

**The Child & Youth Mental Health Program**  
**COMMUNITY EDUCATION SERVICE**  
**January to August 2018**



**To register call:**  
**(905) 521-2100 extension: 74147**  
 Or register online at  
[www.mchcommunityed.ca](http://www.mchcommunityed.ca)

\*Please remember to bring your child's health card number to the first session of all courses

*Anxiety groups for families and teens:*

---

**kNOw Fear (6 weekly sessions)**

A 6 session **Educational** CBT based anxiety group for children ages 8-12 yrs. and their caregiver(s). Parent and child work together to understand how worries effect the child and how to work together to better manage the anxiety. Registration is by phone only

**Note: First session is a Parent Only orientation**

Age	Start Date	Time	Location
8-12 yrs.	Monday January 8	3:30-4:45	Ron Joyce Children's Health Centre – 325 Wellington St. N. 3 <sup>rd</sup> floor
8-12 yrs.	Wednesday February 21	3:30-4:45	Ron Joyce Children's Health Centre –3 <sup>rd</sup> floor
8-12 yrs.	Monday April 16	3:30-4:45	Ron Joyce Children's Health Centre –3 <sup>rd</sup> floor
8-12 yrs.	Wednesday May 16	3:30-4:45	Ron Joyce Children's Health Centre –3 <sup>rd</sup> floor
8-12 yrs.	Wednesday July 11	12:30-1:45	Ron Joyce Children's Health Centre –3 <sup>rd</sup> floor

**Stress Less for Teens (6 weekly sessions)**

The teen years are a time of change and higher expectations. This means more STRESS! Learn to be aware of your stressors and how to better cope and feel more in control. Participants will be introduced to different relaxation techniques and how to bring positivity into their lives everyday. (**6 sessions**)

**Note: First session is a Parent Only orientation**

Age	Start Date	Time	Location
13-17 yrs.	Monday February 26	3:30-4:45	Ron Joyce Children's Health Centre, 3 <sup>rd</sup> floor
13-17 yrs.	Monday July 9	12:30-1:45	Ron Joyce Children's Health Centre, 3 <sup>rd</sup> floor

### *Anxiety courses for parents:*

---

#### **Kids Have Stress Too! (3 weekly sessions)**

This course is an evidence based program created by the Psychology Program. Parents will learn how to identify and understand stress in their children. Stress management techniques will be taught to help reduce the effects of stress on the child. For parents of children ages **3-10 yrs.** old.

Participants	Start Date	Time	Location
Parents & Caregivers (no child care)	Tuesday January 30	12:30-2:00 pm	Bay Gardens, 947 Rymal Rd E. 2 <sup>nd</sup> floor community room

#### **Parenting Your Anxious Child (3 weekly sessions)**

This course will review different childhood anxiety disorders, why children are anxious and how it affects them. Parents will learn how to deal with the anxious and sometimes disruptive behavior that gets in the way of everyday living.

Participants	Start Date	Time	Location
Parents & Caregivers (no child care)	Friday January 12	9:30-11:30 am	Fortinos, 21 Upper Centennial Pkwy, Community room
Parents & Caregivers (no child care)	Tuesday April 24	10:00-11:30 am	Ron Joyce Children's Health Centre, 3 <sup>rd</sup> floor

#### **The Shy Timid Child (6 sessions: 1<sup>st</sup> 3 sessions are bi-weekly, last 3 sessions are weekly)**

This is an evidence based group, geared towards families with children that communicate with words at home, but who are unable to do so in other circumstances. This group will help you learn how to best support your child to overcome their fear of speaking.

Participants	Start Date	Time	Location
Parents & Caregivers (no child care)	Monday March 5	6:00- 7:30 pm	Fortinos 65 Mall Road community room

### *Anxiety workshops for parents:*

---

#### **An Introduction to Understanding Anxiety (1 session)**

This workshop is for parents/caregivers with children aged 10-18yrs, interested in learning more about anxiety and how it may affect children and youth. Some tips will be provided to help parents deal with daily anxiety.

Participants	Date	Time	Location
Parents & Caregivers (no child care)	Friday January 5	9:30-11:00 am	Fortinos, 21 Upper Centennial Pkwy, Community room
Parents & Caregivers (no child care)	Tuesday April 17	10:00- 11:30 am	Ron Joyce Children's Health Centre, 3 <sup>rd</sup> floor

#### **Helping Your Child & Teen Stress Less (1 session)**

Parents will 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

Participants	Date	Time	Location
Parents & Caregivers (no child care)	Wednesday January 3	6:30-8:00 pm	Ron Joyce Children's Health Centre, 3 <sup>rd</sup> floor
Parents & Caregivers (no child care)	Thursday March 22	10:00- 11:30 am	Ron Joyce Children's Health Centre, 3 <sup>rd</sup> floor

Parents & Caregivers (no child care)	Thursday May 24	10:00– 11:30 am	Ron Joyce Children’s Health Centre, 3 <sup>rd</sup> floor
---	-----------------	-----------------	---

**I’m Shy (1 session)**

This one session workshop will explore why children act shy, focusing on children that whisper, speak minimally or not at all at school or in public settings. Evidence based strategies will be provided to help your child start to speak more comfortably in public.

Participants	Date	Time	Location
Parents & Caregivers (no child care)	Monday February 26	6:00- 7:30 pm	Fortinos 65 Mall Road community room
Parents & Caregivers (no child care)	Friday May 4	9:30- 11:00 am	Fortinos, 21 Upper Centennial Pkwy, Community room

**Why Little Kids Worry (3-10yrs) (1 session)**

This one session workshop helps caregivers to identify stressors and learn how they affect their child’s daily life. You will be introduced to some basic coping strategies appropriate to manage a young child’s stress.

Participants	Date	Time	Location
Parents & Caregivers (no child care)	Thursday March 15	10:00– 11:30 am	Ron Joyce Children’s Health Centre, 3 <sup>rd</sup> floor
Parents & Caregivers (no child care)	Wednesday April 25	12:30-2:00 pm	Ron Joyce Children’s Health Centre, 3 <sup>rd</sup> floor
Parents & Caregivers (no child care)	Thursday May 3	9:30-11:30 am	OEYC Helen Detwiler 320 Brigade Dr
Parents & Caregivers (no child care)	Tuesday July 3	9:30- 11:00 am	Bay Gardens, 947 Rymal Rd E. 2 <sup>nd</sup> floor community room

***Communication & relationship building workshops for parents***

---

**How to Talk To Your Teen (1 session)**

A single 2 hr. workshop designed to provide parents/caregivers some basic understanding of teen development, provide tools and strategies to improve parent/teen communication and work towards reducing conflict by establishing collaborative problem solving strategies.

Participants	Date	Time	Location
Parents & Caregivers (no child care)	Wednesday January 3	4:30- 6:00 pm	Ron Joyce Children’s Health Centre 3 <sup>rd</sup> Floor 325 Wellington St N
Parents & Caregivers (no child care)	Monday March 26	6:00- 7:30 pm	Fortinos 65 Mall Road community room
Parents & Caregivers (no child care)	Thursday April 26	10:00- 11:30 am	Ron Joyce Children’s Health Centre 3 <sup>rd</sup> Floor 325 Wellington St N

**Co-Parenting through Divorce and Separation (1 session)**

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.

Participants	Date	Time	Location
Parents & Caregivers (no child care)	Thursday March 8	10:00-11:30 am	Ron Joyce Children’s Health Centre, 3 <sup>rd</sup> floor
Parents & Caregivers (no child care)	Thursday June 28	10:00-11:30 am	Ron Joyce Children’s Health Centre, 3 <sup>rd</sup> floor

**Sibling Conflict (1 session)**

There are many reasons why siblings fight. Some conflict between siblings 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

Participants	Date	Time	Location
Parents & Caregivers (no child care)	Wednesday March 21	6:00- 7:30 pm	Ron Joyce Children's Health Centre, 3 <sup>rd</sup> floor
Parents & Caregivers (no child care)	Thursday April 5	10:00-11:30 am	Ron Joyce Children's Health Centre, 3 <sup>rd</sup> floor
Parents & Caregivers (no child care)	Tuesday August 28	9:30- 11:00 am	Bay Gardens, 947 Rymal Rd E. 2 <sup>nd</sup> floor community room

*Mental Health Workshops*

---

**Depression and Youth (1 session)**

An educational workshop exploring common depressive disorders in children and youth. Participants will receive an overview of symptoms and causes and learn what steps to take if concerned or seeking help

Participants	Date	Time	Location
Parents & Caregivers (no child care)	Thursday January 25	10:00-11:30 am	Ron Joyce Children's Health Centre, 3 <sup>rd</sup> floor
Parents & Caregivers (no child care)	Thursday February 22	10:00-11:30 am	Ron Joyce Children's Health Centre, 3 <sup>rd</sup> floor
Parents & Caregivers (no child care)	Friday August 17	9:30-11:30 am	Fortinos 65 Mall Road community room

**Understanding Youth with Safety and Risk Concerns and the Resources to Help:**

**A session for parents and other caregivers (1 session)**

This one session workshop with our child psychiatrist Dr. Boylan will give parents and caregivers insight on: What is suicide/self-harm, information for services in Hamilton, how to get help for your child, how to navigate the system, and questions to ask your Doctor and community resources that can help.

Participants	Date	Time	Location
Parents & Caregivers (no child care)	Wednesday May 9	6:00- 7:30 pm	Ron Joyce Children's Health Centre, 4 <sup>th</sup> floor

**What is Mental Health and How Can I Help my Child/Teen? (1 session)**

The more we understand about mental health in our children and teens, the better we can support them. Topics discussed: what is mental health, symptoms, causes, common childhood disorders, mental health awareness, and supports.

Participants	Date	Time	Location
Parents & Caregivers (no child care)	Tuesday January 16	10:00-11:30 am	Ron Joyce Children's Health Centre, 3 <sup>rd</sup> floor
Parents & Caregivers (no child care)	Friday May 11	9:30-11:00 am	Fortinos, 21 Upper Centennial Pkwy, Community room

## *Parenting courses to help with mild to severe behaviours*

---

### **Building Your Parenting Tool Box (3 weekly sessions)**

This three-session 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.

Participants	Start Date	Time	Location
Parents & Caregivers (no child care)	Wednesday January 17	4:30- 6:00 pm	Ron Joyce Children's Health Centre, 3 <sup>rd</sup> floor
Parents & Caregivers (no child care)	Friday March 2	9:30-11:00 am	Bay Gardens, 947 Rymal Rd, 2 <sup>nd</sup> floor community room
Parents & Caregivers (no child care)	Tuesday May 29	12:30-2:00 pm	Ron Joyce Children's Health Centre, 3 <sup>rd</sup> floor
Parents & Caregivers (no child care)	Friday July 13	9:30-11:00 am	Fortinos 65 Mall Road community room

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

Caregivers meet once weekly for two hours for 6 weeks. Using problem-solving discussions, caregivers learn evidence-based skills to strengthen relationships reduce oppositional behaviour and increase cooperation.

Participants	Start Date	Time	Location
Parents & Caregivers (no child care)	Friday January 12	12:30-2:00 pm	Ron Joyce Children's Health Centre, 3 <sup>rd</sup> floor
Parents & Caregivers (no child care)	Wednesday April 4	6:00-7:30 pm	Ron Joyce Children's Health Centre, 3 <sup>rd</sup> floor
Parents & Caregivers (no child care)	Friday May 4	12:30-2:00 pm	Ron Joyce Children's Health Centre, 3 <sup>rd</sup> floor
Parents & Caregivers (no child care)	Thursday July 12	10:00- 11:30 am	Ron Joyce Children's Health Centre, 3 <sup>rd</sup> floor

### **COPEing with Teens (Ages 13-17 years) (6 weekly sessions)**

Caregivers meet once weekly for two hours for 6 weeks. Using problem-solving discussions, videos and homework projects, caregivers learn: Evidenced-based skills to strengthen relationships, reduce teens oppositional behaviour, increase cooperation & restore communication.

Participants	Start Date	Time	Location
Parents & Caregivers (no child care)	Wednesday January 10	6:30-8:00 pm	Ron Joyce Children's Health Centre, 3 <sup>rd</sup> floor

## *Parenting workshops to help with mild to moderate behaviours*

---

### **1-2-3 Magic (1 session)**

Parents will watch Dr. Phelan's 123 Magic Video. You will learn how to stop behaviours such as whining, tantrums, yelling, and arguing using the counting method. Discussion will follow to help incorporate this method with difficult behaviours. Appropriate for parents with children aged 3-12yrs

	Date	Time	Location
Parents & Caregivers (no child care)	Thursday May 3	10:00-12:00 pm	Ron Joyce Children's Health Centre 3 <sup>rd</sup> Floor 325 Wellington St N, 3 <sup>rd</sup> floor

Parents & Caregivers (no child care)	Friday August 17	12:30-2:30 pm	Ron Joyce Children's Health Centre 3 <sup>rd</sup> Floor 325 Wellington St N, 3 <sup>rd</sup> floor
---	------------------	---------------	---

### **Ages & Stages, What Happens When? (1 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 11 yrs.)

Participants	Date	Time	Location
Parents & Caregivers (no child care)	Thursday March 1	10:00-11:30 pm	Ron Joyce Children's Health Centre, 3 <sup>rd</sup> floor
Parents & Caregivers (no child care)	Friday June 1	9:30- 11:00 am	Fortinos, 21 Upper Centennial Pkw, Community room

### **Helpful Transitions for School Success (1 session)**

This workshop will help caregivers of **JK, SK & grade one** children to understanding anxiety and behaviours/resistance. Strategies will be suggested to help with transitions: routines, visuals/charts and building relationships with school staff.

Participants	Date	Time	Location
Parents & Caregivers (no child care)	Tuesday January 9	12:30-2:00 pm	Ron Joyce Children's Health Centre, 3 <sup>rd</sup> floor

### **Managing Routines (1 session)**

This one session workshop will review the basics and benefits of developing consistent routines and how to best manage bedtime, homework and everyday routines. Visuals, organizational skills, planning ahead and transitions will be discussed.

Participants	Start Date	Time	Location
Parents & Caregivers (no child care)	Thursday January 25	9:30-11:30 am	Coach House OEYC, 22 Victoria St, Dundas
Parents & Caregivers (no child care)	Thursday March 1	9:30-11:30 am	OEYC Helen Detwiler 320 Brigade Dr
Parents & Caregivers (no child care)	Friday June 22	9:30-11:00 am	Fortinos, 21 Upper Centennial Pkw, Community room

### **Positive Parenting (1 session)**

Participants will learn evidence-based positive parenting strategies that will help reduce conflict and gain compliance.

Participants	Date	Time	Location
Parents & Caregivers (no child care)	Thursday February 1	9:30-11:30 am	OEYC Helen Detwiler 320 Brigade Dr
Parents & Caregivers (no child care)	Tuesday February 20	10:00-11:30 am	Ron Joyce Children's Health Centre, 3 <sup>rd</sup> floor
Parents & Caregivers (no child care)	Thursday March 22	9:30-11:30 am	Coach House OEYC, 22 Victoria St, Dundas
Parents & Caregivers (no child care)	Tuesday May 2	4:30- 6:00 pm	Ron Joyce Children's Health Centre, 3 <sup>rd</sup> floor
Parents & Caregivers (no child care)	Thursday June 7	9:30-11:30 am	OEYC Helen Detwiler 320 Brigade Dr
Parents & Caregivers (no child care)	Monday July 9	10:00-11:30 am	Ron Joyce Children's Health Centre, 3 <sup>rd</sup> floor
Parents & Caregivers (no child care)	Thursday August 23	9:30-11:30 am	Coach House OEYC, 22 Victoria St, Dundas

## *Self-Care for Parents courses & workshops*

---

### **Burnt Out! (4 sessions)**

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 **4 session** workshop series will be an opportunity to reconnect with yourself. We will help you get back to being a happier, empowered, in control parent that you deserve to be.

Participants	Start Date	Time	Location
Parents & Caregivers (no child care)	Wednesday February 21	6:00-7:30 pm	Ron Joyce Children's Health Centre, 3 <sup>rd</sup> floor
Parents & Caregivers (no child care)	Friday April 13 (note:3 sessions only)	9:30-11:00 am	Bay Gardens, 947 Rymal Rd, 2 <sup>nd</sup> floor community room
Parents & Caregivers (no child care)	Monday June 4	12:30-2:00 pm	Ron Joyce Children's Health Centre, 3 <sup>rd</sup> floor
Parents & Caregivers (no child care)	Friday July 13	12:30-2:00 pm	Ron Joyce Children's Health Centre, 3 <sup>rd</sup> floor

### **What is Mindfulness? (1 session)**

This **one session** workshop is an introduction to understanding the practice of mindfulness. A video will be shown, followed by additional information from our staff. Practical strategies will be suggested to help incorporate mindfulness into your family's everyday life.

Participants	Date	Time	Location
Parents & Caregivers (no child care)	Friday February 16	9:30-11:00 am	Fortinos, 21 Upper Centennial Pkwy, Community room
Parents & Caregivers (no child care)	Friday August 10	9:30-11:00 am	Fortinos 65 Mall Road community room

## *Parenting courses to help with moderate to severe*

---

### **COPEing with 3-12 year olds with ADHD (6 sessions)**

Caregivers meet once weekly for two hours for 6 weeks. Using problem-solving discussions, caregivers learn evidence-based skills to strengthen relationships, reduce oppositional behaviour and increase cooperation. Common ADHD struggles and behaviours will be discussed, additional resources/handouts will be provided.

Participants	Start Date	Time	Location
Parents & Caregivers (no child care)	Friday March 9	12:30-2:00 pm	Ron Joyce Children's Health Centre, 3 <sup>rd</sup> floor
Parents & Caregivers (no child care)	Wednesday May 23	6:00-7:30 pm	Ron Joyce Children's Health Centre, 3 <sup>rd</sup> floor
Parents & Caregivers (no child care)	Wednesday July 25	10:00-11:30 am	Ron Joyce Children's Health Centre, 3 <sup>rd</sup> floor

### **Managing Meltdowns (6- 18 yrs.) (6 sessions)**

This six session 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. A Six week program for caregivers.

Participants	Start Date	Time	Location
Parents & Caregivers (no child care)	Monday January 8	6:00- 7:30 pm	Fortinos 65 Mall Road community room
Parents & Caregivers (no child care)	Tuesday March 6	10:00- 11:30 am	Ron Joyce Children's Health Centre, 3 <sup>rd</sup> floor
Parents & Caregivers (no child care)	Monday May 14	6:00- 7:30 pm	Fortinos 65 Mall Road community room
Parents & Caregivers (no child care)	Monday July 16	10:00- 11:30 am	Ron Joyce Children's Health Centre, 3 <sup>rd</sup> floor

### *Parenting workshops to help with moderate to severe behaviours*

---

#### **Advocating For My Child (1 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 and community supports. This workshop will help you to take the positive steps to get you there.

Participants	Date	Time	Location
Parents & Caregivers (no child care)	Thursday February 1	10:00-11:30 pm	Ron Joyce Children's Health Centre, 3 <sup>rd</sup> floor
Parents & Caregivers (no child care)	Monday March 12	6:00- 7:30 pm	Fortinos 65 Mall Road community room
Parents & Caregivers (no child care)	Friday May 25	9:30-11:00 am	Fortinos, 21 Upper Centennial Pkwy, Community room
Parents & Caregivers (no child care)	Thursday June 7	10:00-11:30 pm	Ron Joyce Children's Health Centre, 3 <sup>rd</sup> floor
Parents & Caregivers (no child care)	Wednesday August 29	12:30- 2:00 pm	Ron Joyce Children's Health Centre, 3 <sup>rd</sup> floor

#### **An Introduction to Understanding ADHD (1 session)**

The one session workshop will help you understand ADHD through watching a video followed by additional supports from our staff. This workshop will help you understand why your child acts the way that they do and how to give them the tools they need to succeed. The video will review: ADHD, ADHD inattentive subtype, and ODD.

Participants	Date	Time	Location
Parents & Caregivers (no child care)	Monday March 2	12:30- 2:00 pm	Ron Joyce Children's Health Centre, 3 <sup>rd</sup> floor
Parents & Caregivers (no child care)	Wednesday May 16	6:00- 7:30 pm	Ron Joyce Children's Health Centre, 3 <sup>rd</sup> floor
Parents & Caregivers (no child care)	Wednesday July 18	10:00-11:30 pm	Ron Joyce Children's Health Centre, 3 <sup>rd</sup> floor



### **COPEing with Impulsive Children: Strategies for Improving Children’s Self-Control**

#### **(1 session)**

This single session workshop will help caregivers understand how they can use a variety of techniques and visual strategies to help their child (including children with ADHD) gain better self-control, become more independent and get tasks done.

Participants	Date	Time	Location
Parents & Caregivers (no child care)	Friday February 23	9:30-11:00 am	Fortinos, 21 Upper Centennial Pkwy, Community room
Parents & Caregivers (no child care)	Monday April 16	6:00- 7:30 pm	Fortinos 65 Mall Road community room
Parents & Caregivers (no child care)	Friday June 15	9:30-11:00 am	Fortinos, 21 Upper Centennial Pkwy, Community room
Parents & Caregivers (no child care)	Wednesday July 4	10:00-11:30 pm	Ron Joyce Children’s Health Centre, 3 <sup>rd</sup> floor

### **Emotions in Motion – Self Regulation (1 session)**

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

Participants	Date	Time	Location
Parents & Caregivers (no child care)	Tuesday January 23	10:00- 11:30 am	Ron Joyce Children’s Health Centre, 3 <sup>rd</sup> floor
Parents & Caregivers (no child care)	Thursday March 29	12:30- 2:00 pm	Ron Joyce Children’s Health Centre, 3 <sup>rd</sup> floor
Parents & Caregivers (no child care)	Tuesday May 15	10:00- 11:30 am	Ron Joyce Children’s Health Centre, 3 <sup>rd</sup> floor

### **Friendships: Helping your child make and keep them (1session)**

A one session workshop 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.

Participants	Date	Time	Location
Parents & Caregivers (no child care)	Thursday January 4	10:00- 11:30 am	Ron Joyce Children’s Health Centre, 3 <sup>rd</sup> floor
Parents & Caregivers (no child care)	Thursday May 10	10:00- 11:30 am	Ron Joyce Children’s Health Centre, 3 <sup>rd</sup> floor
Parents & Caregivers (no child care)	Friday June 8	9:30-11:00 am	Fortinos, 21 Upper Centennial Pkwy, Community room

### **Giving Your Child the Tools for Life (1 session)**

This two hour 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.

Participants	Date	Time	Location
Parents & Caregivers (no child care)	Thursday January 4	9:30-11:30 am	OEYC Helen Detwiler 320 Brigade Dr
Parents & Caregivers (no child care)	Thursday February 15	10:00- 11:30 am	Ron Joyce Children’s Health Centre, 3 <sup>rd</sup> floor
Parents & Caregivers (no child care)	Thursday April 26	9:30-11:30 am	Coach House OEYC, 22 Victoria St, Dundas
Parents & Caregivers (no child care)	Thursday June 21	10:00- 11:30 am	Ron Joyce Children’s Health Centre, 3 <sup>rd</sup> floor

**My Child Doesn't Want to Go to School! (1 session)**

An interactive workshop to help parents understand why their child/teen may be struggling with school, and how to best support them. Topics Discussed: advocating for your child, tips to help with school refusal and anxiety, building routines and independence.

Participants	Date	Time	Location
Parents & Caregivers (no child care)	Wednesday August 22	12:30- 2:30 pm	Ron Joyce Children's Health Centre, 3 <sup>rd</sup> floor

**Temper tantrums VS Meltdowns: Is there really a difference? (1 session)**

After the age of two we expect that our children stop having temper tantrums. You may have a child that is well beyond the toddler years who still has a hard time controlling their emotions. Is it behavioural or is there really a concern we can help with?

Participants	Date	Time	Location
Parents & Caregivers (no child care)	Thursday February 8	12:30- 2:00 pm	Ron Joyce Children's Health Centre, 3 <sup>rd</sup> floor
Parents & Caregivers (no child care)	Thursday May 24	9:30-11:30 am	Coach House OEYC, 22 Victoria St, Dundas
Parents & Caregivers (no child care)	Monday June 14	10:00-11:30 am	Ron Joyce Children's Health Centre, 3 <sup>rd</sup> floor

**Treatment Options for Children with ADHD (1 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.

Participants	Date	Time	Location
Parents & Caregivers (no child care)	Wednesday March 28	6:00- 7:30 pm	Ron Joyce Children's Health Centre, 4 <sup>th</sup> floor

**Why Won't They Listen? (1 session)**

This one session 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.

Participants	Date	Time	Location
Parents & Caregivers (no child care)	Tuesday January 11	10:00-11:30 am	Ron Joyce Children's Health Centre, 3 <sup>rd</sup> floor
Parents & Caregivers (no child care)	Thursday February 22	9:30-11:30 am	Coach House OEYC, 22 Victoria St, Dundas
Parents & Caregivers (no child care)	Thursday April 5	9:30-11:30 am	OEYC Helen Detwiler 320 Brigade Dr
Parents & Caregivers (no child care)	Tuesday May 22	10:00-11:30 am	Ron Joyce Children's Health Centre, 3 <sup>rd</sup> floor
Parents & Caregivers (no child care)	Thursday June 28	9:30-11:30 am	Coach House OEYC, 22 Victoria St, Dundas
Parents & Caregivers (no child care)	Wednesday July 11	10:00-11:30 am	Ron Joyce Children's Health Centre, 3 <sup>rd</sup> floor