



PARENT EDUCATION | COURSES | WORKSHOPS | GROUPS

# 2023 | MAY - AUGUST



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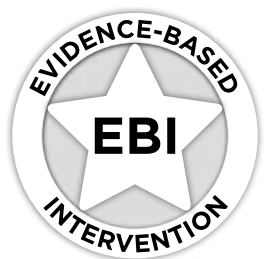
**LOCATIONS  
WITHIN THE  
HAMILTON  
AREA**



# 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 May to August 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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# WORKSHOPS AND COURSES FOR EXPECTANT PARENTS/PARENTS OF INFANTS 0-12 MONTHS

## 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](mailto: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](mailto: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](http://www.hamilton.ca/prenatal)

## Breastfeeding Support Services

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

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

Virtual or phone support available.

### For more information:

Call Health Connections 905-546-3550

Or connect via Facebook: "Healthy Families Hamilton"

Website:

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

Email:

[breastfeedingsupport@hamilton.ca](mailto:breastfeedingsupport@hamilton.ca)

## 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.](#)

## Baby Love

Ujima Project offered through Good Shepherd, Regina's Pace

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.

### For dates/times and to register, please contact:

Michelle at 289-659-567  
[mwoods@gsch.ca](mailto:mwoods@gsch.ca) or

Alicia at 289-659-3857  
[acanney@gsch.ca](mailto:acanney@gsch.ca)

# 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 Prénatale (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:**

May 10, 2023 at 12:30pm - 1:30pm

**To register:**

Visit the [Community Education Registration Link](#)

**Questions?**

Call 905-521-2100 x74147 or email [communityeducationse@hpsc.ca](mailto: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

beginning on Wednesday April 26 through to June 14, 2023

5:30pm - 7:30pm

**LOCATION:** St. Marguerite d'Youville Childcare Centre

20 Bonaparte Way, Hamilton, ON

**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 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/caregivers who are interested in learning about a specific parenting topic.

For more information and to register:

Call Health Connections at 905-546-3550 or connect via Facebook @HealthyFamiliesHamilton

### 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.

**DATE/TIME:**

Thursday, May 25 at 7:00pm - 8:00pm

**LOCATION:** Virtual via Zoom

**To register:**

Visit the [Community Education Registration Link](#)

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



The most difficult thing is the decision to act; the rest is merely tenacity.



Amelia Earhart

### EarlyON Centres

Government of Ontario

EarlyON Child and Family Centres offer free, high-quality programs for families and children from birth to 6 years old. You can learn and play with your child, meet people and get advice from early childhood professionals.

EarlyON Centres are open to all families in Ontario. They're welcoming places that offer a range of services and resources, where you can:

- join fun activities such as reading, storytelling, sing-alongs and games
- get advice from professionals trained in early childhood development
- find out about other family services in your community
- connect with other families with young children.

[Click here to find an EarlyON child and family centre near you.](#)

### Early Literacy Specialist

Ujima Project offered through Good Shepherd, Regina's Place

Parents/caregivers under 29 years old and their child(ren) 0-6yrs are partnered with our Early Literacy Specialist who works individually or in a group setting with parents to offer early childhood resources to help your child reach their full potential. They can help respond to your child's development challenges such as speech and language and connect you to free speech and language services. This is a free program.

**For more information:**

Contact Michelle at 289-659-5671 [mwoods@gsch.ca](mailto:mwoods@gsch.ca)

## 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:**

June 14, 2023 at 9:30am OR  
August 17, 2023 at 1:30pm

**To register:**

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

### 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.

**DATE:** June 7, 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](mailto:communityeducationse@hhsc.ca)

### 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.

**DATE/TIME:**

July 12, 2023 at 9:30am

**To register:**

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

### Hamilton FASD Resource Team

**Hamilton FASD Collaborative**

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

**To register:**

Call 905-570-8888,  
email [info@fasdhamilton.ca](mailto:info@fasdhamilton.ca), social media [@fasdhamiltonca](#), or visit [www.fasdhamilton.ca](http://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:**

May 31, 2023 at 9:30am OR  
July 20, 2023 at 1:30pm

**To register:**

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

### 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](mailto:ljanzen@compassch.org)  
OR Mariko Bown-Kai 905-523-6611 ext. 2084, [mbown-kai@compassch.org](mailto: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. This is best suited for caregivers who have children over 6 years, to be able to engage in collaborative problem solving and practice.

**DATES:** July 6, 2023  
and July 13, 2023  
and July 20, 2023  
and July 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](mailto: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:** May 11, 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](mailto:communityeducationse@hhsc.ca)

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

#### **City of Hamilton**

#### **Healthy & Safe Communities Dept. Public Health Services**

#### **Healthy Families Division**

Triple P Discussion Groups are 2-hour workshops for parents/caregivers who are interested in learning about a specific parenting topic.

For more information and to register: Call Health Connections at 905-546-3550 or connect via Facebook @HealthyFamiliesHamilton

### **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:** August 31, 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](mailto: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:** May 23, 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](mailto:communityeducationse@hhsc.ca)

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

### Kindergarten Preparation (Online)

#### Special Needs Resourcing/ Ron Joyce Children's Health Centre

This 1.5 hour virtual workshop, presented by Occupational Therapists, will review information to support your child's transition to Kindergarten in the fall of 2023. We will focus on skills that are important for the move to Kindergarten, including dressing independence, toileting, self-feeding and fine motor skills. As part of the presentation, we will review some fun and practical strategies within these skill areas to practice during the summer to help ease this transition to school. Come ready with your Kindergarten prep questions!

#### DATES/TIMES:

June 14th at 6:30pm OR  
July 12th at 1:00pm OR  
August 16th at 9:30am

**WHERE:** Online via Zoom  
Join HHS Zoom Meeting:

<https://hhsc.zoom.us/j/6320888767?pwd=ZmtVZ1htS05Pd2dpTXdSRTNlekNpUT09>

Meeting ID: 632 088 8767  
Password: 063847

#### For more information:

Special Needs Resourcing  
Ali Rawling & Victoria DiGiovanni  
(SNR-OTs)  
Email: [snr@hhsc.ca](mailto:snr@hhsc.ca)

### Early Words

For more information on upcoming programs on fluency and stuttering please call 905-381-2828 ext. 224 or email [earlywrdd@earlywords.ca](mailto:earlywrdd@earlywords.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:** May 30, 2023  
and June 6, 2023  
and June 13, 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](mailto:communityeducationse@hhsc.ca)

### Group Triple P Ages 2-6

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

Group Triple P is a 9-week program for parents/caregivers who are interested in learning about a variety of positive parenting strategies. The program consists of six 2-hour in person group sessions and three 20 minute telephone sessions.

For more information and to register:  
Call Health Connections at 905-546-3550 or connect via Facebook @HealthyFamiliesHamilton

### 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.

**DATE:** August 24, 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](mailto: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:** July 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](mailto: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:** August 23, 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](mailto:communityeducationse@hhsc.ca)

### Young Parent Programs

**Good Shepherd, Regina's Place**

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

- Transitional Housing Program;
- Play & Learn Drop In;
- School Program;
- Let's Cook;
- Baking Class, and more.

**For more information:**

Call 905-549-4276 between 9:00am and 11:00pm.

### Mental Health Learning Hub

**The Hospital for Sick Children  
(SickKids)**

This hub includes resources for parents on how to support your child's mental health and general well-being through physical activity, sleep and nutrition.

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

### 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, whether you are the parent/caregiver of a child who has received a new diagnosis or who may be focusing on the development of their child/youth's social and life skills or have a youth transitioning into adult services.

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

**TIME:** 6:00pm - 7:30pm

**DATES:**

May 31, 2023

June 28, 2023

July 26, 2023

August 30, 2023

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

[View the Spring/Summer 2023 Autism Service Guide here.](#)

### Supporting Transitions (Online)

**Reach Out Centre for Kids (ROCK)**

This presentation will build on the participant's ability to support children through transitions using a children's mental health approach, while supporting their emotions during change. ROCK facilitators will engage a group discussion around supporting children's emotional well-being during big and small-scale transitions throughout their early years' experiences.

**DATE/TIME:** August 9, 2023 from 12:00pm - 1:30pm

**To register:** Visit [www.rockonline.ca](http://www.rockonline.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:** 7:00pm - 8:30pm

**LOCATION:** All meetings are currently being held online.

**To register:** Contact [hamilton@pcmh.ca](mailto:hamilton@pcmh.ca) or visit our website and click on the Hamilton Chapter link to sign up online.

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

### Family Support Program John Howard Society of Hamilton, Burlington and Area

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@jhshba.ca](mailto:sbarrow@jhshba.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](http://www.YourSpaceHamilton.ca) to register for upcoming sessions or view archived recordings. Email [engage@lynwoodcharlton.ca](mailto:engage@lynwoodcharlton.ca) or call 905-389-1361 ext. 288

### Well-Being and Outdoor Play (Online)

#### Reach Out Centre for Kids (ROCK)

This presentation, facilitated by ROCK EarlyON educators, will share the benefits of, and how to support your children during outdoor play. Together, participants will learn about the holistic (physical, mental, emotional, and social) health benefits of being outside, and talk about what risky play is and its importance. Recommended for those with children 0 - 6 years.

**DATE/TIME:** Monday, June 12, 2023  
10:30a.m. - 11:30a.m.

**To register:** Visit [www.rockonline.ca](http://www.rockonline.ca)

### 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/TIME:** June 27, 2023 at  
5:30pm - 6:30pm

OR

**DATE/TIME:** August 17, 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](mailto:communityeducationse@hhsc.ca)

### 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:** August 3, 2023  
and August 10, 2023  
and August 17, 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](mailto: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:** May 3, 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](mailto: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:** July 19, 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](mailto: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:** July 27, 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](mailto:communityeducationse@hhsc.ca).

### I'm So Tired: Managing Burnout (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:** June 1, 2023

and June 8, 2023

and June 15, 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](mailto: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.

**DATE:** August 9, 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](mailto: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:** July 5, 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](mailto: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:** May 3, 2023  
and May 10, 2023  
and May 17, 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](mailto: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](mailto:autismprogram@hhsc.ca)

[View the Spring/Summer 2023 Autism Service Guide here.](#)

### 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:** May 9, 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](mailto:communityeducationse@hhsc.ca)

### Parenting with LOVE

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

Parenting with LOVE is an 8 week program that focuses on building a positive and responsive parent-child relationship. It is appropriate for all families including those with limited or no access to their children. Bus tickets, light snack, incentives and a certificate are provided.

For more information and to register:  
Call Health Connections at  
905-546-3550 for upcoming dates and times.

### 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:** July 26, 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](mailto:communityeducationse@hhsc.ca)

### Anxiety in Children and Youth (Online)

**Ron Joyce Children's Health Centre**

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

**DATE:** May 2, 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](mailto:communityeducationse@hhsc.ca)



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

### I'm Shy (Online)

Ron Joyce Children's Health Centre

This educational workshop 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.

**DATE:** May 4, 2023

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

**To register:**

Visit the [Community Education Registration Link](#)

### Giving Your Child the Tools for Life (Online)

Ron Joyce Children's Health Centre

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

**DATE:** June 20, 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](mailto:communityeducationse@hhsc.ca)

### 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. Mindfulness techniques encourage children to learn how to be present with their emotions rather than overcome by them. These techniques provide an opportunity for caregivers to connect and model them with their children by adding them into daily practice.

**DATE:** May 16, 2023

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

OR

**DATE:** August 23, 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](mailto: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:** June 22, 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](mailto:communityeducationse@hhsc.ca)

### Making 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:** July 20, 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](mailto:communityeducationse@hhsc.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:** June 29, 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](mailto:communityeducationse@hhsc.ca)

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

### 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:** August 16, 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](mailto:communityeducationse@hhsc.ca)

### Sibling Connection Group (Online)

#### McMaster Children's Hospital Autism Program/Young Caregivers Association

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

**WHEN:** Dates and times to be determined.

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

### 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.

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](mailto:frc@hhsc.ca)

### Family Navigator

#### Ujima Project offered through Good Shepherd, Regina's Place

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](mailto:acanney@gsch.ca)

### 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

#### For more information:

Phone: 905-570-8888  
Email: [info@contacthamilton.ca](mailto:info@contacthamilton.ca)

“

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

”

Confucius

## 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](mailto:TFIntake@compassch.org).

### Story Time Explorers (Ages 7-10)

#### Dr. Bob Kemp Hospice

Dr. Bob Kemp Hospice provides a place for children and youth to come together. Any child or teen, who has experienced the death of a family member or very close friend can join our groups.

Do you enjoy listening to stories and doing crafts? Join us at DBKH to participate. Registration is mandatory as spots are limited.

**DATE/TIME:** May 10th, 2023 from 6:30pm - 7:30pm.

[Click here to register.](#)

### 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](http://www.kidshelpphone.ca)

### Free Family Carnival for World Autism Awareness Hamilton Wentworth District School Board

Come celebrate the autism community! This free event will have games, prizes, face painting, a photo booth, quiet room, refreshments, crafts, fairytale characters, and more! All Hamilton community members are welcome to attend. No registration required.

**WHERE:** Hamilton Wentworth District School Board  
20 Education Court, Hamilton ON  
L9A 0B9 (Near Limeridge Mall)

**WHEN:** Saturday, June 3, 2023  
10:30am to 2:30pm

RAIN OR SHINE

#### For more information:

Contact Sandy Scott  
[sjscott@bell.net](mailto:sjscott@bell.net)

### 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.](#)

“

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

”

Theodore Roosevelt

## WORKSHOPS AND COURSES FOR CHILDREN AND TEENS

### ACHIEVES

**John Howard Society of Hamilton,  
Burlington and Area**

#### WHAT IS ACHIEVES?

ACHIEVES is a twelve-session early intervention program designed for youth in grades six to nine who experience barriers to their social and educational success. Each session is two hours and includes a mix of skill building activities including games, lessons, and recreational time. Participants will set goals and develop pro-social relationships while learning valuable skills including how to regulate emotion, make healthy decisions, resolve conflict and more.

#### 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:

For more information or to make a referral, contact Alex Popadinac at 289-439-5746 or [apopadinac@jhshba.ca](mailto:apopadinac@jhshba.ca)

### CHOICES: Cognitive Skills For Youth At Risk

**John Howard Society of Hamilton,  
Burlington and Area**

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](mailto:mvukasevic@jhshba.ca) or call 905-522-4446.

### All 4 One Program

**John Howard Society of Hamilton,  
Burlington and Area**

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](mailto:bfennell@jhshamilton.on.ca) or Jeff Parker at 289-442-5886 or email [jparker@jhshamilton.on.ca](mailto:jparker@jhshamilton.on.ca)

### Virtual Family Night (All Ages)

#### Dr. Bob Kemp Hospice

Family Nights provide 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.

**DATE/TIME:** May 25th, 2023 from 6:30pm - 7:30pm.

[Click here to register.](#)

### CHOICES in Anger

**John Howard Society of Hamilton,  
Burlington and Area**

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](mailto:mvukasevic@jhshba.ca) or call 905-522-4446

### STEP Program for Youth

#### YWCA Hamilton

The Strategic Training and Employment Program (STEP) is a virtual program for young women and non-binary youth aged 15-30 years old. Up to 4 weeks of 1:1 job preparation support and certifications including: Life Skills, Employability Skills, First Aid/CPR, Health and Safety and Smart Serve and Safe Food Handling as appropriate. Up to 14 weeks paid job placement.

We facilitate workshops Tuesday-Thursday 10am-12pm for 6 weeks.

#### PROGRAM START DATES:

May 1, 2023  
May 29, 2023  
June 26, 2023  
July 24, 2023

#### For more information:

Contact Lidia Siino at 365.659.4026  
[lsiino@ywcHamilton.org](mailto:lsiino@ywcHamilton.org)  
or Adrianna Bozur at 365.599.9235  
[abozur@ywcHamilton.org](mailto:abozur@ywcHamilton.org)



## 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.](#)

### Crisis Services

#### Reach Out Centre for Kids (ROCK)

ROCK's 24/7 Crisis Line provides immediate support for children and youth, their parents/caregivers, and community members.

**ROCK'S confidential Crisis Line is available 24/7: 905-878-9785.**

### Cooking Up Care (Ages 13-17)

#### Dr. Bob Kemp Hospice

Dr. Bob Kemp Hospice provides a place for children and youth to come together. Any child or teen, who has experienced the death of a family member or very close friend can join our groups.

Our trained group facilitators will guide you through the recipe. Following this, we will have a group discussion in relation to grief over the meal. Registration is mandatory as spots are limited.

**DATE/TIME:** May 15th, 2023 from 6:30pm - 8:00pm.

[Click here to register.](#)

### 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:

May 24, 2023

#### SESSIONS (PARENT & CHILD):

May 31, 2023  
and June 7, 2023  
and June 14, 2023  
and June 21, 2023  
and June 28, 2023

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

**LOCATION:** Virtual through Zoom

#### To register:

Visit the [Community Education Registration Link](#)

#### Questions?

Call 905-521-2100 x74147 or email [communityeducationse@hhsc.ca](mailto: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.

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

”  
**Booker T. Washington**

## WORKSHOPS AND COURSES FOR CHILDREN AND TEENS

### 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](mailto:SURE@banyancs.org)  
or call 905-544-7778 x3131.

### Free Children and Teen Programming

#### Hamilton Public Library (HPL)

HPL's What's Happening Program Guide is currently published monthly.

Please check the online Events Calendar for a daily listing of HPL events and programs.

[Click here for the What's Happening Guide](#)

### Group Counselling (Ages 13-17)

#### Dr. Bob Kemp Hospice

Dr. Bob Kemp Hospice provides a place for children and youth to come together. Any child or teen, who has experienced the death of a family member or very close friend can join our groups. Registration is mandatory as spots are limited.

**DATE/TIME:** May 30th, 2023 from  
6:30pm - 7:30pm.

[Click here to register.](#)

### Youth Navigation Program (Ages 12-14)

#### John Howard Society of Hamilton, Burlington and Area

This community based initiative for youth requiring support will help young people navigate the service systems, and connect them to resources in the community. The program provides individual case management and group sessions to support youth in identifying, developing and implementing a personal plan based on their own goals. Program services include; anger management, mental health, financial literacy, conflict resolution, and employment support. Self referrals are welcome and programing is free to all participants aged 12-24 years.

**Call 905-522-4446 ext. 313 or email  
[reception@jhshamilton.on.ca](mailto:reception@jhshamilton.on.ca)  
for more information.**

### Youth Programs (Ages 13-25)

#### Living Rock Youth Resources

Living Rock offers the following programs for youth ages 13-25:

- FREE meals 7 days a week
- Hamilton's only youth food bank
- Youth access laundry room  
Monday-Friday 9am-5pm
- Access to showers and hygiene products
- Educational assessments & support
- Prenatal & parenting support
- Life-skill groups (i.e. anger management, budgeting)
- Employment training & placements
- Computer and WIFI access
- Food Service Training
- Recreation opportunities & YMCA
- Crisis Support
- Chaplaincy
- Life-Skill & Work Readiness
- Drop-in Program

**For more information, visit  
[www.livingrock.ca](http://www.livingrock.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:** August 30, 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](mailto:communityeducationse@hhsc.ca)

### Introduction to Early Years Mental Health (Online)

#### Reach Out Centre for Kids (ROCK)

his presentation is an introduction to infant and early years mental health, with a focus on children aged birth to four years old. ROCK facilitators will explore the importance of forming close relationships, managing and expressing emotions, and how to support exploration in your child's environment. Recommended for those with children 0 - 6 years.

**DATE/TIME:** Thursday, May 11, 2023  
10a.m - 11 a.m.

**To register:** Visit [www.rockonline.ca](http://www.rockonline.ca)

## WORKSHOPS AND COURSES FOR CHILDREN AND TEENS

### Recreational Groups for Children with Autism (Online)

#### McMaster Children's Hospital Autism Program

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

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

[View the Spring/Summer 2023 Autism Service Guide here.](#)

### 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. Thursdays 10 am – 12pm

#### To register:

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

### LGBT Youth Line

LGBT Youth Line is a Queer, Trans, Two-Spirit youth-led organization that affirms and support the experiences of youth 29 years old and under. Get in touch with a peer support volunteer from Sunday to Friday, 4pm to 9:30pm

**Call 1-800-268-9688**  
**or Text: 647-694-4275**

### Danielle's Place

#### Reach Out Centre for Kids (ROCK)

Danielle's Place offers a range of groups for female-identifying and non-binary youth ages 8-16. These groups support individuals who have been identified as being at risk of an eating disorder diagnosis and may be struggling with low self-esteem, body image concerns, dieting behaviors, over exercise, negative self-talk, etc.

#### For more information:

Visit <http://www.daniellesplace.org/>  
Email [daniellesplace@rockonline.ca](mailto:daniellesplace@rockonline.ca)  
or call 289-266-0036.

### Trans Lifeline

Trans Lifeline is a non-profit dedicated to the wellbeing of transgender people. They run a 24/7 hotline staffed by transgender people for transgender people. Trans Lifeline volunteers are ready to respond to whatever support needs members of our community might have.

**Call 1-877-330-6366.**

### Black Youth Helpline

Available daily from 9 a.m. to 10 p.m., our helpline serves as the point of contact for calls to our professional services from youth, families, and a variety of youth-serving stakeholders. Service in French and other languages are available upon request.

**Call 1-833-294-8650**

### Hope for Wellness Helpline

The Hope for Wellness Help Line offers immediate help to all Indigenous people across Canada. It is available 24 hours a day, 7 days a week to offer

counselling and crisis intervention.

**Call 1-855-242-3310**

### One Stop Talk - Free Mental Health Support One Stop Talk

One Stop Talk offers children, youth, and their families immediate access to free mental health supports when and how they need them. The program provides single-session counselling support, and ensures direct referral to additional services when needed. Services are provided through an integrated network of infant, child, and youth mental health agencies across Ontario.

#### You will receive:

- Counselling from experienced clinicians from across the province ;
- In-the-moment access to counselling, no appointment needed;
- Access to One Stop Talk after hours and on weekends;
- A plan for you to take with you after the session that you co-create;
- Direct connection to services in your community within the same visit, as needed; and
- The opportunity to self-select service when it's right for you .

#### Who can contact One Stop Talk?

-Children and youth within 18 years of age

-Parents and caregivers of children and youth within 18 years of age

#### Hours: Connect with the clinicians (hours in EST)

Monday to Friday from 12pm to 8pm

Saturdays from 12pm to 4pm.

No appointments required.

#### To connect with a clinician:

Visit [www.onestoptalk.ca](http://www.onestoptalk.ca) or call 855-416-8255/TALK

## WORKSHOPS AND COURSES FOR ADULTS

### 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](http://hnhbscreenforlife.ca) for Coach schedule.

### Online Parent Support Groups

#### Families for Addiction Recovery

We provide a safe virtual space where those concerned about a loved-one's substance use can discuss practical strategies, find support, and share resources and information that worked for them. Participation in the Groups is free and no registration is required.

#### Monthly Meetings:

1st and 3rd Monday @ 7:00 – 8:30pm

1st and 3rd Tuesday @ 12:00 – 1:30pm

#### To register:

Visit [www.farcana.org/family-support/we-can-help/parent-support-group/](http://www.farcana.org/family-support/we-can-help/parent-support-group/)

### 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.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: 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

### Grow Well

#### Compass Community Health

Grow Well is a unique horticultural therapy program that combines organic greenhouse growing practices and Mental Wellness exercises. Participants grow organic produce, herbs and plants while learning mindfulness techniques through a series of fun, interactive experiences in Compass' Community Greenhouse. Grow Well typically is offered throughout the spring and autumn seasons.

#### For more information/to register:

Contact: Leah Janzen 905-523-6611 ext. 3006, [ljanzen@compassch.org](mailto:ljanzen@compassch.org)

### 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](mailto:info@gracehavenhamilton.org)

### Free Adult Programming

#### Hamilton Public Library (HPL)

HPL's What's Happening Program Guide is currently published monthly.

Please check the online Events Calendar for a daily listing of HPL events and programs.

[Click here for the What's Happening Guide](#)

### Centre of Knowledge

#### Pamphlets

##### Offord Centre for Child Studies

The Centre of Knowledge on Healthy Child Development was designed to focus on certain disorders, behaviour problems, and life circumstances that can have a significant impact on children's health and well-being. Please click on the link below to download one-page pamphlets on a variety of disorders such as anxiety, attention problems, mood disorders, substance use, and more.

**Website:** [www.offordcentre.com/research/knowledge/](http://www.offordcentre.com/research/knowledge/)

### PLEO

A non-profit family support organization for parents and caregivers whose children (up to age 25) are dealing with mental health and/or addiction challenges. PLEO offers several support groups across Ontario, as well as a confidential telephone helpline, and an extensive library of resources.

#### For more information:

Visit [www.pleo.on.ca](http://www.pleo.on.ca)



Nothing can dim the  
light that shines from  
within.



Maya Angelou

## WORKSHOPS AND COURSES FOR ADULTS

### Adult Grief Support Counselling

**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](mailto: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](http://www.211ontario.ca)

### Talking About Mental Illness (TAMI) Presentation

**Canadian Mental Health Association**

The goal of a TAMI presentation is to reduce the stigma surrounding the topic of mental health and mental illness, while providing a safe forum for participants to discuss the importance of mental health.

**DATE/TIME:** May 10 from 6:30-7:30pm

[Click here to register.](#)

### 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](mailto:arimay@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

### Grief Coaching for Parents, Guardians and Caregivers

**Dr. Bob Kemp Hospice**

The grief coaching program aims to provide clients with:

- Support in developing methods and strategies for coping with any type of loss and grief including but not limited to the death of a loved one, job loss, relationship loss and pandemic grief.

- A safe avenue to discuss feelings and emotions

- Digital resources and workbooks

**WHEN:** Online via Zoom the first Tuesday of the month from 10:00am - 11:00am.

[Click here for the Zoom information.](#)

### Emotion Coaching Webinar Hamilton-Wentworth District School Board/Hamilton-Wentworth Catholic School Board/Hamilton Family Health Team

Emotion Coaching is a communication strategy that can calm the brain in as little as 60 seconds and help improve relationships.

Hamilton-Wentworth District School Board, Hamilton-Wentworth Catholic District School Board, and Hamilton Family Health Team invite parents and caregivers to explore Emotion Coaching in a 90-minute webinar.

Click the following links to register for one of the 90-minute webinars:

May 4 from 9:30-11 a.m. – [hwdsb.info/EC-May4](http://hwdsb.info/EC-May4)

June 6 from 6:30-8 p.m. – [hwdsb.info/EC-June6](http://hwdsb.info/EC-June6)

## 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](mailto: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:** May 31, 2023

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

#### To register:

Visit the [Community Education Registration Link](#)

#### Questions?

Call 905-521-2100 x74147 or email [communityeducationse@hsc.ca](mailto:communityeducationse@hsc.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](mailto:TFIntake@compassch.org)

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

”  
**Joyce Maynard**

# 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 in Hamilton, Ontario.

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

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

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



**PARENT  
EDUCATION  
COURSES  
WORKSHOPS  
GROUPS**



**ALL  
COURSES  
FREE!**

