

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

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 with?

DATE: January 9th, 2023

TIME: 4:00 - 5:00pm

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

Questions?

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

HEROs

Interval House 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.

Call 905-546-3550 for information.

Why Little Kids Worry (Online)

Ron Joyce Children's Health Centre

This one session virtual 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: April 27, 2023

TIME: 10:00am - 11:00am

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 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: February 8, 2023

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 0-12 YEARS

Mornings Are Chaos: Managing Routines (Online)

Ron Joyce Children's Health Centre

This one session virtual 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.

DATES/TIME: January 19th, 2023 at 10:00 am - 11:00 am

OR

April 5th, 2023 at 12:30pm - 1:30pm.

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.

If you are interested, please contact:

Kristi at 365-366-4955
kmacdonald@cfshw.com or

Michelle at 289-659-567
mwoods@gsch.ca

Parenting Your Anxious Child (Online)

Ron Joyce Children's Health Centre

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

DATES: March 1, 2023
and March 8, 2023
and March 15, 2023

TIME: 5:30pm - 6:30pm

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: February 7, 2023 –
April 18, 2023

TIME: Tuesdays, 6:00pm - 8:00pm

For more information:

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

Early Words

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

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.

Group Therapy

City of Hamilton Public Health Services

The Group Theraplay Program is an 8-week program that focuses on strengthening the parent-child relationship which helps develop healthy social emotional behavior. Weekly sessions are facilitated by a Public Health Nurse and a Clinical Therapist that guide caregivers and their child through play-based activities.

Group Theraplay aims to:

- Promotes skills that help children manage emotions
- Create joyful and positive experiences
- Enhance the child's sense of connection with their caregiver and the caregiver's confidence in parenting
- Increase the child's trust in others and feelings of safety expressing themselves
- Increase the child's sense of connection and belonging in the world

To register: Call Health Connections at 905-546-3550 for upcoming dates/times.

WORKSHOPS AND COURSES FOR PARENTS/CAREGIVERS OF CHILDREN & TEENS

Listen to Understand: The Power of Validation (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. They will feel heard and may open up more. This virtual workshop will give you the skills to get you started.

DATES/TIME: January 31st, 2023
at 5:30 - 6:30pm
OR

April 19th, 2023 at 12:30 - 1:30pm.

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

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: March 8, 2023
TIME: 12:30pm - 1:30pm

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.

DATE: February 1st, 2023
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

Ask a Speech-Language Pathologist (Online)

**Ron Joyce Children's Health Centre-
Developmental Pediatrics and
Rehabilitation**

This virtual session is for parents and caregivers of preschool children in Hamilton who might need speech and language services. In this session, you will have an opportunity to ask an SLP your questions, and to learn about:

- General strategies to support your child's communication
- How to refer your child for services

DATES/TIMES:

Tuesday, February 28, 2023 from
7:00-8:00 pm OR

Thursday, April 27, 2023 from
1:00-2:00 pm

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

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. These sessions are facilitated by a Family Service Coordinator from the McMaster Children's Hospital Autism Program.

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

[View our 2023 Autism Service Guide
here.](#)

Building Your Parenting Toolbox (Online)

Ron Joyce Children's Health Centre

This three-session virtual 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: February 7, 2023
and February 14, 2023
and February 21, 2023

TIME: 5:30pm - 6:30pm

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

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 Steven Barrow at
sbarrow@jhshamilton.on.ca
or call 365-323-3515.

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:

January 20, 2023

February 17, 2023

March 24, 2023

April 21, 2023

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 (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: February 22, 2023

TIME: 12:30pm - 1:30pm

OR

DATE: April 17, 2023

TIME: 4:00pm - 5:00pm

To register:

Visit the [Community Education Registration Link](#)

Questions?

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

Raising Cooperative Kids (Online)

Ron Joyce Children's Health Centre

In this 6-week virtual course, we will discuss parenting strategies to strengthen relationships and increase cooperation with your children.

DATES: March 21, 2023

and March 28, 2023

and April 4, 2023

and April 11, 2023

and April 18, 2023

and April 25, 2023

TIME: 5:30pm - 6:30pm

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

Emotions in Motion (Online)

Ron Joyce Children's Health Centre

An introductory virtual educational workshop for caregivers explaining some of the basics of emotional regulation and executive functioning and how this affects your child and teen.

DATE: January 4th, 2023

TIME: 12:30 - 1:30pm

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

Questions?

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

The ABCs on OCD

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.

For dates, times and to register:

Please call (905) 522-1155 ext. 35373.

Coping with Meltdowns (Online)

Ron Joyce Children's Health Centre

Learn ways to help your child or youth handle their emotions with positive choices and calming practices.

DATE: March 7, 2023

TIME: 5:30pm - 6:30pm

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

Questions?

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

Helping Your Child and 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: February 28, 2023

TIME: 5:30pm - 6:30pm

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

Questions?

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

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. 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: February 2, 2023

and February 9, 2023

and February 16, 2023

TIME: 10:00am - 11:00am

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

Questions?

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

Advocating For Your 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 one session virtual workshop will help you to take the positive steps to get you there.

DATES: January 26, 2023

OR

April 13th, 2023

TIME: 10:00 - 11:00am

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

Questions?

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

Expressing Feelings (Online)

Ron Joyce Children's Health Centre

An educational workshop for 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.

DATE: March 1, 2023

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 virtual course will review ADHD, and how it affects children and teens. We will review why your child acts the way that they do and how to give them the tools they need to succeed. Topics discussed: evidence based parenting strategies, emotional regulation, executive functioning, and social skills

DATES: January 18th, 2023 and January 25th, 2023 and February 1st, 2023.

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
[View our 2023 Autism Service Guide here.](#)

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, acanney@gsch.ca or Sarah at (289) 237-4868, sellenor@cfshw.com

Co-Parenting Through Divorce & Separation (Online)

Ron Joyce Children's Health Centre

This is an educational session for parents and caregivers. 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: January 17, 2023

TIME: 5:30 pm - 6:30 pm
OR

DATE: April 26, 2023

TIME: 12:30 - 1:30pm

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.

Why Can't They Just get Along: Sibling Conflict (Online)

Ron Joyce Children's Health Centre

Dealing with constant fighting between your children at home? Understand why they don't get along, how you can build a positive relationship between them and how to respond differently to their bickering.

DATE: March 14, 2023

TIME: 5:30 - 6:30pm

To register:

Visit the [Community Education Registration Link](#)

Questions?

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

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.

WORKSHOPS AND COURSES FOR PARENTS/CAREGIVERS OF CHILDREN AND TEENS

Anxiety in Children and Youth (Online)

Ron Joyce Children's Health Centre

This virtual workshop is an introduction for caregiver 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: January 10th, 2023

TIME: 5:30 - 6:30pm

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

This one session virtual 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: January 24th, 2023

TIME: 5:30 - 6:30pm

To register:

Visit the [Community Education Registration Link](#)

Calming Big Emotions with Mindfulness (Online)

Ron Joyce Children's Health Centre

Learn how to manage the emotional waves your children experience by using mindfulness based strategies to reduce the intensity of big emotions.

DATE: March 15, 2023

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

Why Won't They Listen? (Online)

Ron Joyce Children's Health Centre

This virtual 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: January 4th, 2023

TIME: 5:30 pm - 6:30 pm
OR

DATE: April 6, 2023

TIME: 10:00 - 11:00am

To register:

Visit the [Community Education Registration Link](#)

Questions?

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

Making and Keeping Friends is Hard (Online)

Ron Joyce Children's Health Centre

This virtual 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: January 18th, 2023

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

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.

When Conversations at Home are Hard (Online)

Ron Joyce Children's Health Centre

This virtual 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: February 15, 2023

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

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

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.

My Teen is Stressed (Online)

Ron Joyce Children's Health Centre

Is your child or youth having a hard time handling their stress? This virtual 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: April 12, 2023

TIME: 12:30pm - 1:30pm

To register:

Visit the [Community Education Registration Link](#)

Questions?

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

I'm Scared of the Doctor and Dentist too! (Online)

Ron Joyce Children's Health Centre

Help your child overcome their fear of dentists, doctors, needles and medical appointments. Family members and caregivers will gain a better understanding of how to prepare and educate children for doctor, dentist and hospital visits. Coping strategies and practical tips will be shared.

DATE: March 29, 2023

TIME: 12:30pm - 1:30pm

To register:

Visit the [Community Education Registration Link](#)

Raising Your Teen (Online)

Ron Joyce Children's Health Centre

These 3 week virtual sessions will help you from parenting a school aged child to a pre-teen/teen. We will discuss communication, getting them to cooperate and working together to build their independence and create a supportive and happy relationship.

DATES: February 8, 2023
and February 15, 2023
and February 22, 2023

TIME: 5:30pm - 6:30pm

To register:

Visit the [Community Education Registration Link](#)

Questions?

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

Supporting my Child/Teen on Their Mental Health Journey (Online)

Ron Joyce Children's Health Centre

Inviting you to learn about your child or youths mental health journey and how you can best support them. We will explore topics to help you gain insight into the stigma and effects of mental health, develop a deeper understanding and discover various types of help available.

DATE: January 11, 2023

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 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 – 30) and for adults (31+), 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

Through Zoom our facilitator will read through a story based on grief, feelings, emotions, etc. with everyone, and then guide you through an activity from the Story Time Explorers box, that is prepared and available for pick up at the hospice. Each week a new book and new activity will be used to support you through your grief process!

Designed for kids ages 7-10.

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

February 15th 2023

February 22nd 2023

March 1st 2023

March 8th 2023

March 15th 2023

March 22th 2023

To register:

Please visit www.kemphospice.org
or call 905-387-2448 ext. 2205.

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 [the website here](#) for more information or to register to receive a box.

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

Virtual Walk-In Clinic

Reach Out Centre for Kids (ROCK)

Virtual walk-in provides quick access to a single-session therapeutic conversation that focuses on immediate issues happening now, in your moment of need.

This service is available to children and youth up to their 18th birthday, and their parents, caregivers, or service provider. Adolescents aged 12 to 17 years may access this service independently.

Our walk-in services are completely FREE, and an OHIP card is not required for your session.

We see children and their families for a wide range of reasons, including:

- Children and youth experiencing anxiety, depression, or other mental health concerns
- Relationship issues
- Youth experiencing difficulties at school or with parents
- Grief, loss, or the impact of trauma
- and more.

A virtual walk-in therapy session can be booked by calling on Mondays, Tuesdays, and Wednesdays from 9 a.m. – 4:30 p.m. Please call our Live Answer number at 289-266-0036.

[Visit the website here for more information.](#)

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, 8, and 9 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:

Contact Alex Popadinac at 289-439-5746.

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@jhshba.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@jhshba.ca or call 905-522-4446

“

Our greatest glory is not
in never falling, but in
rising every time we fall.

”

Confucius

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:

[Please visit the website here.](#)

Gaming Through Grief Ages 11-14 (Online)

Dr. Bob Kemp Hospice

Through Zoom our facilitator will join you and play Apart of Me. Going through the game as a group, you as an individual are able to take a journey accessing your grief, in hopes of becoming a grief guide!

Please note this group requires 1 device to play game on and 1 device to be on camera

DATES/TIME:

6 weekly sessions from 6:30 - 8:00 pm.

February 14th 2023

February 21st 2023

February 28th 2023

March 7th 2023

March 14th 2023

March 21st 2023

To register:

Please visit www.kemphospice.org or call 905-387-2448 ext. 2205.

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.

Know fear is an Educational CBT based anxiety group for children aged 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:

March 22, 2023

SESSIONS (PARENT & CHILD):

March 29, 2023

and April 5, 2023

and April 12, 2023

and April 19, 2023

and April 26, 2023

TIME: 5:30 pm to 6:30 pm

LOCATION: Virtual through Zoom

To register:

Visit the [Community Education Registration Link](#)

Questions?

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

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.

YouThrive

Thrive Child and Youth Trauma Services

Sexual Abuse Assessment and Treatment Program (SAAT) for children and youth who have been sexually abused (3-17), or have concerning sexualized behaviour (11 and under); Outreach Assessment and Specialized Intervention Services (OASIS) supports refugee and immigrant children and youth (3-17) who have experienced trauma, or stress related to adopting to a new cultural environment; YouThrive is a specialized community-based program, in partnership with Thrive Child and Youth Trauma Services (4-17) and St. Joseph's Youth Wellness Centre (18-25), serving marginalized and racialized children, youth and families by offering culturally responsive and affirming assessment, mental health counselling, therapy, support groups, and peer support services.

To register: Call 905-523-1020 or [visit the website here.](#)

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

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

Monthly 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:

January 26, 2023
February 23, 2023
March 30, 2023
April 27, 2023

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.

“

If you want to lift
yourself up, lift up
someone else.

”

Booker T. Washington

Cooking Up Care (Online)

Dr. Bob Kemp Hospice

Our facilitator will guide you through the recipe from a Cooking Up Care box, that is prepared and available for pick up at the hospice. Zoom will be used to first have a discussion with everyone in relation to grief and loss, a new topic every week. Following this, we will cook a meal together and if you wish, enjoy it on camera.

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.

February 13th 2023
February 27th 2023
March 6th 2023
March 13th 2023
March 20th 2023
March 27th 2023

To register:

Please visit www.kemphospice.org or call 905-387-2448 ext. 2205.

Recreational Groups for Children with Autism

McMaster Children's Hospital Autism Program

Children are invited to participate virtually in fun theme-based recreational groups.

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

[View our 2023 Autism Service Guide 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 (Online)

Flamborough Women's Resource Centre

This 4-week, virtual 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!

To register:

Please call 289-895-8508 x 203.

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

Need help changing your name and/or gender marker? Our trans ID clinics run on the third Thursday of every month from 5-7pm. Virtual, telephone and in-person options.

For more information:

Call the Hamilton Community Legal Clinic (905-527-4572) to book an appointment.

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 call 905-387-2448.

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

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.

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

Social Circle (Online)

Women's Centre of Hamilton

Join this virtual drop-in session for a chance to build connections and establish a sense of community.

WHEN: Currenting running and is an ongoing program. Fridays from 1:00 pm - 2:00pm.

To register:

Please call (905) 522-0127 to register and receive the Zoom link.

Spousal Loss Support Group

Dr. Bob Kemp Hospice

The Grief and Bereavement team at Dr. Bob Kemp Hospice invites you to come connect and share about your own unique grief story and journey, in a safe and supportive environment. These sessions are designed for any adult, at any stage in their grief, who has experienced the loss of ones partner/ spouse.

TIME: All sessions will be held in person at Dr. Bob Kemp Hospice from 2:00PM to 4:00PM, for 8 consecutive Monday afternoons on the following dates:

DATES: January 16, 2023
and January 23, 2023
and January 30, 2023
and February 6, 2023
and February 13, 2023
and February 20, 2023
and February 27, 2023
and March 6, 2023

To register:

For any questions please contact Kristen Lew-Byrne, Manager of Bereavement and Supportive Care at managerbereavement@kemphospice.org or (905) 387-2448 ext. 2206.



Nothing can dim the
light that shines from
within.



Maya Angelou

WORKSHOPS AND COURSES FOR ADULTS

AFFIRM: Winter Group (18+)

**The Canadian Mental Health
Association Halton Region Branch**



We are proud to offer AFFIRM, an affirmative group for LGBTQ2S+ youth and adults that integrates identity affirmation with cognitive-behavioural therapy (CBT). AFFIRM is a 9-session group focused on reducing symptoms of depression and improving coping skills and sexual self-efficacy.

When: January 12 to March 9, 2023, Thursdays, 3:15 to 5:15 pm

Ages: 18 to 25 years old

Where: Zoom

For more information:

Looking for opportunities to meet new people, and develop and manage identity cognition, mood, and behaviour? Please register at affirm@cmhahrb.ca by January 6.

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@kempshospice.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

Senior Cyber Fraud Prevention Education Program

Compass Community Health

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

Taking Flight Women's Centre of Hamilton

These 4-week, in-person group sessions offer you a chance to connect in a safe environment to discuss and understand gender-based violence.

To register:

Please call (905) 522-0127.

Located at:

100 Main St E #205
Hamilton, ON L8N 3W4

Express Yourself Flamborough Women's Resource Centre

Explore patterns of communication to be more assertive and gain confidence in your life.

To register:

Please call 289-895-8508 x 203.



The journey of a
thousand miles begins
with one step.



Lao Tzu

WORKSHOPS AND COURSES FOR ADULTS

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

Calming the Chaos: Be Kind to Yourself (Online)

Ron Joyce Children's Health Centre

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

DATE: January 25, 2023

TIME: 12:30pm - 1:30pm

To register:

Visit the [Community Education Registration Link](#)

Questions?

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

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.

Emergency Clothing Program

Good Shepherd Venture Centre

The Emergency Clothing Program provides cost-free help for families and individuals in need. If you need need to use our services, please call us at 905-972-9485 or visit in person and we will help you register for the program. Registration hours are Monday to Friday, 9:00 a.m.-11:00 a.m. and 1:00 p.m. to 2:00 p.m. Program hours are Monday to Friday, 9:30 am to 3:00 pm. Doors open at 8:30 a.m.

Located at:

Good Shepherd Venture Centre
155 Cannon Street East
Hamilton ON L8L 2AS

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 – 30) and for adults (31+), as well as an intergenerational meeting to bring them together.

To register:

Please email TFIntake@compassch.org.

Emergency Food Program

Good Shepherd Venture Centre

The Good Shepherd Venture Centre Emergency Food Program is a dignified, efficient and safe space where emergency food and clothing is easily accessible for clients. If you have questions about the food & clothing program, please call us at 905.972.9485. Due to high call volumes, we have a general voicemail mailbox. Please leave a message and someone will get back to you within 24 hours. All new registrations must sign up in person. Registration hours are Monday to Friday, 9:00 am – 11:00 a.m. and 1:00 p.m.- 2:00 p.m.

Grocery and program hours are Monday to Friday, 9:30 am to 3:00 pm. Doors open at 8:30 a.m.

Located at:

Good Shepherd Venture Centre
155 Cannon Street East
Hamilton ON L8L 2AS

GROWING TOGETHER

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ATELIERS, CLASSES et CENTRES de JEUX disponibles en Français

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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. Hamilton, ON.

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

For more information, email frc@hhsc.ca or call 905.521.2100 ext. 77243



PARENT
EDUCATION
COURSES
WORKSHOPS
GROUPS

MOST
COURSES
FREE!

