



PARENT EDUCATION | COURSES | WORKSHOPS | GROUPS

2024 | May - August



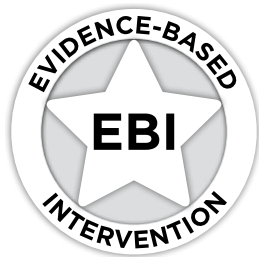
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LOCATIONS
WITHIN THE
HAMILTON
AREA

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 2024.

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.



GROWING TOGETHER CONTENTS

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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).

In-person, 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
- Home visiting programs
- Your child's mental health

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

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.

To register, please contact: Payton at 289-659-567 psymth@gSCH.ca or Alicia at 289-659-3857 acanney@gSCH.ca for upcoming dates and times

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.

Habilités parentales

Centre de Santé Communautaire
Hamilton Niagara

Le CSCHN offre des activités de groupe et des consultations individuelles destinées aux parents, aux tuteurs et aux tuteurs d'enfants. Ces activités ont pour but de les soutenir et de les aider à acquérir des compétences parentales plus avancées. Nos interventions permettent aux familles de mieux comprendre et mieux gérer les troubles de comportements et la santé mentale d'un enfant et d'un jeune.

Les services offerts par le programme de soutien de la parentalité aident à identifier les problèmes présents et à développer des stratégies pour les surmonter.

Nos ateliers sont proposés aux parents, aux tuteurs et aux tuteurs afin de les sensibiliser et de les informer sur divers sujets, ainsi que de leur donner les compétences nécessaires pour aider leurs jeunes à améliorer leurs états mental et émotionnel et leur bien-être général.

Pour plus de renseignements, veuillez communiquer avec nous au (905) 734-1141 poste 2222.

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

Treasuring Your Toddler, Taming Their Tantrums

Ron Joyce Children's Health Centre

is a two-part workshop about understanding the meaning behind your child's behaviour. Participants will learn the importance of getting to know their child and treasuring their uniqueness, ways to respond to and prevent challenging behaviours, and receive strategies to help set their children up for success. This workshop will be presented virtually.

DATES/TIMES:

Thursday June 6 and June 13, 2024
9:30 AM - 11:00 AM

To register:

Visit the [Community Education Registration Link](#)

Circle of Security Parenting Group

Ron Joyce Children's Health Centre

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

DATES/TIME: 8 weekly sessions

Begins May 7, 2024 on Tuesday evenings 5:30 PM - 7:30 PM

LOCATION: Ron Joyce Children's Health Center, 325 Wellington St. North, Hamilton ON.

Prizes, limited on-site childcare and transportation assistance available

To register:

Visit the [Community Education Registration Link](#)

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

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

Triple P Discussion Groups are 2-hour workshops that focus on a specific parenting topic.

For more information, including upcoming dates and times, visit www.hamilton.ca/parenting or connect with us on Facebook at HealthyFamiliesHamilton.

Registration is required. Call Health Connections at 905-546-3550 to reserve your spot.

Ready, Set, Smile (Online)

Ron Joyce Children's Health Centre

Ready, Set, Smile is all about creating meaningful social routines at Home with toddlers. Participants will learn the importance of shared smiling, how social routines can increase interaction and promote communication and, get ideas and strategies to try out. Opportunities to ask questions and receive resources will be provided.

This 60 minute, single session virtual workshop will run on the zoom platform.

DATES/TIMES:

Wednesday, May 15, 2024 at 7:00 PM-8:00 PM

LOCATION: Virtual via Zoom

To register:

Visit the [Community Education Registration Link](#) or contact Julie Ellis at 905-521-2100 ext. 77406.

EarlyON Centres

Government of Canada

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. They assist parents in completing Ages and Stages(ASQ's) child development screening and collaborative development plans. This is a free program.

For more information: Contact Payton at 289-659-5671 or psmyth@gsch.ca

WORKSHOPS AND COURSES FOR
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 Zoom links will be sent 1-2 days before start date.

DATES/TIMES:

June 13, 2024 at 9:30 AM - 11:30 AM

August 13, 2024 at 1:30 PM - 3:30 PM

To register:

Visit the [community education link](#)

Help 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/TMES:

May 23, 2024 at 12:30 PM - 1:30 PM

July 25, 2024 at 10:00 AM - 11:00 AM

August 27, 2024 at 12:30PM-1:30PM

To register:

Visit the [Community Education Registration Link](#)

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), In-service Training 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 thorough 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. Zoom link sent 1-2 days prior to workshop.

DATES/TIMES:

May 14, 2024 at 9:30 AM - 11:00 AM

August 15, 2024 at 1:30 PM - 3:30 PM

To register:

Visit the [community education link](#)

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. Each day the program offers a different hot meal such as scrambled eggs, cheese toast, egg sandwiches, pizza bagels and yogurt, cereal and berries are offered everyday with milk and water.

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

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. However, you may have a child that is well beyond the toddler years who still has a hard time controlling their emotions. In this workshop we will explore the difference between tantrums and meltdowns and identify some strategies for managing these behaviours. Zoom link will be emailed 1-2 days before start date.

DATE: June 18, 2024

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

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 2, 2024

July 9, 2024

July 16, 2024

July 23, 2024

TIME: 12:00 PM -1:00 PM

To register:

Visit the [Community Education Registration Link](#)

Questions?

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

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

City of Hamilton

Healthy & Safe Communities Dept.

Public Health Services Healthy

Families Division

Triple P Discussion Groups are

2-hour workshops that focus

on a specific parenting topic.

For more information, including

upcoming dates and times, visit

www.hamilton.ca/parenting or

connect with us on Facebook @

HealthyFamiliesHamilton.

Registration is required. Call Health

Connections at 905-546-3550 to

reserve your spot.

Kindergarten Preparation Workshop (Online)

Ron Joyce Children's Health Centre -

Special Needs Resourcing

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 2024. 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! For any parent/caregiver with a child entering Kindergarten in the fall.

Dates/Times:

July 10, 2024 at 1:00 PM

July 31, 2024 at 10:00 AM

August 14, 2024 at 12:00 PM

To register: Online via Zoom. No need

to sign-up, just use the ID/password

to sign into the meeting

Meeting ID: 692 7925 2297 Password: 488489

Questions: email snr@hhsc.ca

Why Little Kids Worry (Online)

Ron Joyce Children's Health Centre

A virtual educational session for caregivers. Explore what causes anxiety in their young child and how it effects their child's daily life. Caregivers are introduced to some basic child coping strategies for anxiety. Zoom link will be emailed 1-2 days before start date.

DATES/TIMES:

June 13, 2024 10:00 AM - 11:00 AM

August 29, 2024 10:00 AM - 11:00 AM

To register:

Visit the [Community Education Registration Link](#)

Questions?

Call 905-521-2100 x74147 or email

communityeducationse@hhsc.ca

Parenting with LOVE

City of Hamilton

Healthy & Safe Communities Dept.

Public Health Services

Healthy Families Division

Parenting with LOVE is an 8-week program for expectant parents and parents/caregivers with children age 6 and under. The group focuses on learning ways to build a positive and responsive parent-child relationship. This program is appropriate for parents/caregivers who have limited or no access to their children and/or are required to take a parenting course. Participants receive a certificate at the end of the program. Bus tickets, light snacks and incentives are also provided.

For more information, including upcoming dates and times, visit www.hamilton.ca/parenting or connect with us on Facebook at HealthyFamiliesHamilton.

Registration is required. Call Health Connections at 905-546-3550 to reserve your spot.

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

SLP Hotline: Call the Speech-Language Pathologist

Affiliated Serviss for Children & Youth

For preschool children between 0 to 4 years old. You can ask about:

- word and sentence development
- sound development
- learning two languages
- how and when to refer
- services in Hamilton

DATES:

May 3, 2024
June 7, 2024
July 5, 2024
August 2, 2024

Time: 10 AM - 12 PM

Call 905-381-2828 ext. 230 for SLP
Jacqueline Vignanello

Early Words

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

Parenting Your Anxious Child (Online)

Ron Joyce Children's Health Centre

This is a virtual educational 3 session program. It will provide a brief overview of variety of childhood anxiety disorders, why children are anxious, and how it affects them. Parents and caregivers will learn strategies for coping, improving communication and managing anxious and sometimes disruptive behavior that gets in the way of everyday living. Zoom link will be sent 1-2 days before start date.

DATES: July 4, 2024
July 11, 2024
July 18, 2024

TIME: 12:30 PM - 1:30 PM

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

Group Triple P Ages 2-6

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

Group Triple P is an 8-week program for parents/caregivers interested in learning about a variety of positive parenting strategies. Parent/caregivers participate in six 2-hour in-person group sessions and two telephone sessions. This program is suitable for those who live with their children or have regular access. Parents/caregivers complete weekly homework tasks as part of the program.

For more information, including upcoming dates and times, visit www.hamilton.ca/parenting or connect with us on Facebook at [HealthyFamiliesHamilton](https://www.facebook.com/HealthyFamiliesHamilton).

Registration is required. Call Health Connections at 905-546-3550 to reserve your spot.

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.](#)

Group Theraplay Ages 3.8 (school-age) to 6 years

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.

Visit the [Community Education Registration Link](#)

Helping Children Bounce Back From Struggles (Online)

Ron Joyce Children's Health Centre

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

DATES/TIMES:
May 2, 2024 and July 8, 2024
at 12:30 PM - 1:30 PM

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

WORKSHOPS AND COURSES FOR PARENTS/CAREGIVERS OF CHILDREN AND 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. Zoom link will be sent 1-2 days before start date.

DATES/TIMES:

May 9, 2024 at 12:30 PM - 1:30 PM
July 11, 2024 at 10:00 AM - 11:00 AM

To register:

Visit the [Community Education Registration Link](#)

Questions?

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

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. Zoom link will be sent 1-2 days before starting.

DATE: July 31, 2024
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

Young Parent Programs

Good Shepherd, Regina's Place

The following is a list of Young Parent Programs that are offered but not limited to:

- Transitional Housing Program for up to 2 years
 - Play & Learn Drop In Wednesdays 2 PM - 4 PM
 - School Program for 18-25 year old young parents to complete high school credits
 - Let's Cook Mondays 5 PM
 - Activity Tuesday 6 PM - 7:30 PM
- For more information or to register:
Call 905-549-4276 between 9:00 AM and 11:00 PM.

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: 6:00 PM - 7:30 PM

DATES:

May 29, 2024
June 26, 2024
September 25, 2024

To learn more or register:

Please contact a Family Service Coordinator at 905-521-2100 ext. 78972 or email

autismprogram@hhsc.ca

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 Mae Mae Richardson at mrichardson@jhshba.ca or call 289-260-6905

Ages and Stages (Online)

Ron Joyce Children's Health Centre

This workshop supports parents and caregivers in understanding the characteristics, influences, and principals of child development for children ages 0-11 years of age. Social, emotional and physical development is discussed, as well as the importance of securing healthy attachment.

DATES/TIMES:

May 30, 2024 at 10:00 - 11:00 AM
July 29, 2024 at 12:30 PM - 1:30 PM

To register:

Visit the [Community Education Registration Link](#)

Questions?

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

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. No meeting scheduled in August 2024.

TIME: 7:00pm - 8:30pm

LOCATION: All meetings are currently being held online.

To register: Contact 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/>

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. 254

Understanding ADHD/ ADD (Online)

Ron Joyce Children's Health Centre

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

DATES/TIMES:
May 23, 2024 and July 4, 2024
at 10:00 AM - 11:00 AM

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

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

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 6, 2024
August 13, 2024
August 20, 2024

TIME: 12:30 AM - 1:30 PM

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

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

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/TIME:
June 4, 2024 and August 28, 2024 at
12:30 PM - 1:30 PM

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

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

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.

WORKSHOPS AND COURSES FOR PARENTS/CAREGIVERS OF CHILDREN AND TEENS

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.

DATES/TIMES:
June 13, 2024 at 12:30 PM - 1:30 PM
August 22, 2024 at 12:00 PM - 1:00 PM

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

Questions?
Call 905-521-2100 x74147 or email
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:
May 8, 2024
May 15, 2024
May 22, 2024

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

Practical Parenting Solutions (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/TIMES:
May 7, 2024 at 12:30 PM - 1:30 PM
July 3, 2024 10:00 AM - 11:00 AM

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

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

Acceptance and Commitment Therapy Workshop (Online)

Ron Joyce Children's Health Centre,
Developmental Pediatrics and
Rehabilitation Program

This 4-week group is for caregivers of children aged 0-18 years who have a Physical or Intellectual Disability, live in the Hamilton

Area, and are registered with the Ron Joyce Children's Health Centre. The focus of the group is to reduce the isolation of caregivers, promote acceptance of difficult thoughts and feelings, improve relationships and connect more meaningfully to the things we value in life.

Session 1. What is ACT?

Session 2. Values and Goal setting

Session 3. Self-Compassion

Session 4. Mindfulness

DATE/TIME: To be determined

To Register: For more information, please register [here](#) and we will contact you. Leave your name, phone number/email, and your child's name.

Raising Cooperative Children (Online)

Ron Joyce Children's Health Centre

In this 4 session evidence informed parenting series we will introduce caregivers to basic parenting strategies to strengthen relationships and increase cooperation with your children. Introducing and practicing these skills at home with children can have the best outcomes with managing behaviour and establishing confident parenting patterns.

DATES:
June 3, 2024
June 10, 2024
June 17, 2024
June 24, 2024

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

Giving Your Child the Tools for Life (Online)

Ron Joyce Children's Health Centre

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

DATES/TIMES:
June 6, 2024 at 12:30 PM - 1:30 PM
August 26, 2024 at 12:30 PM - 1:30 PM

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

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

WORKSHOPS AND COURSES FOR PARENTS/CAREGIVERS OF CHILDREN AND TEENS

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 the Spring/Summer 2024 Autism Service Guide](#)

Co-Parenting Through Divorce & Separation (Online)

Ron Joyce Children's Health Centre

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

DATE: July 22 2024
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 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. Zoom link will be sent 1-2 days before start date.

DATES/TIMES:

June 26, 2024 12:30 PM - 1:30 PM
August 7, 2024 10:00 AM - 11:00 AM

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

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

Anxiety in Children and Youth (Online)

Ron Joyce Children's Health Centre

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

DATES/TIMES:

June 25, 2024 at 5:30 PM - 6:30 PM
August 7, 2024 at 10:00 AM-11:00 AM

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

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

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

DATE: July 15, 2024
TIME: 12:00 PM - 1:00 PM

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

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

Guiding Growth: Nurturing Minds with Imagery (Online)

Ron Joyce Children's Health Centre

In this workshop we aim to empower parents with effective tools to nurture their children's well-being through guided imagery. We will define guided imagery and its benefits as a technique for emotional regulation, stress reduction, and fostering creativity. Caregivers will gain confidence in supporting their child's development through the transformative power of imagery.

DATES/TIMES:

June 6, 2024 at 10:00 AM - 11:00 AM
August 8, 2024 at 10:00 AM-11:00 AM

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

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

WORKSHOPS AND COURSES FOR PARENTS/CAREGIVERS OF CHILDREN AND TEENS

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

DATE: May 2, 2024
TIME: 10:00 AM - 11:00 AM

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

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

Why Won't They Listen? (Online)

Ron Joyce Children's Health Centre

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

DATES/TIMES:
May 16, 2024 10:00 AM - 11:00 AM
JULY 18, 2024 10:00 AM - 11:00 AM

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

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

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

DATE: June 18, 2024
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

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,
acanne@gsch.ca

Parenting Your ADHD Child(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:
August 1, 2024
August 8, 2024
August 15, 2024

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

Social Savvy; Nurturing Social Skills for Life (Online)

Ron Joyce Children's Health Centre

Empowers parents and caregivers to teach vital social skills for lifelong success in communication, empathy and relationships through practical strategies.

DATES/TIMES:
June 20, 2024 at 10:00 AM - 11:00 AM

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

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

WORKSHOPS AND COURSES FOR PARENTS/CAREGIVERS OF CHILDREN AND TEENS

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 and families can self-refer to our walk-in clinic for a single session. Our walk-in clinic operates at our downtown clinic location, as well as in community-based locations. To see our walk-in and community walk-in clinic location schedules, or for more information [Phone: 905.389.1361](tel:905.389.1361) or [Email: info@lynwoodcharlton.ca](mailto:info@lynwoodcharlton.ca)

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

For more information:

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

Why Do I Do That? Handling Impulsivity (Online)

Ron Joyce Children's Health Centre

This is an introductory educational workshop to help parents and caregivers learn how to identify and understand impulsive behaviour(s). We will explore strategies caregivers can use to support re-directing impulsive behaviour. Zoom link will be emailed 1-2 days before start date.

DATE: August 12, 2024

TIME: 12:30 PM - 1:30 PM

To register:

Visit the [Community Education Registration Link](#)

Open Platform (Online)

Ron Joyce Children's Health Centre

This 1 hour virtual session invites parents and caregivers to ask questions around effective parenting strategies, share experiences, and gain valuable insight. Whether you are navigating temper tantrums, teenage rebellion, or anything in between, our workshop facilitators can offer guidance, encouragement and practical advice.

DATES/TIMES:

June 20, 2024 at 12:30 PM-1:30 PM
July 17, 2024 at 12:00 PM - 1:00 PM
August 14, 2024 at 10:00AM-11:00AM

To register:

Visit the [Community Education Registration Link](#)

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

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.

DATES/TIMES:

May 28, 2024 at 12:30 PM - 1:30 PM
July 30, 2024 at 10:00 AM - 11:00 AM

To register:

Visit the [Community Education Registration Link](#)

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 workshop will help you to take the positive steps to get you there.

DATES/TIMES:

June 11, 2024 at 5:30 PM-6:30 PM
August 21, 2024 at 10:00AM-11:00AM

To register:

Visit the [Community Education Link](#)

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: June 27, 2024

TIME: 10:00 AM - 11:00 AM

To register:

Visit the [Community Education Link](#)

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:

Email TFIntake@compassch.org

Art as Therapy (7-17 Years)

Kemp Care Network

Dr. Kemp's House invites you to paint night. Children and youth (ages 7-17) will be guided through an art activity while participating in a wellness space aimed at building personal and community strength and wellness. All skill levels are welcome. All supplies will be provided.

LOCATION: 277 Stone Church Rd. E. Hamilton, ON L9B 1B1

DATE: May 8, 2024

TIME: 6:00 PM - 7:30 PM

For more information:

<https://kempcarenetwork.org/events/art-as-therapy/>

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.

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

1:1 Counselling (5-17 Years)

Kemp Care Network

The Grief and Bereavement Team at Kemp Care Network is here to support clients through their grieving journey. Understanding the uniqueness of each of our clients and the notion that everyone grieves differently, we want to meet our clients where they are in their grief, hear their stories, and work alongside them.

LOCATION: in-person, virtual or on the phone

To register:

Visit <https://kempcarenetwork.org/program/grief-counselling-for-children-and-youth/>

WORKSHOPS AND COURSES FOR CHILDREN AND TEENS

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.

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.

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.

The SURE Program (Self-Understanding and Emotional Regulation)

Banyan Community Services

The SURE Program aims to address emotional and behavioural issues among young people aged 11-15 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 within a group setting.

For more information:

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

Sibling Connection Group

McMaster Children's Hospital Autism Program/Young Caregivers Association

This 5-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:

May 27, 2024 at 5:30 PM-7:00 PM
June 3, 2024 at 5:30 PM - 700 PM
June 10, 2024 at 5:30 PM-7:00 PM
June 17, 2024 at 5:30 PM-7:00 PM
June 24, 2024 at 5:30 PM-7:00 PM

To register: Please contact Jenna Miller at 905-932-0799 or email jennam@youngcaregivers.ca

WORKSHOPS AND COURSES FOR CHILDREN AND TEENS

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

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](#)

Unified Protocol (CBT) Adolescents

City of Hamilton
Hamilton Public Health
Child and Adolescent Services

Unified Protocol for Adolescents is a CBT based group that aims to assist adolescents who experience anxiety, depression, social anxiety, as well as other struggles with emotion. It is a goal-driven intervention that is geared toward reducing negative emotions through problem solving, using one's thinking as well as other behavioural and coping strategies with the aim of encouraging the adolescent to have more control over their emotions and thinking. No diagnosis is necessary.

DATE(s)/TIMES: Spring 2024 - specific dates to be determined, but will be held on Wednesdays at 3pm

LOCATION: 100 Main St. E, Suite 220
Phone: 905-546-2424 ext. 3678

REFERRAL INFORMATION: Referrals are made through [Access and System Navigation](#)

For more information visit our [website](#)

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 our [website](#)

ACHIEVES

John Howard Society of Hamilton, Burlington and Area

WHAT IS ACHIEVES?

Achieves is an early intervention program for youth 11-14 years of age who experience barriers to their social and educational success. Throughout the program participants will set goals and develop pro-social relationships while learning valuable skills including how to regulate emotions, make healthy decisions, resolve conflict and more. Learning is completed through a mix of games, discussion groups and worksheets.

Summer programming will run like a day camp program. Spaces are limited.

DATES/TIMES:

Option 1: July 15-19, 2024 from 9:00 AM - 4:00 PM

Option 2: August 12-16, 2024 from 9:00 AM - 4:00 PM

LOCATION: John Howard Society
654 Barton St. E. Hamilton, ON

For more information contact Alex Popadinac at 289-439-5746 or 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 Victoria Wright at vwright@jhshba.ca or call 365-323-1802.

WORKSHOPS AND COURSES FOR CHILDREN AND TEENS

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 Victoria Wright at vwright@jhshba.ca or call 365-323-1802

Tween Talk

Ron Joyce Children's Health Centre Developmental Pediatrics and Rehabilitation Program, Specialized Developmental and Behavioural Services

This 8-week group is for children ages 9-12 years old who have Intellectual Disability and live in the Hamilton area. The focus of the group is to promote social skills. Participation in the group will be determined through a screening process.

DATE/TIME: To be determined

LOCATION:

Ron Joyce Children's Health Centre, 325 Wellington St. N., Hamilton

For more information, please register below and we will contact you. Leave your name, phone number/ email, and your child's name.

[Community Education Registration](#)

Unified Protocol (CBT) Children

City of Hamilton
Hamilton Public Health
Child and Adolescent Services

Unified Protocol for Children is a CBT based group that aims to assist adolescents who experience anxiety, depression, social anxiety, as well as other struggles with emotion. It is a goal-driven intervention that is geared toward reducing negative emotions through problem solving, using one's thinking as well as other behavioural and coping strategies with the aim of encouraging the children to have more control over their emotions and thinking. No diagnosis is necessary.

DATE(S)/TIMES: Spring 2024 – specific dates to be determined, but will be held on Thursdays at 2:30pm

LOCATION: 100 Main St. E, Suite 220
Phone: 905-546-2424 ext. 3678

REFERRAL INFORMATION: Referrals are made through [Access and System Navigation](#)

For more information visit our [website](#)

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

STEP Program for Youth

YWCA Hamilton

Let Your Skills Out! This is a virtual program for young women, trans, 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 & Safety, Smart Serve and Safe Food as appropriate. Up to 14 weeks paid job placement. Additional support for retaining employment and Occupational Therapy support as required.

Location/Date(s)/Times: Virtual Program, Dates TBD

For more information:

Contact Lidia Siino at: lsiino@ywcahamilton.org or Adrianna Bozur at: abozur@ywcahamilton.org 365-324-0247

Or visit our [website](#)

Teen Talk

Ron Joyce Children's Health Centre Developmental Pediatrics and Rehabilitation Program, Specialized Developmental and Behavioural Services

This 8-week group is for teens ages 13-15 years old who have an Intellectual Disability and live in the Hamilton area. The focus of the group is to promote social skills. Participation in the group will be determined through a screening process.

DATE/TIME: To be determined

LOCATION:

Ron Joyce Children's Health Centre, 325 Wellington St. N., Hamilton

For more information, please register below and we will contact you. Leave your name, phone number/ email, and your child's name.

[Community Education Registration Link](#)

WORKSHOPS AND COURSES FOR CHILDREN AND TEENS

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

Text: 4 PM- 9:30 PM at, 647-694-4275
Chat: 4 PM – 9:30 PM – Click the Chat button at the top of [the page](#)
E-mail: askus@youthline.ca

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 or call 289-266-0036.

Trans Lifeline

Trans Lifeline is a non-profit dedicated to the wellbeing of transgender people. They run a 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 from 1 PM- 9 PM

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

Chat <https://www.hopeforwellness.ca/>

Teen Talk 2

Ron Joyce Children's Health Centre Developmental Pediatrics and Rehabilitation Program, Specialized Developmental and Behavioural Services

This 8-week group is for teens ages 16-17 years old who have an Intellectual Disability and live in the Hamilton area. The focus of the group is to promote social skills. Participation in the group will be determined through a screening process.

DATE/TIME: To be determined

LOCATION:

Ron Joyce Children's Health Centre, 325 Wellington St. N., Hamilton

For more information, please register below and we will contact you. Leave your name, phone number/ email, and your child's name.

[Community Education Registration Link](#)

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 12 PM to 8 PM
Saturdays from 12 PM to 4 PM
No appointments required.

To connect with a clinician:

Visit www.onestoptalk.ca or call 1-855-416-8255

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 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/

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 [contact here](#)

WORKSHOPS AND COURSES FOR ADULTS

Volunteer Visiting

Dr. Bob Kemp Hospice

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

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

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](#)

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

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

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.

Smartphone Basics for Adults

Hamilton Literacy Council

Do you have a smartphone? (Android or iPhone). Learn how to get the best from your device:
-Send and receive emails and texts
-Take photographs - send them to family and friends
-Set up appointments and reminders
-Access or download apps
-Keep all your information safe

DATE(s)/TIMES: New classes start every 5 weeks (Classes are half days, once a week for 5 weeks)

LOCATION: The Hamilton Literacy Council (YWCA Building) 3rd Floor, 75 McNab St South and 550 Fennell Ave E Suite 202 (Fenworth Plaza)

To register:
Call 905-529-9907 or
Email info@hamiltonreads.ca
<https://hamiltonreads.ca/>

(Re)Entering the Workforce

Hamilton Literacy Council

Are you planning to enter/re-enter the job market?
-What job opportunities are available?
-Do I have the necessary skills?
-Do I need to retrain?
-Where can I get help?

DATE(s)/TIMES: Tuesdays, Wednesdays & Thursdays 9:30 AM- 12:00 PM
Starts January 16, 2024
4 week program (Ends Feb. 8, 2024)

LOCATION: The Hamilton Literacy Council 550 Fennell Ave E Suite 202 (Fenworth Plaza)

To register:
Call 905-529-9907 or
Email info@hamiltonreads.ca
<https://hamiltonreads.ca/>

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

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

FREE Family Court Motion to Change Information Session

AXIS Family Mediation Inc. and Legal Aid Ontario

Do you need to change your Final Family Court Order? At this free one-time session, learn how to fill out the necessary documents, see examples, and gain insight into other services and options.

LOCATION/DATE.TIME:

Monthly on Zoom from 12noon-2pm

For more information, the monthly date, and to register, email alicia@axisfamilymediation.com

Grief Support Groups

Turner Family Funeral Home

Weekly Grief Support Groups are offered to anyone experiencing the death of a loved one and is in need of support. We provide a safe space for individuals to come and share with others, with the assurance that they are not alone.

There is no cost for these groups and no registration is required. A copy of the brochure can be found on the funeral home [website](#).

LOCATION/DATE.TIME:

September - June on Tuesdays at either 9:30 a.m. OR 7:00 p.m.

Held at the Cattel Centre, 45 Main Street, Dundas. The website has the specific dates.

For more information, contact Grief Counsellor - Beverley Yates 905-512-6995, beverlyg60@gmail.com; Turner Family Funeral Home 905-628-6412

www.turnerfamilyfuneralhome.ca

Computer Basics for Adults

Hamilton Literacy Council

Learn the very basics, from how to turn on a computer, or wake it up to opening a program and getting on the internet.

DATE(s)/TIMES: New classes start every 10 weeks (Classes are half days, once a week for 10 weeks) Evening classes are also available at our Fennell location

LOCATION: The Hamilton Literacy Council (YWCA Building) 3rd Floor, 75 McNab St South and 550 Fennell Ave E Suite 202 (Fenworth Plaza)

To register:

Call 905-529-9907 or

Email info@hamiltonreads.ca

<https://hamiltonreads.ca/>

Fun With iPads

Hamilton Literacy Council

Learn how to get the best from your iPad

-Communicate with family and friends

-Explore the internet

-Watch your favourite shows

-Join online book clubs, play games

-Find programs/resources available in the community

DATE(s)/TIMES: New classes start every 8 weeks (Classes are half days, once a week)

LOCATION: The Hamilton Literacy Council (YWCA Building) 3rd Floor, 75 McNab St South and 550 Fennell Ave E Suite 202 (Fenworth Plaza)

To register:

Call 905-529-9907 or

Email info@hamiltonreads.ca

<https://hamiltonreads.ca/>

WORKSHOPS AND COURSES FOR ADULTS

Grief and Bereavement Support

Dr. Bob Kemp Hospice

The Grief and Bereavement Team at Dr. Bob Kemp Hospice are here to support you, your loved ones, and/or your clients in one's grief journey. We recognize the uniqueness of each client, which we work alongside, and the notion that everyone grieves differently. We want to hear your story and work from where you are at.

We are here to support you whether you have experienced a recent loss or a number of years have passed since your person's passing. We are here to support you if you are the caregiver of a spouse, parent, etc. living with Alzheimer's/Dementia, cancer, or another terminal diagnosis, and dealing with feelings of grief in anticipation of death. We are also here to support you when it comes to additional losses such as a life event like retirement, or anything else which you would define as a loss.

Our Grief and Bereavement services include:

-One to One Counselling

-Grief Coaching

-Drop-in Support Groups

-Closed Support Groups

-Grief Text line & Online Chat Support

-Grief Education/Literacy

Presentations

ALL Grief and Bereavement services are at no cost. Call (905) 387-2448 to find out more.

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.

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, 8:30 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 2A5

GROWING TOGETHER

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Access Child and Youth
Mental Health Services
Right Care
Right Time
Right Place



Access and Service Navigation (ASN) at Lynwood Charlton Center is the single point of access to child and youth mental health services in Hamilton.

With a vision of Ontario's Roadmap to Wellness plan, ASN has created a clear path to child and youth mental health services in Hamilton. If your child or youth needs mental health support and they are under 18, connect with ASN directly by phone or through the website. Our goal is to ensure children, youth and their caregivers receive the right mental health care at the right time, in the right place with no cost for service.

RIGHT TIME
Access when children and youth need care.

RIGHT CARE
The right service for children and youth at the point of referral.

RIGHT PLACE
Providing care to children and youth in their communities.

NO COST
Services for children and youth 0-18 are free in Hamilton

Make A Referral

(905) 389-1361

intake@lynwoodcharlton.ca

526 Upper Paradise Road
Hamilton, ON

lynwoodcharlton.ca



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 or call 905.521.2100 ext. 77243



PARENT
EDUCATION
COURSES
WORKSHOPS
GROUPS



ALL
COURSES
FREE!

