WELCOME TO GROWING TOGETHER

Growing Together is a community education guide for parents, children and youth listing courses, groups and workshops available in Hamilton from January to August 2020.

Offered by a variety of local community agencies, the programs and services published in this guide are designed to help parents, children, youth and others learn new skills to better meet the challenges facing today’s families. Please direct any questions about a particular listing to the listing contact in the program description.

Please keep booklet for future reference!

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.
WORKSHOPS AND COURSES FOR
EXPECTANT PARENTS - PRENATAL COURSES

THE HAMILTON PRENATAL NUTRITION PROJECT (HPNP) LINKS 9 WEEKLY PRENATAL GROUPS AND SHARES FUNDING RECEIVED FROM THE CANADA PRENATAL NUTRITION PROGRAM, PUBLIC HEALTH AGENCY OF CANADA. PLEASE JOIN ONE OF THE 9 GROUPS LISTED BELOW THAT’S CLOSE TO WHERE YOU LIVE WHILE YOU ARE PREGNANT.

Welcome Baby
Public Health Services
Are you pregnant? Join a free weekly group to learn about healthy eating, prenatal care, breastfeeding & caring for your baby. Prepare and enjoy a snack. Talk with other moms, a Registered Nurse, and a Registered Dietitian. Grocery gift cards & bus tickets provided.

DATE: every Tuesday
TIME: 12:30 pm to 2:30 pm
LOCATION: Hamilton Community Food Centre
310 Limeridge Rd. W., Unit 10 Hamilton

or

DATE: every Wednesday
TIME: 1:00 pm to 3:00 pm
LOCATION: 1900 Main St. W., Hamilton

or

DATE: every Thursday
TIME: 1:00 pm to 3:00 pm
LOCATION: Dominic Agostino Riverdale Community Centre
150 Violet Dr., Hamilton

or

DATE: every Thursday
TIME: 9:30 am to 11:30 am
LOCATION: Hamilton East EarlyON Centre
45 Ellis Ave., Hamilton

or

DATE: every Thursday
TIME: 12:30 pm to 2:30 pm
LOCATION: Church of the Ascension
258 John St. S., Hamilton

FOR MORE INFORMATION CALL:

Welcome Baby - Youth Prenatal
Public Health Services
Are you pregnant (age 21 or younger)? Join this weekly group to learn about healthy eating, prenatal care, breastfeeding & caring for your baby. Prepare & enjoy a snack, talk with other moms & health professionals. Partners welcome; food gift cards and bus tickets provided.

DATE: every Tuesday
TIME: 4:00 pm to 6:00 pm
LOCATION: Jeanne Scott Parent & Child Centre - at corner of Barton & Weir, 5 blocks east of The Centre On Barton
1475 Barton St. E., Hamilton

FOR MORE INFORMATION CALL:

Healthy Moms, Healthy Babies
Public Health Services
Are you pregnant? Join a free weekly group to learn about healthy eating, prenatal care, breastfeeding & caring for your baby. Prepare and enjoy a snack. Talk with other moms, a Registered Nurse, and a Registered Dietitian. Grocery gift cards & bus tickets provided.

DATE: every Tuesday
TIME: 10:00 am to 12:00 pm
LOCATION: Compass Community Health
438 Hughson St. N., Hamilton

or

DATE: every Thursday
TIME: 12:30 pm to 2:30 pm
LOCATION: Compass Community Health
438 Hughson St. N., Hamilton

FOR MORE INFORMATION CALL:
Compass Community Health at 905-523-6611 ext. 3047 or Health Connections at 905-546-3550. Visit www.hamilton.ca/PrenatalGroups and www.facebook.com/HealthyFamiliesHamilton

Car Seat Inspection Clinics
City of Hamilton
Public Health Services
Healthy and Safe Communities
Did you know that in Hamilton, 80% of car seats are not used or installed correctly? Car Seat Technicians are available to help you install your car seat and/or booster seat properly and provide car seat safety tips.
Clinics are held once or twice a month at various locations throughout Hamilton and are by appointment only.

FOR MORE INFORMATION CALL:
Health Connections at 905-546-3550

Charles R. Swindoll

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

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

— Charles R. Swindoll
Each day of our lives we make deposits in the memory banks of our children.

Charles R. Swindoll
WORKSHOPS AND COURSE FOR
PARENTS/CAREGIVERS OF CHILDREN 0-12

Children’s Breakfast Club
Compass Community Health
Children and families living in the North End Neighbourhood of elementary school age are welcome to join us for breakfast every school day from 7:45-8:45 am. A nutritious breakfast is provided in a safe environment for children before school at 438 Hughson St. N.
TO REGISTER FOR THIS PROGRAM: contact 905-532-6611 x 3007.

Breastfeeding Support Services
City of Hamilton
Public Health Services
Healthy Families Division
Breastfeeding information, advice, help - prenatal to weaning. In person or phone support. (Milk supply, pain, latch issues, infant behaviour at breast, weight concerns, twins/premature, weaning/return to work, medications while breastfeeding, etc).
FOR MORE INFORMATION CALL: To be connected to Hamilton supports, please call: Telehealth Ontario 1-866-797-0000. Or connect via Facebook: “Healthy Families Hamilton” or website: http://www.hamilton.ca/breastfeeding or email: BreastFeedingSupport@hamilton.ca

Children’s Sleep Problems and Developing Good Sleep Habits
Ron Joyce Children’s Health Centre
This 120 minute, one session educational workshop is for parents of children under 6 years of age, who are struggling with bedtime. It looks at establishing a good bedtime routine, good sleep hygiene and teaching your child good sleep habits. Caregivers are introduced to a variety of strategies to try and will receive some visual aids to support the process of a good night’s sleep.
This workshop is for parents and caregivers only and does not include childcare.
DATE: February 19, 2020
TIME: 9:30 am to 11:30 am
LOCATION: Ron Joyce Children’s Health Centre
325 Wellington St. N., Hamilton
or
DATE: June 11, 2020
TIME: 9:30 am to 11:30 am
LOCATION: Ron Joyce Children’s Health Centre
325 Wellington St. N., Hamilton
FOR MORE INFORMATION AND TO REGISTER CALL: 905-521-2100 ext. 77297.

Dealing with Challenging Behaviours Triple P Discussion Group Ages 2-6
City of Hamilton
Public Health Services
Healthy Families Division
Triple P Discussion Groups are 2-hour workshops for parents who are experiencing challenges in a specific area.
FOR MORE INFORMATION CALL: Health Connections at 905-546-3550 for upcoming dates/times & to register.

Why Little Kids Worry 3-10 years
Ron Joyce Children’s Health Centre
A 90 minute educational session for caregivers to begin to identify 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.
DATE: March 5, 2020
TIME: 9:30 am to 11:00 am
LOCATION: Helen Detwiler EarlyOn Centre
320 Brigade Dr., Hamilton
or
DATE: July 9, 2020
TIME: 10:00 am to 11:30 am
LOCATION: Ron Joyce Children’s Health Centre, 3rd Floor
325 Wellington St. N., Hamilton
or
DATE: August 31, 2020
TIME: 6:00 pm to 7:30 pm
LOCATION: Fortino’s Mall Rd., 2nd Floor Community Room
65 Mall Rd., Hamilton
TO REGISTER CALL: Register online at www.mchcommunityed.ca.
To Register by phone please call 905-521-2100 x74147: leave your name, number and an email address (if available). Once you have left your information you are considered registered.

Parenting with LOVE
City of Hamilton
Public Health Services
Healthy Families Division
Parenting with LOVE is an eight-week, evidence-informed, attachment-based series that is appropriate for all audiences including parents with limited or no access to their children
FOR MORE INFORMATION: please call Health Connections at 905-546-3550 to register.

Life is 10% what happens to you and 90% how you react to it
Charles R. Swindoll

3
Each day of our lives we make deposits in the memory banks of our children.

Charles R. Swindoll

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

Building your Parenting Toolbox
Ron Joyce Children’s Health Centre

This is a series of 3 weekly sessions (in a row). Topics that will be discussed are: understanding your child’s disruptive behaviour, reducing conflict, dealing with emotions, communication and problem solving.

Please register for one of the series of sessions below (you must attend all three dates listed in the series you are registering for).

SERIES 1 DATES:
January 10, 2020 and January 17, 2020 and January 31, 2020
TIME: 10:00 am to 11:30 am
LOCATION: Turner Park Library
352 Rymal Rd E, Hamilton

or

SERIES 2 DATES:
May 25, 2020 and June 1, 2020 and June 8, 2020
TIME: 6:00 pm to 7:30 pm
LOCATION: Fortino’s Mall Rd., 2nd Floor Community Room
65 Mall Rd., Hamilton

or

SERIES 3 DATES:
August 12, 2020 and August 19, 2020 and August 26, 2020
TIME: 6:00 pm to 7:30 pm
LOCATION: Ron Joyce Children’s Health Centre, 3rd Floor
325 Wellington St. N., Hamilton

TO REGISTER CALL:
Register online at www.mchcommunityed.ca.
To Register by phone please call 905-521-2100 x74147: leave your name, number and an email address (if available). Once you have left your information you are considered registered.

COPEing With 3-12 Year Olds Behaviour
Ron Joyce Children’s Health Centre

This is a series of 6 weekly sessions (in a row). This evidence based program teaches parenting strategies to strengthen relationships and increase cooperation with your children.

DATE: January 29, 2020
TIME: 6:00 pm to 7:30 pm
LOCATION: Ron Joyce Children’s Health Centre, 3rd Floor
325 Wellington St. N., Hamilton

or

DATE: May 20, 2020
TIME: 6:00 pm to 7:30 pm
LOCATION: Ron Joyce Children’s Health Centre, 3rd Floor
325 Wellington St. N., Hamilton

TO REGISTER CALL:
Register online at www.mchcommunityed.ca.
To Register by phone please call 905-521-2100 x74147: leave your name, number and an email address (if available). Once you have left your information you are considered registered.

The Shy Timid Child
Ron Joyce Children’s Health Centre

This is a series of 6 week (in a row), evidence based group. Strategies will be provided to help you learn how to best support your child to overcome their fear of speaking.

DATE: March 23, 2020 (6 sessions)
TIME: 6:00 pm to 7:30 pm
LOCATION: Fortino’s Mall Rd., 2nd Floor Community Room
65 Mall Rd., Hamilton

TO REGISTER CALL:
Register online at www.mchcommunityed.ca.
To Register by phone please call 905-521-2100 x74147: leave your name, number and an email address (if available). Once you have left your information you are considered registered.

Helpful Transitions for School Success
Ron Joyce Children’s Health Centre

This is a 90 minute educational workshop to help caregivers of JK,SK and grade one children to understand anxiety,behaviours and resistance. Strategies provided to help with transitions, routines and building relationships with school staff.

DATE: August 6, 2020
TIME: 9:30 am to 11:00 am
LOCATION: Helen Detwiler EarlyOn Centre
320 Brigade Dr., Hamilton

TO REGISTER CALL:
905-521-2100 ext. 74147 or online at www.mchcommunityed.ca. Once you have left your contact information you are considered registered.

Circle of Security Parenting
Ron Joyce Children’s Health Centre

Free 8-session parenting workshop for caregivers of children 1-6 years. Participants will learn strategies to enhance the parent-child relationship and improve child behaviour. Snacks, prizes, transportation assistance, and limited free childcare are available.

DATE: February 25, 2020
TIME: 6:00 pm to 8:00 pm
LOCATION: Ron Joyce Children’s Health Centre,
325 Wellington St. N., Hamilton

FOR MORE INFORMATION CALL:
905-521-2100 ext. 77406 or register online at www.mchcommunityed.ca
WORKSHOPS AND COURSES FOR
PARENTS/CAREGIVERS OF CHILDREN 0-12

The ABC’s of CSB
THRIVE Child and Youth Trauma Services
A 2-session educational group for parents/caregivers of children (12 and under) with concerning sexualized behaviours. The group offers parents/caregivers an opportunity to gain important knowledge, in a safe and supportive environment, without having to share their story.
This group is free of charge and child minding is available.
FOR MORE INFORMATION CALL:
Janice Floyd at 905-523-1020 Ext. 212

New! Online ABC’s of CSB
Parent/Caregiver Education Program
A two-part online educational learning opportunity for parents/caregivers of children (ages 11 and under) with concerning sexualized behaviours (CSB). Participants will increase their knowledge about child sexual development, how to support and/or respond to a child who is exhibiting CSB, etc. For specific eligibility criteria and registration details visit www.thrivechildandyouth.ca

Managing Routines
Ron Joyce Children’s Health Centre
This 90 minute educational session will review how to best manage bedtime, homework and everyday routines. Visuals, organizational skills, pre-planning and transitions will be discussed.
DATE: May 28, 2020
TIME: 9:30 am to 11:00 am
LOCATION: Bay Gardens
2nd Floor Community Room
(please use back entrance)
947 Rymal Rd. E., Hamilton
or
DATE: July 24, 2020
TIME: 10:00 am to 11:30 am
LOCATION: Turner Park Library
352 Rymal Rd. E., Hamilton
TO REGISTER CALL:
Register online at www.mchcommunityed.ca.
To Register by phone please call 905-521-2100 x74147: leave your name, number and an email address (if available). Once you have left your information you are considered registered.

Feeding Your Baby 0-12 Months and Making Baby Food
Public Health Services
At these interactive free sessions, Public Health Registered Dietitians teach parents and caregivers of children age 0-12 months about when to start giving solid foods to your baby, what solid food to give to your baby, how to offer new textures, & how to make baby food.

TO LEARN MORE:

Help! Mornings and Bedtime are Chaos
Ron Joyce Children’s Health Centre
This is a 90 minute make and take session. Staff will help you develop a routine that is best suited for your individual children and family. A chart will be created and printed off to take home with you.
DATE: January 30, 2020
TIME: 10:00 am to 11:30 am
LOCATION: Ron Joyce Children’s Health Centre, 3rd Floor
325 Wellington St. N., Hamilton
or
DATE: March 11, 2020
TIME: 12:30 pm to 2:00 pm
LOCATION: Ron Joyce Children’s Health Centre, 3rd Floor
325 Wellington St. N., Hamilton
or
DATE: June 16, 2020
TIME: 10:00 am to 11:30 am
LOCATION: Ron Joyce Children’s Health Centre, 3rd Floor
325 Wellington St. N., Hamilton
TO REGISTER CALL:
Register online at www.mchcommunityed.ca or by phone at 905-521-2100 x 74147: leave your name, number and an email address (if available). Once you have left your information you are considered registered.

You don't have to see the whole staircase
Just take the first step

Martin Luther King

If I cannot do great things, I can do small things in a great way.

Martin Luther King
WORKSHOPS AND COURSES FOR
PARENTS/CAREGIVERS OF CHILDREN 0-12

Exploring the Mysteries of Children’s Behaviour
Ron Joyce Children’s Health Centre
Learn how to identify and understand the meaning behind your child’s behaviours. Learn practical strategies to support you and your child to work through challenging behaviours using positive approach, establishing routines and setting your child up for success.
This workshop is for parents and caregivers only and does not include childcare.

DATE: March 5, 2020
TIME: 9:30 am to 11:30 am
LOCATION: Ron Joyce Children’s Health Centre
325 Wellington St. N., Hamilton

DATE: May 28, 2020
TIME: 9:30 am to 11:30 am
LOCATION: Ron Joyce Children’s Health Centre
325 Wellington St. N., Hamilton

FOR MORE INFORMATION AND TO REGISTER CALL: 905-521-2100 ext. 77297.

My Child Doesn’t Want to Go to School!
Ron Joyce Children’s Health Centre
This is a 90 minute interactive workshop to help parents understand why their child/teen may be struggling with school, and how to best support them.
Topics: advocating for your child, tips for school refusal and anxiety, building routines and independence.

DATE: January 8, 2020
TIME: 6:00 pm to 7:30 pm
LOCATION: Ron Joyce Children’s Health Centre, 3rd Floor
325 Wellington St. N., Hamilton

DATE: August 27, 2020
TIME: 9:30 am to 11:00 am
LOCATION: Bay Gardens, 2nd Floor Community Room (use back entrance)
947 Rymal Rd. E., Hamilton

TO REGISTER CALL: 905-521-2100 ext. 74147 or online at www.mchcommunityed.ca. Once you have left your contact information you are considered registered.

Ages and Stages, What Happens When?
Ron Joyce Children’s Health Centre
This is a 90 minute educational session. Children develop and grow at their own pace. This workshop will give you a guideline as to what to expect in your child’s emotional and social development (up to age 11yrs)

DATE: March 19, 2020
TIME: 10:00 am to 11:30 am
LOCATION: Ron Joyce Children’s Health Centre, 3rd Floor
325 Wellington St. N., Hamilton

DATE: July 14, 2020
TIME: 10:00 am to 11:30 am
LOCATION: Ron Joyce Children’s Health Centre, 3rd Floor
325 Wellington St. N., Hamilton

TO REGISTER CALL
Register online at www.mchcommunityed.ca.
To Register by phone please call 905-521-2100 x 74147: leave your name, number and an email address (if available). Once you have left your information you are considered registered.

Right From the Start
Ron Joyce Children’s Health Centre
Free parenting workshop for moms and dads of babies under 24 months. Participants will learn how to read babies cues and foster infant attachment security. Snacks, prizes, transportation assistance & limited free childcare are available.

FOR MORE INFORMATION CALL:
905-521-2100 ext. 77406 or register online www.mchcommunityed.ca

“
You’re off to great places
Today is your day
Your mountain is waiting
So get on your way
”

Dr. Seuss
WORKSHOPS AND COURSES FOR
PARENTS/CAREGIVERS OF CHILDREN 0-12

Kids Have Stress, Too!
Ron Joyce Children’s Health Centre
This is a series of 3 weekly sessions (in a row). This evidence based program will help parents to identify and understand stress in their children. Stress management techniques will be taught to help reduce the effects of stress on the child. (3 Session Course)
DATE: January 8, 2020 (3 sessions)
TIME: 12:30 pm to 2:00 pm
LOCATION: Ron Joyce Children’s Health Centre, 3rd Floor
325 Wellington St. N., Hamilton
or
DATE: July 22, 2020 (3 sessions)
TIME: 6:00 pm to 7:30 pm
LOCATION: Ron Joyce Children’s Health Centre, 3rd Floor
325 Wellington St. N., Hamilton
TO REGISTER CALL: 905-521-2100 ext. 74147 or online at www.mchcommunityed.ca. Once you have left your contact information you are considered registered.

COPEing with Toddler Behaviour
Ron Joyce Children’s Health Centre
Free 8-session parenting workshop for caregivers of children 12-36 months. Participants will learn strategies to enhance the parent-child relationship and improve child behavior.
Snacks, prizes, transportation assistance, and limited free childcare are available.
DATE: January 16, 2020
TIME: 9:30 am to 11:30 am
LOCATION: Niwasa Kendaaswin Teg EarlyON Centre
785 Britannia Ave., Hamilton
FOR MORE INFORMATION CALL: 905-521-2100 ext. 77406 or register online at www.mchcommunityed.ca.

Positive Parenting
Ron Joyce Children’s Health Centre
This is a 90 minute educational session. Participants will learn evidence-based positive parenting strategies that will help reduce conflict and gain compliance.
DATE: April 24, 2020
TIME: 9:30 am to 11:00 am
LOCATION: St. Davids EarlyON Centre
33 Cromwell Cres., Hamilton
or
DATE: June 4, 2020
TIME: 9:30 am to 11:00 am
LOCATION: Helen Detwiler EarlyON Centre
320 Brigade Dr., Hamilton
or
DATE: August 24, 2020
TIME: 6:00 pm to 7:30 pm
LOCATION: Fortinos Mall Road
2nd Floor Community Room
65 Mall Rd., Hamilton
TO REGISTER CALL: Register online at www.mchcommunityed.ca or by phone at 905-521-2100 x 74147; leave your name, number and an email address (if available). Once you have left your information you are considered registered.

Temper Tantrums VS Meltdowns: Is there really a difference?
Ron Joyce Children’s Health Centre
This is a 90 minute educational session. After the age of two we expect our children to stop having temper tantrums. You may have a child that is well beyond toddler years who still has a hard time controlling their emotions.
DATE: February 27, 2020
TIME: 9:30 am to 11:00 am
LOCATION: Bay Gardens, 2nd Floor Community Room (use back entrance)
947 Rymal Rd. E., Hamilton
or
DATE: April 21, 2020
TIME: 10:00 am to 11:30 am
LOCATION: Ron Joyce Children’s Health Centre, 3rd Floor
325 Wellington St. N., Hamilton
or
DATE: June 18, 2020
TIME: 10:00 am to 11:30 am
LOCATION: Ron Joyce Children’s Health Centre, 3rd Floor
325 Wellington St. N., Hamilton
TO REGISTER PLEASE CALL: Register online at www.mchcommunityed.ca. To Register by phone please call 905-521-2100 x 74147; leave your name, number and an email address (if available). Once you have left your information you are considered registered.

Lone Mothers and Kids Recreation Program
Lynwood Charlton Centre
Are you the mother of a 6-12 year old and parenting on your own? This 10 week group provides mothers with support and parent education while your child(ren) participate in supervised recreational activities. Mothers also join their children in an activity each session.
DATE: February 10, 2020 (Mondays)
This is a 10 session program.
LOCATION: TBD, Hamilton
FOR MORE INFORMATION CALL: Carrie Macartney, Community Group Coordinator at 905-389-1361 ext. 263.

Early Words
For more information on possible upcoming programs on fluency and stuttering please call Ruth Doherty at 905-381-2828 ext. 235 or email rdoherty@earlywords.ca.
WORKSHOPS AND COURSES FOR
PARENTS/CAREGIVERS OF CHILDREN 0-12

Why Won’t They Listen?
Ron Joyce Children’s Health Centre

In this 90 minute educational workshop parents will review ways to increase their child’s cooperation and listen to parents’ request. You will learn why children may be acting out, and how to best support them with their strong emotions.

DATE: February 6, 2020
TIME: 9:30 am to 11:00 am
LOCATION: Helen Detwiler EarlyON Centre
320 Brigade Dr., Hamilton

or

DATE: March 18, 2020
TIME: 6:00 pm to 7:30 pm
LOCATION: Ron Joyce Children’s Health Centre, 3rd Floor
325 Wellington St. N., Hamilton

or

DATE: August 20, 2020
TIME: 10:00 am to 11:30 am
LOCATION: Ron Joyce Children’s Health Centre, 3rd Floor
325 Wellington St. N., Hamilton

TO REGISTER PLEASE CALL: Register online at www.mchcommunityed.ca.
To Register by phone please call 905-521-2100 x 74147: leave your name, number and an email address (if available). Once you have left your information you are considered registered.

Toileting Readiness Workshop
Ron Joyce Children’s Health Centre

Is your child ready for toilet training? This is a single session workshop for parents who are thinking about beginning to toilet train their young children with special needs. Preplanning, looking at your child’s readiness skills and tracking are some techniques discussed. Visual aids for toileting success will be provided.

This workshop is for parents and caregivers only and does not include childcare.

LOCATION:
All workshops located at Ron Joyce Children’s Health Centre
325 Wellington St. N., Hamilton

DATE: February 6, 2020
TIME: 9:30 am to 11:00 am

DATE: March 18, 2020
TIME: 6:00 pm to 7:30 pm

DATE: August 20, 2020
TIME: 10:00 am to 11:30 am

TO REGISTER CALL: 905-521-2100 ext. 77297.

Temper Tamers
Lynwood Charlton Centre

Does your child (7-11 years old) have problems with temper or anger?

This 10 week program includes a parent orientation and parent-child sessions to help with child anger management issues.

DATE: February 11, 2020 (Tuesdays)
This is a 10 session program.

LOCATION: TBD, Hamilton

FOR MORE INFORMATION CALL:
Carrie Macartney, Community Group Coordinator at 905-389-1361 ext. 263.

Group Triple P Ages 2-6
City of Hamilton
Public Health Services
Healthy Families Division

Are you having trouble with your child’s behaviour?

Triple P Positive Parenting Program is a 9 week program for parents interested in learning ways to build a positive relationship with their child and strategies to respond to challenging behaviours.

FOR MORE INFORMATION CALL:
Health Connections at 905- 546-3550 for upcoming dates/times & to register.

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).

FOR MORE INFORMATION AND TO REGISTER:
Call 905-570-8888, email info@fasdhamilton.ca, or visit www.fasdhamilton.ca.
I’m Shy
Ron Joyce Children’s Health Centre

A 90 minute educational workshop that will introduce some of the issues or concerns with shy, anxious behaviours with your child. Strategies and supports available for your child will be discussed and provided. Inquire about waitlist for Shy Timid Child 6 week Course.

DATE: February 11, 2020
TIME: 10:00 am to 11:30 am
LOCATION: Ron Joyce Children’s Health Centre, 3rd Floor
325 Wellington St. N., Hamilton

or

DATE: May 14, 2020
TIME: 9:30 am to 11:00 am
LOCATION: Helen Detwiler EarlyON Centre
320 Brigade Dr., Hamilton

or

DATE: July 17, 2020
TIME: 9:30 am to 11:00 am
LOCATION: St. Davids EarlyON Centre
33 Cromwell Cres., Hamilton

TO REGISTER CALL: Register online at www.mchcommunityed.ca or by phone at 905-521-2100 x 74147: leave your name, number and an email address (if available). Once you have left your information you are considered registered.

Sibling Conflict
Ron Joyce Children’s Health Centre

This is a 90 minute educational will focus on reasons why siblings fight, understanding sibling conflict is normal. When it takes over your home, it’s hard to know how to change the cycle of fighting and teasing. We can help you minimize the rivalry between your children.

DATE: February 28, 2020
TIME: 10:00 am to 11:30 am
LOCATION: Turner Park Library
352 Rymal Rd., E., Hamilton

or

DATE: June 25, 2020
TIME: 9:30 am to 11:00 am
LOCATION: Bay Gardens, 2nd Floor
Community Room (use back entrance)
947 Rymal Rd. E., Hamilton

or

DATE: July 16, 2020
TIME: 10:00 am to 11:30 am
LOCATION: Ron Joyce Children’s Health Centre, 3rd Floor
325 Wellington St. N., Hamilton

TO REGISTER CALL:
Register online at www.mchcommunityed.ca or by phone at 905-521-2100 x 74147: leave your name, number and an email address (if available). Once you have left your information you are considered registered.

Check It Out Drop-Ins
City of Hamilton

Do you have questions about your child’s development and health? Drop in with your child (0-6 years) and speak with various Professionals for free.

FOR MORE INFORMATION:
Call 905-546-3550 or the Hamilton Early Years Information Line at 905-524-4884 or visit https://www.hamilton.ca/public-health/clinics-services/check-it-out-drop-ins

Managing Fighting and Aggression Triple P Discussion Group Ages 2-6
City of Hamilton
Public Health Services
Healthy Families Division

Triple P Discussion Groups are 2-hour workshops for parents who are experiencing challenges in a specific area.

FOR MORE INFORMATION CALL:
Health Connections at 905-546-3550
for upcoming dates/times & to register.

LEAF Group (Learning Effective Anti-Violence in Families)
Mission Services/Good Shepherd

This program offers early intervention for children and their mothers who have experienced domestic violence. Services include support groups and individual support as needed.

FOR MORE INFORMATION:
call Mission Services at 905-528-5100, ext. 3132 or Good Shepherd at 905-523-8766 ext. 5227.
WORKSHOPS AND COURSES FOR
PARENTS/CAREGIVERS OF CHILDREN AND TEENS

Help Your Child & Teen Stress Less
Ron Joyce Children’s Health Centre
This is a 90 minute educational session.
Parents learn the signs of stress and how to help their child learn positive ways to deal with their stress, anxiety and emotions. Parents learn practical relaxation and coping strategies they can transfer to their children.

DATE: January 16, 2020
TIME: 10:00 am to 11:30 am
LOCATION: Ron Joyce Children’s Health Centre, 3rd Floor
325 Wellington St. N., Hamilton

or

DATE: April 16, 2020
TIME: 10:00 am to 11:30 am
LOCATION: Ron Joyce Children’s Health Centre, 3rd Floor
325 Wellington St. N., Hamilton

or

DATE: July 30, 2020
TIME: 10:00 am to 11:30 am
LOCATION: Ron Joyce Children’s Health Centre, 3rd Floor
325 Wellington St. N., Hamilton

TO REGISTER CALL:
Register online at www.mchcommunityed.ca or by phone at 905-521-2100 x 74147: leave your name, number and an email address (if available). Once you have left your information you are considered registered.

Learn How to Validate Your Child/Teen
Ron Joyce Children’s Health Centre
This is a 90 minute educational workshop.
Validation is a powerful tool for parents. It helps you connect with your child/teen and it can diffuse difficult behaviour. Children will feel heard and may open up more. This workshop will give you the skills to get you started.

DATE: March 26, 2020
TIME: 9:30 am to 11:00 am
LOCATION: Bay Gardens, 2nd Floor Community Room (use back entrance)
947 Rymal Rd. E., Hamilton

or

DATE: May 11, 2020
TIME: 6:00 pm to 7:30 pm
LOCATION: Fortinos Mall Rd., 2nd Floor Community Room
65 Mall Rd., Hamilton

or

DATE: July 2, 2020
TIME: 9:30 am to 11:00 am
LOCATION: Helen Detwiler EarlyON Centre
320 Brigade Dr., Hamilton

TO REGISTER CALL:
Register online at www.mchcommunityed.ca or by phone at 905-521-2100 x 74147: leave your name, number and an email address (if available). Once you have left your information you are considered registered.

Growing the Roots of Resilience
City of Hamilton
Public Health Services
Healthy Families Division
Group program for caregivers and children (ages 6-12) experiencing ongoing caregiver conflict due to separation/divorce. Each caregiver alternates bringing the child(ren) week by week. Caregivers each attend 4 sessions; children attend all 8 sessions. Sessions are 90 minutes.

LOCATION:
Child and Adolescent Services
100 Main Street East, Suite 220
Hamilton, Ontario

TO REGISTER CALL:
Pre-screening is required in order to register.
Please call 905-546-2424, ext. 3678.

Burnt Out
Ron Joyce Children’s Health Centre
This is a series of 4 weekly sessions for parents/caregivers to have an opportunity to explore coping strategies to remain a calm, confident, and in-control parent. Topics include time and stress management, managing moods and anger, gratitude and mindfulness.

DATE: May 15, 2020 (4 Fridays)
TIME: 9:30 am to 11:00 am
LOCATION: St. David’s EarlyON Centre, 33 Cromwell Cres., Hamilton

TO REGISTER CALL:
Register online at www.mchcommunityed.ca or by phone at 905-521-2100 x 74147: leave your name, number and an email address (if available). Once you have left your information you are considered registered.
COPEing with Impulsive Children/Teens: Strategies for Improving Self Control
Ron Joyce Children’s Health Centre

This 90 minute educational workshop will help caregivers understand how they can use visual strategies to help their child (including children with ADHD) gain better self control, become more independent and get tasks done.

DATE: January 20, 2020
TIME: 6:00 pm to 7:30 pm
LOCATION: Fortino’s Mall Rd., 2nd Floor Community Room
65 Mall Rd., Hamilton

or

DATE: April 30, 2020
TIME: 10:00 am to 11:30 am
LOCATION: Ron Joyce Children’s Health Centre, 3rd Floor
325 Wellington St. N., Hamilton

or

DATE: June 9, 2020
TIME: 9:30 am to 11:00 am
LOCATION: Stoney Creek Recreation Centre, Room B
45 King St. W., Stoney Creek

TO REGISTER CALL:
Register online at www.mchcommunityed.ca or by phone at 905-521-2100 x 74147: leave your name, number and an email address (if available). Once you have left your information you are considered registered.

Emotions in Motion (Emotional Regulation)
Ron Joyce Children’s Health Centre

This is a 90 minute 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: February 21, 2020
TIME: 9:30 am to 11:00 am
LOCATION: St. David’s EarlyON Centre
33 Cromwell Cres., Hamilton

or

DATE: April 2, 2020
TIME: 9:30 am to 11:00 am
LOCATION: Helen Detwiler EarlyON Centre
320 Brigade Dr., Hamilton

or

DATE: July 15, 2020
TIME: 6:00 pm to 7:30 pm
LOCATION: Ron Joyce Children’s Health Centre, 3rd Floor
325 Wellington St. N., Hamilton

TO REGISTER CALL:
Register online at www.mchcommunityed.ca or by phone at 905-521-2100 x 74147: leave your name, number and an email address (if available). Once you have left your information you are considered registered.

The Courage Collection
THRIVE Child and Youth Trauma Services

The Courage Collection, at Kenilworth Library, is a joint project of THRIVE Child and Youth Trauma Services and Hamilton Public Library. A specialized collection containing resources and educational materials on childhood trauma, adult survivor, recovery and healing topics.

Resources in the Courage Collection can be accessed directly at the Kenilworth Library, or patrons can access the library’s online catalogue, find what they want and have it sent to their own local library for pick up.

FOR MORE INFORMATION CALL:
Caitlin Fralick, Kenilworth Library Branch Manager at (905) 546-3960, or Janice Floyd at THRIVE Child and Youth Trauma Services at (905) 523-1020 Ext. 212.

Online! Helping my Child or Youth Deal with Stress
Ron Joyce Children’s Health Centre

Is your child or youth having a hard time handling their stress? Join us for this online webinar to find out more about stress triggers and the effects on your child and teen. We will discuss coping strategies and how to empower your child and youth.

DATE: May 6, 2020
TIME: 7:00 pm to 8:00 pm
LOCATION: Live Online Webinar
www.YourSpaceHamilton.ca

TO REGISTER:
Visit www.YourSpaceHamilton.ca to register for upcoming sessions or view archived recordings.
For more information, email engage@lynwoodcharlton.ca or call 905-389-1361, ext. 288.
**Treatment Options for Children/Teens with ADHD**

Ron Joyce Children’s Health Centre

In this 90 minute educational session; Dr. Bill Mahoney will present information to help parents better understand ADHD and the inattentive subtype of ADHD. Information on medication, and treatments options will be shared.

**DATE:** April 8, 2020  
**TIME:** 6:00 pm to 7:30 pm  
**LOCATION:** Ron Joyce Children’s Health Centre, 3rd floor  
325 Wellington St. N., Hamilton

**TO REGISTER CALL:**  
Register online at www.mchcommunityed.ca or by phone at 905-521-2100 x 74147: leave your name, number and an email address (if available). Once you have left your information you are considered registered.

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**Concurrent Parent & Children/Youth Groups**

Dr. Bob Kemp Hospice

Our Concurrent Parent & Children/Youth Groups allow children, teens and their guardians to come together to find understanding, stability and support. Any child or teen, ages 7-17 who have experienced the death of a family member or close friend can join.

Concurrent parent groups will occur at the same location.

**TIME:**  
All meetings run 6:30 pm to 8:30 pm

**DATES ARE AS FOLLOWS:**

- February 25, 2020
- March 10, 2020
- March 24, 2020
- April 7, 2020
- April 21, 2020
- May 5, 2020
- May 19, 2020
- June 2, 2020

**TO REGISTER CALL:**  
Please RSVP to Susan Repa by calling 905-387-2448 ext. 2230 or email childandfamily@kemphospice.org

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**Managing Meltdowns**

Ron Joyce Children’s Health Centre

This is a series of 6 weekly sessions (in a row). We will focus on; collaborative problem solving, two-way problem solving/communication, coping strategies to help defuse difficult and explosive behaviours.

This program is best suited to parents of children ages 5 to 17.

**DATE:** March 25, 2020 (6 sessions)  
**TIME:** 6:00 pm to 7:30 pm  
**LOCATION:** Ron Joyce Children’s Health Centre, 3rd Floor  
325 Wellington St. N., Hamilton

**TO REGISTER CALL:**  
Register online at www.mchcommunityed.ca or by phone at 905-521-2100 x 74147: leave your name, number and an email address (if available). Once you have left your information you are considered registered.

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**Online! Anxiety in Children and Youth**

Ron Joyce Children’s Health Centre

Join us for this online webinar to find out more about anxiety triggers and the effects on your child and teen. We will discuss coping strategies and how to empower your child and youth.

**DATE:** March 11, 2020  
**TIME:** 7:00 pm to 8:00 pm  
**LOCATION:** Live Online Webinar  
www.YourSpaceHamilton.ca

**TO REGISTER CALL:**  
Visit www.YourSpaceHamilton.ca to register for upcoming sessions or view archived recordings.  
For more information, email engage@lynwoodcharlton.ca or call 905-389-1361 ext. 288.
Parents for Children’s Mental Health (PCMH)
Lynwood Charlton Centre
Are you feeling overwhelmed caring for a child or youth living with mental health challenges? You are not alone! Parents for Children’s Mental Health offers support and information through informal monthly meetings, an electronic newsletter or by phone or email. No registration or membership required.

**LOCATION:**
All meetings located at:
Lynwood Charlton Centre
526 Upper Paradise Rd.
Hamilton, Ontario

**TIME:**
All meetings run 6:30 pm to 8:00 pm

**DATES ARE AS FOLLOWS:**
- January 16, 2020
- February 20, 2020
- March 19, 2020
- April 16, 2020
- May 21, 2020
- June 18, 2020
- July 16, 2020
- August 20, 2020

**TO REGISTER:**
For more information, please contact Louise at 905-536-9323, email hamilton@pcmh.ca or visit www.pcmh.ca/hamilton.

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Advocating for My Child/Teen
Ron Joyce Children’s Health Centre
This is a 90 minute educational session. Does your child have mental health and or behavioural issues? It can be hard to know how to work as a team with your child’s school, daycare or community supports. This workshop will help you take the positive steps to get you there.

**DATE:** January 13, 2020
**TIME:** 6:00 pm to 7:30 pm
**LOCATION:** Fortino’s Mall Road
2nd Floor Community Room
65 Mall Rd., Hamilton
or
**DATE:** March 20, 2020
**TIME:** 9:30 am to 11:00 am
**LOCATION:** St. David’s EarlyON Centre
33 Cromwell Cres., Hamilton
or
**DATE:** August 21, 2020
**TIME:** 10:00 am to 11:30 am
**LOCATION:** Turner Park Library
352 Rymal Rd. E., Hamilton

**TO REGISTER CALL:**
Register online at www.mchcommunityed.ca or by phone at 905-521-2100 x 74147: leave your name, number and an email address (if available). Once you have left your information you are considered registered.

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Giving Your Child/Teen the Tools for Life
Ron Joyce Children’s Health Centre
This 90 minute educational workshop will help parents understand how to raise resilient children. Children respond differently to the challenges in life. You will learn how to empower your child and teach them new skills so they can learn to bounce back with confidence.

**DATE:** January 23, 2020
**TIME:** 9:30 am to 11:00 am
**LOCATION:** Bay Gardens, 2nd Floor Community Room
947 Rymal Rd. E., Hamilton
or
**DATE:** March 10, 2020
**TIME:** 10:00 am to 11:30 am
**LOCATION:** Ron Joyce Children’s Health Centre, 3rd Floor
325 Wellington St. N., Hamilton
or
**DATE:** July 8, 2020
**TIME:** 6:30 pm to 7:30 pm
**LOCATION:** Ron Joyce Children’s Health Centre, 3rd Floor
325 Wellington St. N., Hamilton

**TO REGISTER CALL:**
Register online at www.mchcommunityed.ca or by phone at 905-521-2100 x 74147: leave your name, number and an email address (if available). Once you have left your information you are considered registered.

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Let us make our future now, and let us make our dreams tomorrow’s reality

Malala Yousafzai
Co-Parenting Through Divorce and Separation
Ron Joyce Children’s Health Centre
This is a 90 minute educational session. Ending relationships can be difficult on everyone, especially the children. When parents split up children are affected in different ways. This course will help with co-parenting strategies and re-defining your new relationship.

DATE: March 31, 2020
TIME: 10:00 am to 11:30 am
LOCATION: Ron Joyce Children’s Health Centre, 3rd Floor 325 Wellington St. N., Hamilton

DATE: June 11, 2020
TIME: 10:00 am to 11:30 am
LOCATION: Ron Joyce Children’s Health Centre, 3rd Floor 325 Wellington St. N., Hamilton

TO REGISTER CALL:
Register online at www.mchcommunityed.ca or by phone at 905-521-2100 x 74147: leave your name, number and an email address (if available). Once you have left your information you are considered registered.

Parenting your Anxious Child/Teen
Ron Joyce Children’s Health Centre
This is a series of 3 weekly sessions (in a row). Focus will be on why children/teens are anxious and how it affects them. Parents will learn how to deal with the anxious behaviours that get in the way of every day living.

DATE: February 24, 2020 (3 sessions)
TIME: 6:00 pm to 7:30 pm
LOCATION: Fortino’s Mall Road 2nd Floor Community Room 65 Mall Rd., Hamilton

or

DATE: April 29, 2020 (3 sessions)
TIME: 12:30 pm to 2:00 pm
LOCATION: Ron Joyce Children’s Health Centre, 3rd Floor 325 Wellington St. N., Hamilton

TO REGISTER CALL:
Register online at www.mchcommunityed.ca or by phone at 905-521-2100 x 74147: leave your name, number and an email address (if available). Once you have left your information you are considered registered.

Courage to Tell
THRIVE Child and Youth Trauma Services
This two-part information session is designed for parents and caregivers who are dealing with a recent disclosure of sexual abuse involving their child. Participants will gain important knowledge, in a safe and supportive environment, without having to share their story.

This group is free of charge and child minding is available.

TO REGISTER CALL:
For more information, group start dates, and to register call Janice Floyd at 905-523-1020 Ext. 212

Get Engaged!
Family Voice Matters
Lynwood Charlton Centre
Do you have ideas for improving child and youth mental health services in Hamilton? This free workshop will provide you with knowledge, skills and opportunities to collaborate with local agencies for positive change. Open to family members, foster/kin carers, and adult allies.

DATE: May 25, 2020
TIME: 6:30 pm to 8:30 pm
LOCATION: Lynwood Charlton Centre 526 Upper Paradise Rd., Hamilton

FOR INFORMATION:
Call Louise at 905-389-1363 ext. 288 or email engage@lynwoodcharlton.ca

Taking Care of Yourself
Ron Joyce Children’s Health Centre
You can’t pour from an empty cup. Join us for this online webinar to learn how to put self-care first so you can be a more a more calm and confident person and parent.

Visit www.YourSpaceHamilton.ca to register for upcoming sessions or view archived recordings.

DATE: January 22, 2020
TIME: 7:00 pm to 8:00 pm
LOCATION: Live Online Webinar! www.YourSpaceHamilton.ca

TO REGISTER CALL:
For more information, email engage@lynwoodcharlton.ca or call 905-389-1361 x288.
**Workshops and Courses for Parents/Caregivers of Children and Teens**

**Repairing the Relationship with my Challenging Child/Teen**
Ron Joyce Children’s Health Centre
This is a 90 minute educational session. Have you lost the connection with your child? This workshop provides ideas for helping resolve conflicts and repair parent-child relationships, improved compliance, and communication.

**DATE:** March 27, 2020  
**TIME:** 10:00 am to 11:30 am  
**LOCATION:** Turner Park Library  
352 Rymal Rd. E., Hamilton or  
**DATE:** July 23, 2020  
**TIME:** 9:30 am to 11:00 am  
**LOCATION:** Bay Gardens, 2nd Floor Community Room (use back entrance)  
947 Rymal Rd. E., Hamilton

**TO REGISTER CALL:**
Register online at www.mchcommunityed.ca or by phone at 905-521-2100 x 74147: leave your name, number and an email address (if available). Once you have left your information you are considered registered.

**The ABCs on OCD**
St. Josephs Hospital
A 4 week family educational series on obsessive-compulsive disorder (OCD) in children. The series will provide an overview of OCD, how families accommodate OCD symptoms, treatment options, and helpful strategies to manage OCD in home and school settings.

**FOR MORE INFORMATION, GROUP START DATES AND TO REGISTER:**
Please call Dora (905) 522-1155 ext. 35373

**friendships: helping your child/teen make and keep them**
Ron Joyce Children’s Health Centre
This is a 90 minute educational session.
This workshop will help you understand why your child may be struggling and how to best coach them through social skills and activities. Making and keeping friends, social anxiety and skill building.
For parents only.

**DATE:** January 6, 2020  
**TIME:** 6:00 pm to 7:30 pm  
**LOCATION:** Fortino’s Mall Rd., 2nd Floor Community Room  
65 Mall Rd., Hamilton

**DATE:** May 21, 2020  
**TIME:** 10:00 am to 11:30 am  
**LOCATION:** Ron Joyce Children’s Health Centre, 3rd Floor  
325 Wellington St. N., Hamilton

**TO REGISTER CALL:**
Register online at www.mchcommunityed.ca or by phone at 905-521-2100 x 74147: leave your name, number and an email address (if available). Once you have left your information you are considered registered.

**Parenting Your Child/Teen with ADHD**
Ron Joyce Children’s Health Centre
A series of 3 weekly sessions (in a row). A review of how ADHD effects children and teens. Topics covered; why your child acts the way they do, how to give them the tools to succeed, evidence based parenting strategies, emotional regulation and executive functioning skills

**DATE:** January 27, 2020 (3 sessions)  
**TIME:** 6:00 pm to 7:30 pm  
**LOCATION:** Fortinos Mall Road  
2nd Floor Family Community Room  
65 Mall Rd., Hamilton

**DATE:** June 15, 2020 (3 sessions)  
**TIME:** 6:00 pm to 7:30 pm  
**LOCATION:** Fortinos Mall Road  
2nd Floor Community Room  
65 Mall Rd., Hamilton

**TO REGISTER CALL:**
Register online at www.mchcommunityed.ca or by phone at 905-521-2100 x 74147: leave your name, number and an email address (if available). Once you have left your information you are considered registered.

**YourSpace Hamilton**
Sessions for Families
Lynwood Charlton Centre
YourSpace is an online space for youth and families looking for mental health information and supports.
YourSpace has FREE live online sessions for youth and families, archived videos, helpful links, information about local resources and more!

**FOR MORE INFORMATION:**
Visit www.YourSpaceHamilton.ca to register for upcoming sessions or view archived recordings.
Email engage@lynwoodcharlton.ca or call 905-389-1361 ext. 288
Each day of our lives we make deposits in the memory banks of our children.

Charles R. Swindoll

All you need is the plan, the road map, and the courage to press on to your destination

Earl Nightingale
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.

SwimAbilities (ages 3-18):
A learn to swim program for children/youth with special needs/disabilities. Participants in this class must provide their own volunteer to be present in the water with the swimmer. Participants will progress through the skills at their own pace using adapted equipment as required.

LOCATION: Bennetto & Sir Winston Churchill

Tween Connections (ages 13-15) & Teen Connections (ages 16-21):
This recreational program is designed for tweens and teens who have special needs and can participate semi-independently with a ratio of 1 staff to 5 participants. Participants can recreate and form connections with other tweens and engage in activities including cooking, active games, crafts, swimming, fitness, group team building and more!

LOCATION: Bernie Morelli & Sir Allan MacNab
Bernie Morelli & Westmount
(Tween Connections)

Adapted Swim:
A recreational swim for individuals with special needs. Support staff or personal assistants are welcome at no additional cost.

LOCATIONS:
Bernie Morelli Recreation Centre
Huntington Park Recreation Centre
Norman Pinky Lewis Recreation Centre
Westmount Recreation Centre

FOR INFORMATION:
Phone: 905-546-2424 ext. 1758
Email: accessiblerec@hamilton.ca

Community Sensory Room (all ages):
The Community Sensory Room is a barrier free recreation space where individuals with disabilities and/or special needs can explore and develop their senses and skills. The community sensory room features textured floors/walls, plush fabrics and toys, pulsating wall-mounts, multi-coloured displays, music, and Snozelen a la carte.

LOCATION: Westmount Recreation Centre

Community Snozelen (all ages):
Snozelen rooms are artificially engineered spaces that use music, lighting, gentle vibrations, tactile sensations and aromatherapy. Snozelen equipment is available during scheduled times in the Community Sensory Room at Westmount Recreation Centre.

The Community Snozelen Room is available for rental.

LOCATION: Westmount Recreation Centre

FOR INFORMATION: Please contact 905-546-2424 ext. 4932 for availability and rates.

Sibteens - Opening Hearts
Sibteens is a support program for teenagers aged 13-17 who have siblings with special needs. It’s an opportunity to get together, share experiences and have fun.

FOR MORE INFORMATION:
visit www.openinghearts.ca/sibteens.

Sibshops - Opening Hearts
Opening Hearts Sibshops is an exciting program for 8-13 year old brothers and sisters of children with special needs. At Sibshops kids will make new friends, share experiences, eat lunch, play games and have fun! Sibshops are free. Sessions take place 2nd Saturday of each month.

FOR MORE INFORMATION:
visit www.openinghearts.ca.

Pediatric Visiting Volunteer Program
Dr. Bob Kemp Hospice

Working with caregiver needs, the visiting volunteer can provide companionship and enhanced social supports to the caregiver, the child and/or sibling in the home for up to 2 hours per week.

Volunteers do not provide medical or personal care and cannot be responsible for any lifesaving monitoring.

TO REGISTER CALL:
Contact our Coordinator of Children and Family Support Programs at 905-387-2448 ext. 2230.
Each day of our lives we make deposits in the memory banks of our children.

Charles R. Swindoll

WORKSHOPS AND COURSE FOR CHILDREN AND TEENS

**CHOICES**
*John Howard Society*

This is a cognitive-behaviour based program for youth ages 12-17 which is delivered in 8 group sessions. Focus is on important social skills relating to cost and consequences of making good and bad decisions. Delivery methods include discussion, role play, movies and games.

**FOR INFORMATION:**
For more information, or to book a screening, please contact Cassy Bowden at 905-522-4446 x235.

**CHOICES in Anger**
*John Howard Society*

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

**FOR INFORMATION:**
Please contact Abby Flinders to complete an intake.
aflinders@jhshamilton.on.ca
905-522-4446 ext 250

**Tween Talk**
*Ron Joyce Children’s Health Centre*

This 14-week group is for children ages 9-12 years old who have Intellectual Disability and live in the Hamilton-Wentworth area.

The focus of the group is to promote social skills. Participation in the group will be determined through a screening process.

**FOR INFORMATION:**
Call 905-521-2100 ext. 77280

**Teen Talk**
*Ron Joyce Children’s Health Centre*

This 14-week group is for teens ages 13-15 years old who have an Intellectual Disability and live in the Hamilton-Wentworth area. The focus of the group is to promote social skills.

Participation in the group will be determined through a screening process.

**FOR INFORMATION:**
Call 905-521-2100 ext. 77280

**Teen Talk 2**
*Ron Joyce Children’s Health Centre*

This 14-week group is for teens ages 16-17 years old who have an Intellectual Disability and live in the Hamilton-Wentworth area. The focus of the group is to promote social skills.

Participation in the group will be determined through a screening process.

**FOR INFORMATION:**
Call 905-521-2100 ext. 77280

**Children’s Grub Club**
*Compass Community Health*

A summer program open to North end students ages 6-12 interested in learning to cook, garden and try new ways of being active.

Children will learn to prepare healthy meals and snacks, explore physical activity and creativity and learn more about nutrition and healthy living.

**TO REGISTER PLEASE CALL:**
To register call 905-532-6611 ext. 3006

**Camp Keaton**
*Dr. Bob Kemp Hospice*

Children grieve differently than adults. Camp Keaton is a free weekend bereavement camp for children and teens ages 8 through 17 who are grieving the death of someone close to them.

Camp Keaton will be taking place from June 5 - June 7, 2020

**TO REGISTER CALL:**
Please call for more information.
To register please call Karen Nowicki
905-387-2448 ext. 2208

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*Try to be a rainbow in someone’s cloud.*

-Maya Angelou-

*I dwell in possibility*

—Emily Dickenson—
WORKSHOPS AND COURSES FOR CHILDREN AND TEENS

Project Youth AFFIRM (ages 14-18) at Hamilton Family Health Team
University of Toronto/Planned Parenthood Toronto

Project Youth AFFIRM offers 8 FREE sessions of coping skills training for LGBTQ+ youth (ages 14-18).

BENEFITS OF AFFIRM:
An opportunity to build community and meet other LGBTQ+ youth.
Learn stress coping skills to navigate mental health.
Compensation for survey completion, transit fare, and food will be provided.
AFFIRM will help you to decrease unhelpful thoughts, learn stress coping skills to navigate mental health challenges, make health-related choices for your sexual and mental health, and provide an opportunity to build community and meet other LGBTQ+ youth.

(For older youth/adult AFFIRM, please see listing under “Adults”)

LOCATION:
688 Queensdale Ave. E., 3rd Floor, Hamilton
or
123 James St. N., 2nd floor, Hamilton

FOR MORE INFORMATION, GROUP START DATES AND TO REGISTER:
For upcoming dates (Winter/Spring 2020) please email Cressida Frey at cfrey@ppt.on.ca or visit www.projectyouthaffirm.org

Stress Less for Teens (6 weekly sessions)
Ron Joyce Children’s Health Centre

This is a series of 6 weekly sessions (in a row). Teens will learn to be aware of stressors and how to cope and feel more in control. Various relaxation and coping techniques will be introduced.

DATE: March 18, 2020 (6 sessions)
TIME: 3:30 pm to 4:45 pm
LOCATION: Ron Joyce Children’s Health Centre
325 Wellington St. N., Hamilton

TO REGISTER CALL:
To register call 905-521-2100 ext. 74147. This course may have a waitlist.
First session is a parent orientation only.

Get Engaged!
Youth Voice Matters
Lynwood Charlton Centre

Are you a youth with ideas for improving child and youth mental health services in Hamilton?
This free online workshop will provide you with knowledge, skills and opportunities to collaborate with local agencies for positive change.

FOR INFORMATION:
Call Haruka at 905-389-1363 ext. 254 or email engage@lynwoodcharlton.ca

SNAP Program
Banyan Community Services

The SNAP program is for children between the ages of 6 to 11 years who are experiencing behavioral 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 INFORMATION:
To register please call 905-544-7778. A Child and Family worker will return your call and complete a screening for the program.

Quick Access Service - Mental Health Walk-in
City of Hamilton
Public Health Services
Healthy Families Division

Come and talk with a therapist. For children and youth under 18 who are living with mental health issues, such as feeling sad, worried, and/or angry, or anything else on your mind. We invite caregivers to attend with the young person. Some youth may choose to come on their own.

DATE: Every Tuesday
TIME: 8:30 am to 12:00 pm or
DATE: Every Wednesday
TIME: 1:00 pm to 6:00 pm or
DATE: Every Thursday
TIME: 8:30 am to 12:00 pm

LOCATION:
Child and Adolescent Services
100 Main Street East, Suite 220
Hamilton, Ontario
Please use door marked “Commercial Entrance”

FOR REFERRAL CALL:
Contact Hamilton 905-570-8888

FOR MORE INFORMATION ABOUT QUICK ACCESS CALL:
Child and Adolescent Services at 905-546-2424 ext. 3678

Achieves
John Howard Society

This program supports youth ages 11-13 (specifically grades 6, 7, 8) who are experiencing barriers with educational success. This program focuses on increasing life skills, self-esteem and empowering youth to reach their goals in a positive and fun way. 12 sessions

FOR INFORMATION:
Registration is required. Please Contact Careena Browne at 905-522-4446 x 300
**kNOw Fear 8-12yrs**
Ron Joyce Children’s Health Centre

This is a series of 6 weekly sessions (in a row) 1st Session - Parent Only Orientation, remaining 5 sessions parent & child attend together. This is an educational CBT introduction, not intended for therapy or assessment. Topics covered; coping skills, exposure, relaxation.

First session is a parent orientation only.

**DATE:** January 29, 2020 (6 sessions)
**TIME:** 3:30 pm to 4:45 pm
**LOCATION:** Ron Joyce Children’s Health Centre, 3rd Floor
325 Wellington St. N., Hamilton

or

**DATE:** May 20, 2020 (6 sessions)
**TIME:** 3:30 pm to 4:45 pm
**LOCATION:** Ron Joyce Children’s Health Centre, 3rd Floor
325 Wellington St. N., Hamilton

or

**DATE:** July 22, 2020 (6 sessions)
**TIME:** 12:30 pm to 2:00 pm
**LOCATION:** Ron Joyce Children’s Health Centre, 3rd Floor
325 Wellington St. N., Hamilton

**TO REGISTER CALL:**
To register call 905-521-2100 ext. 74147: leave your name, number and an email address to be contacted at.

Limited Enrollment - This course may have a waitlist.

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**Pediatric Day Wellness Program**
Dr. Bob Kemp Hospice

Dr. Bob Kemp Hospice offers a day wellness program held weekly at our hospice. The caregiver and the child with a serious illness can come to connect with other caregivers and children to share in conversation and activities.

**TO REGISTER CALL:**
Contact our Coordinator of Children and Family Support Programs at 905 387 2448 ext 2230 for eligibility and to apply.

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**HEROs**
Women’s Centre of Hamilton

For children (ages 8-12) who’ve witnessed domestic violence, this 10 wk group focuses on the individual gifts, abilities and resiliency of each child to build self-esteem. Activities include games, mask-making, guided imagery, rock climbing, art activities & more.

**TO REGISTER CALL:**
Please contact Women’s Centre of Hamilton at 905-522-0127

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**Girl’s Group**
Ron Joyce Children’s Health Centre

This 6-week group is for girls between the ages of 9-12 who have an Intellectual Disability and live in the Hamilton-Wentworth area. This group focuses on social boundaries and staying healthy. Participation in the group will be determined through a screening process.

**FOR INFORMATION:**
call 905-521-2100 ext. 77280

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**Child Trauma and Abuse Counselling**
Catholic Family Services

Have your children experienced or been exposed to domestic violence? Individual counselling is available to help them process and understand their feelings and experiences.

Services are available for children ages 5-18, and require an assessment to determine readiness.

**TO REGISTER CALL:**
Call 905-527-3823 ext. 257. An intake counsellor will return your call and complete a referral.

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**YourSpace Hamilton Sessions for Youth**
Lynwood Charlton Centre

YourSpace is an online space for youth and families looking for mental health information and supports.

YourSpace has FREE live online sessions for youth and families, archived videos, helpful links, information about local resources and more!

**FOR MORE INFORMATION:**
Visit www.YourSpaceHamilton.ca to register for upcoming sessions or view archived recordings.

Email engage@lynwoodcharlton.ca or call 905-389-1361 ext. 288
WORKSHOPS AND COURSES FOR ADULTS

Women Leading the Way
Good Shepherd - Women's Services
All women are welcome. This group provides a safe place for women to connect and socialize. The group also provides the opportunity for women to discuss abuse. Childcare available upon request.

FOR MORE INFORMATION:
905-523-8766 ext. 4228 or 4238

Women’s Weekly
Good Shepherd - Women’s Services
A supportive education group addressing issues related to woman abuse. Childcare available.

FOR MORE INFORMATION:
please call 905-523-8766 ext. 4239

Trauma & Abuse Counselling
Catholic Family Services
Healing from the impacts of abuse can be a journey. Confidential, individual counselling is available to women aged 16+ who have survived abuse and are seeking support in the process of recognizing and working through the impacts of these experiences.

FOR MORE INFORMATION:
Call 905-527-3823 ext. 257. An intake worker will return your call and complete a referral.

Individual Abuse Counselling
Women’s Centre of Hamilton
Changing your life is a process. Individual counselling is available for women who are experiencing or have experienced abuse. Counselors can assist you in discovering your goals and identifying your options so that you can make informed decisions about your life.

FOR MORE INFORMATION:
Call 905-522-0127

Golden Girls
Good Shepherd - Women’s Services
This group is open to women in their “Golden Years” who are looking for new adventures and the opportunity to meet others.

FOR MORE INFORMATION:
Please call 905-523-8766 ext. 4231

Express Yourself
Women’s Centre of Hamilton
Reclaim your inner voice! Learn how to communicate assertively and with confidence. Define your boundaries, channel your anger into meaningful ways, and deal with challenging life situations effectively. (6 sessions)

LOCATION: Women’s Centre
100 Main St. E., Suite 205, Hamilton

FOR MORE INFORMATION:
Call 905-522-0127 or womenscentre@intervalhousehamilton.org

Mobile Cancer Screening Coach
Hamilton Niagara Haldimand Brant Regional Cancer Program
Have you never been screened for cancer or can’t remember the last time you were screened? The Coach provides mammograms, Pap tests and a take-home test that screens for colon cancer, for eligible residents who are overdue for cancer screening.

Eligibility for screening is based on age, sex, personal and family health histories. Drop-ins welcome.

FOR MORE INFORMATION:
905-975-4467 or 1-855-338-3131 for more info or to book an appointment. Visit hhbscreenforlife.ca for Coach schedule.

Healthy Cooking
Good Shepherd - Women’s Services
This is an educational and fun group that invites women to learn cooking skills through hands on. Takes place once a month.

FOR MORE INFORMATION:
please call Cathy at 905-523-8766 ext. 4237.

Creating a Safe Space
Women’s Centre of Hamilton
Women who have experienced abuse are welcome to drop-in on Thursday afternoons for a safe place to find support, information and build connections.

Registration is not required.

Weekly drop-in.

FOR MORE INFORMATION:
please call 905-522-0127.

Supportive Mothering
Women’s Centre of Hamilton
A 16 week program developed for mothers who have experienced woman abuse in their intimate relationships, and assisting mothers to be available and present in their children’s lives in a meaningful and loving manner.

FOR MORE INFORMATION AND TO REGISTER:
please call 905-522-0127

New Choices
New Choices
New Choices is a program for women (pregnant or parenting young children) who have concerns regarding substance use. Support around addictions, parenting, life skills and health and wellness are provided. Food vouchers, bus tickets and childcare available.

FOR MORE INFORMATION:
please call (905) 522-5556.
A Daughter’s Grief
Dr. Bob Kemp Hospice
Join us for a 10-week bereavement support group welcome to women who have experienced the death of a parent or an elder.
This group meets weekly for 10 sessions beginning Wednesday, February 26, 2020 6:30 pm to 8:30 pm until Wednesday, April 29, 2020 6:30 pm to 8:30 pm.
FOR DATES/TIMES AND TO REGISTER:
Please call Jessica Milette 905-387-2448 ext. 2206

Volunteer Visiting
Dr. Bob Kemp Hospice
Our trained volunteers offer social and emotional support to individuals and families living with a life-limiting illness in Greater Hamilton.
Support is provided in the client’s place of residence, including home, long term care facility, our residential hospice or hospital.
TO REGISTER CALL:
Cherylin Kislosky-McLellan at 905.387.2448 ext. 2209

Adult Grief Support
Dr. Bob Kemp Hospice
We understand after the death of a loved one, some can feel lost and alone. Recognizing this, we offer complimentary grief support for those who are learning to live with loss.
FOR MORE INFORMATION CALL:
Jessica Milette 905-387-2448 ext. 2206

Hiking through Grief
Dr. Bob Kemp Hospice
Join us for a drop-in style hiking group designed specifically for those who are grieving the death of a loved one. No previous experience necessary. Participants may join at any point throughout the 12 week period. Proper footwear and water required.
Hikes will take place in various locations in Hamilton along the Bruce Trail. Hikes will be held on Wednesdays 8:30am-10:30am from April 8th, 2020 until July 8, 2020.
FOR DATES/TIMES AND TO REGISTER:
To register please call our Bereavement and Supportive Care Manager 905-387-2448 ext. 2206

Community Day Program
Dr. Bob Kemp Hospice
Our Day Hospice Program is available to individuals residing in Greater Hamilton who are living with a life-limiting illness.
Our program is coordinated and staffed by a Palliative Care Registered Practical Nurse and supported by our trained hospice volunteer team.
FOR DATES/TIMES AND TO REGISTER:
please call Cherylin Kislosky-McLellan at 905-387-2448 ext. 2209

Women Getting Work
Women’s Centre of Hamilton
Build on your strengths, skills and confidence in finding and maintaining employment. Perform a full life assessment, expand your networks and build on your skill level. Individualized support and access to employment workshops is available.
The Women’s Centre offers support to women who have experienced abuse/family violence.
LOCATION: Women’s Centre 100 Main St. E., Hamilton
TO REGISTER CALL:
Call Lise for details. 905-522-0127 or womenscentre@intervalhousehamilton.org.

Bets Off
Alcohol, Drug & Gambling Services
An on-going support group to help people with gambling concerns maintain abstinence from gambling. Group support and relapse prevention strategies are used.
FOR MORE INFORMATION:
Call to see if this group is right for you, 905 546-3606 ext. 3613
WORKSHOPS AND COURSES FOR ADULTS

Support Over Supper
Dr. Bob Kemp Hospice
Dr. Bob Kemp Hospice invites you to nourish both your body and grieving soul at our 8-week drop-in supper group facilitated by trained hospice volunteers. Participants are welcome to join at any point during the 8-week period.
We do ask individuals to please RSVP prior to each meeting they are planning to attend in order to accommodate any special dietary needs or allergies.
FOR DATES/TIMES AND TO REGISTER: please call Jessica Milette 905-387-2448 ext. 2206

Taking Flight
Women’s Centre of Hamilton
Women who have experienced abuse join together and explore new pathways.
Topics include: healthy boundaries, letting go of shame and building a healthy sense of self. Women share resources, build community and create new journeys. 9 weekly sessions.
FOR MORE INFORMATION: please call 905-522-0127.

Coping with Grief and Loss
The Catel Centre
These open groups offer adults who are grieving a confidential, comfortable, caring and supportive atmosphere in which to share about their loss with others.
These groups run every Tuesday from September - June.
FOR MORE INFORMATION CALL: Call Beverley at 905-512-6995 or email beverleyg60@gmail.com

Peer Support
Women’s Centre of Hamilton
Our trained Peer Support Volunteers provide confidential, individual support for women in a safe and trusting environment to discuss life’s challenges.
FOR MORE INFORMATION: Please call our Peer Support Coordinator, Mary, 905-522-0127 x201

Taking Care of Yourself
Lynwood Charlton Centre
You can’t pour from an empty cup. Join us for this online webinar to learn how to put self-care first so you can be a more calm and confident person and parent.
DATE: January 22, 2020
TIME: 7:00 pm to 8:00 pm
LOCATION: Live online webinar www.YourSpaceHamilton.ca
FOR MORE INFORMATION: Email engage@lynwoodcharlton.ca or call 905-389-1361 ext. 288.

Adult Music Therapy Bereavement
Dr. Bob Kemp Hospice
This 8-week program provides participants with an opportunity to share, listen, tell their stories, and find meaning and healing in a supportive environment, using the emotional and creative qualities of music through music-listening and music-making.
The group is facilitated by our accredited Music Therapist Sarah Klink. Spring session to begin March 2020, dates/times TBD.
FOR DATES/TIMES AND TO REGISTER: To register please call Jessica Milette 905-387-2448 ext. 2206

My Journey to Self
Women’s Centre of Hamilton
This 10 week activity-based group will support women in discovering their own inner strengths, resiliency and self-efficacy.
The focus is an introspective journey to finding out who you are and who you want to be through the use of games, art and guided imagery.
The Women’s Centre offers support to women who have experienced abuse/family violence.
LOCATION: Women’s Centre 100 Main St. E., Suite 205, Hamilton
TO REGISTER CALL: 905-522-0127 or womenscentre@intervalhousehamilton.org

Women’s Wellness
Women’s Centre of Hamilton
Have you experienced abuse in your relationship?
Learn about the impacts and build a support network with other women. Telling our story can help you on your healing journey. Topics include shame, guilt, anger, self-esteem, healthy relationships, boundaries & more.
LOCATION: Women’s Centre 100 Main St. E., Suite 205, Hamilton
TO REGISTER: Please call 905-522-0127.
WORKSHOPS AND COURSES FOR ADULTS

AFFIRM (ages 19-29) at Compass Health
University of Toronto/Planned Parenthood Toronto
Project Youth AFFIRM offers 8 FREE sessions of coping skills training for LGBTQ+ youth and adults (ages 19-29).

BENEFITS OF AFFIRM:
- An opportunity to build community and meet other LGBTQ+ youth.
- Learn stress coping skills to navigate mental health.
- Compensation for survey completion, transit fare, and food will be provided.
- AFFIRM will help decrease unhelpful thoughts, learn stress coping skills to navigate mental health, help make health choices for your sexual and mental health, and an opportunity to build community and meet other LGBTQ+ youth and adults.

LOCATION:
Compass Community Health
438 Hughson St. N., Hamilton

FOR MORE INFORMATION, GROUP START DATES AND TO REGISTER:
For upcoming dates (Winter/Spring 2020) please email Cressida Frey at cfrey@ppt.on.ca or visit www.projectyouthaffirm.org

Finding Our Way: Learning to Live with Loss
Dr. Bob Kemp Hospice
After the loss of a loved one, it can feel as if your whole world has stopped while the rest of the world continues to turn. Dr. Bob Kemp Hospice invites you to take part in our 10-week group designed for those who have experienced the death of a loved one.
Winter sessions will be held on Tuesdays from 6:30 pm to 8:30 pm from February 25, 2020 until April 28, 2020.

FOR DATES/TIMES AND TO REGISTER:
To register please contact Bereavement and Supportive Care Manager Jessica at 905-387-2448 ext. 2206

Grieving Mindfully
Dr. Bob Kemp Hospice
Dr. Bob Kemp Hospice is proud to invite you to join us for an 8-week mindfulness meditation based class specifically designed for those who are grieving. No previous experience necessary.
Specific dates and times in March 2020 to be determined.

FOR DATES/TIMES AND TO REGISTER:
Please contact our Bereavement and Supportive Care Manager 905-387-2448 ext 2206

Rebuilding a Healthy Me
Women’s Centre of Hamilton
Having an awareness of your mind, body, spirit connection can help manage your emotions. Explore tools and strategies to help achieve emotional wellness. (6 sessions)
The Women’s Centre offers support to women who have experienced abuse/family violence.

LOCATION: Women’s Centre
100 Main St. E., Suite 205, Hamilton

TO REGISTER CALL:
905-522-0127 or womenscentre@intervalhousehamilton.org

Self-Esteem
Women’s Centre of Hamilton
Identify and build upon your unique gifts and abilities by learning how to understand and believe in the wonderful person that you are! (5 sessions)
The Women’s Centre offers support to women who have experienced abuse/family violence.

LOCATION: Women’s Centre
100 Main St. E., Suite 205, Hamilton

TO REGISTER CALL:
905-522-0127 or womenscentre@intervalhousehamilton.org

Understanding Anger
Women’s Centre of Hamilton
Anger can be overwhelming. Unravel the roots of your anger and develop purposeful ways to express your self. (4 sessions)
The Women’s Centre offers support to women who have experienced abuse/family violence.

LOCATION: Women’s Centre
100 Main St. E., Suite 205, Hamilton

FOR MORE INFORMATION:
please call 905-522-0127.
<table>
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<tr>
<th>ATELIERS, CLASSES et CENTRES de JEUX disponibles en Francais</th>
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<td>2  Groupe Bon Début (French support group for mothers)</td>
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WORKSHOPS/COURSES for Expectant Parents: Prenatal Courses

| 1  Healthy Moms, Healthy Babies                            |
| 1  Welcome Baby Public Health Services/Youth Prenatal       |
| 1  Car Seat Inspection Clinics                             |

WORKSHOPS/COURSES for Parents/Caregivers of Children 0-12 yrs

| 6  Ages and Stages - What Happens When?                     |
| 3  Breastfeeding Support Services                           |
| 4  Building Your Parenting Toolbox                         |
| 9  Check It Out Drop-Ins                                    |
| 3  Children's Breakfast Club                                |
| 3  Children's Sleep Problems                                |
| 4  Circle of Security Parenting                             |
| 4  COPEing With 3-12 Year Olds Behaviour                    |
| 7  COPEing With Toddler Behaviour                           |
| 3  Dealing With Challenging Behaviours Triple P             |
| 7  Early Words                                              |
| 6  Exploring the Mysteries of Children's Behaviour          |
| 6  Feeding Young Children 1-6 Years                         |
| 5  Feeding Your Baby 0-12 Months and Making Baby Food       |
| 8  Group Triple P (Ages 2-6)                                |
| 8  Hamilton FASD Resource Team                              |
| 5  Help! Mornings and Bedtime are Chaos                     |
| 4  Helpful Transitions for School Success                   |
| 9  I'm Shy                                                  |
| 7  Kids Have Stress, Too!                                   |
| 9  LEAF Group                                               |
| 7  Lone Mothers and Kids Recreation Program                |
| 9  Managing Fighting and Aggression - Triple P              |
| 5  Managing Routines                                       |
| 9  Moving Towards Healing                                   |
| 6  My Child Doesn't Want to go to School                    |
| 3  Parenting with LOVE                                     |
| 7  Positive Parenting                                      |
| 6  Right from the Start                                     |
| 9  Sibling Conflict                                        |
| 8  Temper Tantrums                                         |
| 7  Temper Tantrums vs. Meltdowns: Is There Really a Difference? |
| 5  The ABCs of CSB                                         |
| 4  The Shy Timid Child                                     |
| 8  Toileting Readiness Workshop                             |
| 3  Why Little Kids Worry (Ages 3-10)                        |
| 8  Why Won't They Listen?                                  |

WORKSHOPS/COURSES for Parents/Caregivers of Children and Teens

| 13  Advocating for my Child/Teen                            |
| 12  Anxiety in Children and Youth (Online Webinar)          |
| 10  Burnt Out                                               |
| 12  Concurrent Parent & Children/Youth Groups               |
| 14  Co-Parenting Through Divorce and Separation            |
| 11  COPEing with Impulsive Children/Teens                   |
| 14  Courage to Tell                                         |
| 11  Emotions in Motion (Emotional Regulation)               |
| 12  Family Nights                                          |
| 15  Friendships: Helping Your Child/Teen Make and Keep Them |
| 14  Get Engaged! Family Voice Matters                       |
| 13  Giving Your Child/Teen the Tools for Life              |
| 10  Growing the Roots of Resilience                        |
| 10  Help Your Child & Teen Stress Less                      |
| 11  Helping my Child or Youth Deal with Stress (Online Webinar) |
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

FAMILY RESOURCE CENTRE

Looking for more information about difficulties your child or teen is experiencing? Come and visit the FAMILY RESOURCE CENTRE at the Ron Joyce Children’s Health Centre located at 325 Wellington St. N.

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

For more information please visit www.mcmasterchildrensfamilyresourcecentre.ca, email frc@hhsc.ca or call 905.521.2100 ext. 77243