



Growing Together

A Community Education Guide for Parents, Youth and Children

PARENT EDUCATION | COURSES | WORKSHOPS | GROUPS

2020 | September - October



FREE
RESOURCES
FOR PARENTS,
YOUTH AND
CHILDREN



VARIETY OF
PARENTING &
HEALTH TOPICS

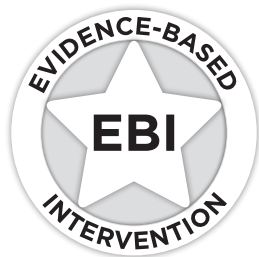


WELCOME TO GROWING TOGETHER

Growing Together is a community education guide for parents, children and youth listing courses, groups and workshops available in Hamilton from September to December 2019.

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!**



This star means the course is an “evidence-based intervention”. That means the course has been developed by professionals, uses a manual to provide consistent learning, and has been evaluated for effectiveness.

DISCLAIMER: Courses in this guide are offered by a variety of agencies and services across our community. If you have a question about one of these courses, please call the number listed in the course offering. Inclusion of a group or program in this guide does not imply endorsement by the Ron Joyce Children's Health Centre and McMaster Children's Hospital. Although every effort is made to ensure the accuracy of information in this guide, the Ron Joyce Children's Health Centre and McMaster Children's Hospital are not responsible for errors or omissions.



GROWING TOGETHER CONTENTS:

WORKSHOPS AND COURSES FOR

- 1 Expectant Parents/
Caregivers of Children

- 2 ATELIERS, CLASSES et
CENTRES de JEUX
disponibles en Francais

- 3 Parents/Caregivers of
Children 0-12 Years

- 5 Parents/Caregivers of
Children and Teens

- 8 Children and Teens

- 12 Adults

**For a detailed
listing of courses
please refer to
the Index
on page 16**

WORKSHOPS AND COURSES FOR
EXPECTANT PARENTS & PARENTS OF CHILDREN 0-12

Welcome Baby

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



Would you like support during your pregnancy? Join the Welcome Baby prenatal nutrition program. While our in-person groups are temporarily on hold, we are accepting new participants and providing phone support and resources such as grocery and prenatal vitamin gift cards and more!

FOR MORE INFORMATION CALL:

For more information visit:
<https://www.hamilton.ca/public-health/classes/prenatal-nutrition-programs-in-hamilton> or call Health Connections 905-546-3550.

To register, contact Jen Yates, Welcome Baby Coordinator at 905-546-2424 x1577 or email jennifer.yates@hamilton.ca

City of Hamilton - Public Health Services and Compass Community Health, with financial contribution from the Public Health Agency of Canada.

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

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



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

FOR MORE INFORMATION CALL:

Health Connections at 905-546-3550 for upcoming dates/times & to register.

***Program currently CLOSED due to Covid-19**

Breastfeeding Support Services

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

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

Virtual or phone support available.

FOR MORE INFORMATION CALL:

Health Connections 905-546-3550
Or connect via Facebook: "Healthy Families Hamilton"
Website:
<http://www.hamilton.ca/breastfeeding>
Email:
BreastFeedingSupport@hamilton.ca

Feeding Your Baby 0-12 Months and Making Baby Food

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

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:

Visit <https://www.hamilton.ca/public-health/clinics-services/feeding-your-baby-children> and www.facebook.com/HealthyFamiliesHamilton or call Health Connections at 905-546-3550.

***Program currently CLOSED due to Covid-19**

Feeding Young Children 1-6 Years

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

At these interactive, free, 1 hour sessions, Public Health Registered Dietitians teach parents and caregivers of children age 1-6 years about what foods to offer your child and how to create a healthy eating environment, which includes family mealtimes and role modelling.


FOR MORE INFORMATION:

Visit <https://www.hamilton.ca/public-health/clinics-services/feeding-your-baby-children> and www.facebook.com/HealthyFamiliesHamilton or call Health Connections at 905-546-3550.

***Program currently CLOSED due to Covid-19**

Group Triple P Ages 2-6

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

Are you having trouble with your child's behaviour?
 Triple P Positive Parenting Program is a 9 week program for parents interested in learning ways to build a positive relationship with their child and strategies to respond to challenging behaviours.

FOR MORE INFORMATION CALL:

Health Connections at 905-546-3550 for upcoming dates/times & to register.

***Program currently CLOSED due to Covid-19**

ATELIERS, CLASSES ET CENTRES DE JEUX DISPONIBLES EN FRANCAIS

Prenatal Classes in French **Centre de Santé Communautaire** **Hamilton Niagara**

Information and support in regards to pregnancy, childbirth, breast feeding and caring for your baby under the Canadian Prenatal Nutrition Program.

LOCATION: 1320 Barton St. E.,
Hamilton

FOR MORE INFORMATION:
call 905-528-0163.

Groupe Bon Début (French **support group for mothers**

Centre de Santé Communautaire **Hamilton Niagara**

Support group for francophone mothers with young children and pregnant women. This group offers information and discussions about child development and parenting issues. Please call for dates and times of next session.

TIME: 12:00 pm to 2:00 pm

LOCATION: Centre de Santé
Communautaire Hamilton Niagara
1320 Barton St. E., Hamilton

FOR FURTHER INFORMATION:
call 905-528-0163.

French Postnatal Yoga **Classes for Moms and** **Babies Under 10 Months**

Centre de Santé Communautaire **Hamilton Niagara**

Learn the techniques to relax and practice yoga with your baby while getting back in shape. All classes are given in French only. A series of 5 sessions given once a week. Call to find out when the next sessions begin.

LOCATION: 1320 Barton St. E.,

FOR MORE INFORMATION:
please call 905-528-0163 ext. 3229.

Infant Massage in French

Centre de Santé Communautaire **Hamilton Niagara**

This is a program designed to teach parents and caregivers of infants (0-12 months) a warm and nurturing bonding experience through touch.

LOCATION: 1320 Barton St. E.,
Hamilton

FOR MORE INFORMATION AND
REGISTRATION:
call 905-528-0163.

Centre de la Petite Enfance **Notre-Dame (OEYC Notre-** **Dame)**

Centre de Santé Communautaire **Hamilton Niagara**

Best Start Resource Centre for French speaking families to play and learn with your children and to meet other parents. French books available for parents. Special seasonal activities organized for parents and children aged 0-12 years old. Open every Monday and Thursday.

DATE: every Monday

TIME: 1:00 pm to 7:00 pm

LOCATION: Centre de la petite enfance
Notre-Dame
400 Cumberland Ave., Hamilton
and

DATE: Tuesday to Friday

TIME: 10:00 am to 2:00 pm

LOCATION: Centre de la petite enfance
Notre-Dame
400 Cumberland Ave., Hamilton

FOR MORE INFORMATION:
please call 905-549-3383.

Parlons de Nos **Nourrissons (in French)**

Centre de Santé Communautaire **Hamilton Niagara**

Discussion group for mothers with young babies under the age of 12 months. Topics discussed are nutrition, home security and questions of mental health.

LOCATION: Centre de Santé
Communautaire Hamilton Niagara
1320 Barton St. E., Hamilton

FOR MORE INFORMATION:
call 905-528-0163.



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:

For more information, or to register, contact: Jenna McHugh 905-523-6611 ext. 3007, jmchugh@compassch.org

The ABC's of CSB - Online

THRIVE Child and Youth Trauma Services

The ABC's of CSB (Concerning Sexualized Behaviours) is a two-part online educational course for parents/caregivers of children (ages 11 and under) with concerning sexualized behaviours.

Participants will benefit from having the opportunity to increase their knowledge about child sexual development and how to support and respond to a child who is exhibiting concerning sexualized behaviours.

FOR MORE INFORMATION CALL:

Please visit Thrive's website www.thrivechildandyouth.ca for eligibility requirements and registration details.

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.

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.

FOR MORE INFORMATION CALL:

905-521-2100 ext. 77406

Building your Parenting Toolbox

Ron Joyce Children's Health Centre

This is a series of 3 weekly VIRTUAL sessions (in a row) on ZOOM.

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.

You must attend all three dates listed in the series you are registering for

SERIES DATES:

Wednesday, December 2, 2020 AND

Wednesday, December 9, 2020 AND

Wednesday, December 16, 2020.

TIME: 6:00 pm to 7:00 pm

LOCATION: VIRTUAL session on ZOOM

TO REGISTER CALL:

Please call 905-521-2100 x74147: or email communityeducationse@hhsc.ca to register.

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.

FOR MORE INFORMATION CALL:

905-521-2100 ext. 77406

Positive Parenting

Ron Joyce Children's Health Centre

This is a 60 minute online VIRTUAL session through ZOOM.

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

DATE: Tuesday, November 24, 2020

TIME: 6:00 pm to 7:00 pm

LOCATION: VIRTUAL session on ZOOM

TO REGISTER CALL:

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

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.

Parenting With Love

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

Are you having trouble with your child's behaviour?

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

FOR MORE INFORMATION CALL:

Health Connections at 905- 546-3550 for upcoming dates/times & to register.

***Program currently CLOSED due to Covid-19**

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

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

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



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

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

***Program currently CLOSED due to Covid-19**

Moving Towards Healing

THRIVE Child and Youth Trauma Services

A ten-week group for parents/caregivers of sexually abused children.

Learn about how children are impacted, how to help and support a child's healing, to develop safety plans, understand the treatment process, gain coping skills, and strengthen the parent-child relationship.

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

A screening appointment is required prior to the start of group.

The child must be in treatment for parents/caregivers to be eligible to attend this group.

FOR MORE INFORMATION, GROUP START DATES AND TO REGISTER:
call Janice Floyd at 905-523-1020 ext. 212.

Check It Out Drop-Ins

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

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-in-sessions>

***Program currently CLOSED due to Covid-19**

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.

FOR MORE INFORMATION CALL:
905-521-2100 ext. 77406



Children are the hands
by which we take hold
of heaven



Henry Ward Beecher

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, social media [@fasdhamiltonca](https://www.facebook.com/fasdhamiltonca), or visit www.fasdhamilton.ca.

Why Won't They Listen? (Online)

Ron Joyce Children's Health Centre

One 60-minute VIRTUAL session through ZOOM.

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.

DATE: September 23, 2020

TIME: 6:00 pm to 7:00 pm

LOCATION: VIRTUAL session through ZOOM.

TO REGISTER CALL:

905-521-2100 ext. 74147 or email communityeducationse@hhsc.ca to register.

WORKSHOPS AND COURSES FOR PARENTS/CAREGIVERS OF CHILDREN AND TEENS

Learn How to Validate Your Child/Teen (Online)

Ron Joyce Children's Health Centre

This is a 60 minute VIRTUAL session through ZOOM.

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: Tuesday, December 1, 2020

TIME: 6:00 pm to 7:00 pm

LOCATION: VIRTUAL sessions on ZOOM

TO REGISTER CALL:

Call 905-521-2100 x 74147 or email communityeducationse@hhsc.ca to register.

Growing the Roots of Resilience

City of Hamilton Public Health Services Healthy Families Division

Group program for caregivers and children (6-12) experiencing caregiver conflict due to separation/divorce. Each caregiver alternates bringing the child(ren) week by week. Caregiver each attend 4 sessions; children attend all 8 sessions. Sessions are 90 minutes.

We are in the process of adapting this group to be delivered virtually.

TO REGISTER CALL:

Pre-screening is required in order to register.

For more information or to register please call our centralized access partner, Contact Hamilton 905-570-8888.

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.

Family Support Program

John Howard Society

An early intervention program designed to offer parents with youth aged 12-17yrs the opportunity to share their concerns, learn realistic and practical approaches for addressing challenges faced in raising adolescents today.

Service is offered in individual or group formats.

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

FOR MORE INFORMATION:

Contact Margaret Fuca at
905-522-4446 x 258 or 365-323-0224

Courage to Tell Online Parent/Caregiver Education Program

THRIVE Child and Youth Trauma Services

Courage to Tell is a two-part online learning opportunity designed for parents/caregivers who are dealing with a recent disclosure of sexual abuse involving their child/youth.

Participants will gain important knowledge about such areas as how to support their child/youth during this emotional and challenging time, how to respond to different questions and/or behaviours, how to navigate their way through the process of dealing with their child's/youth's disclosure of sexual abuse, etc.

FOR MORE INFORMATION:

For specific eligibility criteria and registration details go to www.thrivechildandyouth.ca

“
Life is 10% what
happens to you and 90%
how you react to it

”

Charles R. Swindoll

WORKSHOPS AND COURSES FOR
PARENTS/CAREGIVERS OF CHILDREN AND TEENS

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 currently being held online

TIME:

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

VIRTUAL DROP-IN DATES/THEMES:

September 17, 2020
(Back to School Check-In)

October 15, 2020
(How Full is Your Cup?)

November 4, 2020
(Keeping Your Patience While Learning at Home)

December 17, 2020
(Family Fun and Celebrations)

TO REGISTER:

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



You must be the change
you wish to see in the
world



Mahatma Ghandi

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.

DATES/TIME:

All meetings run 6:30 pm to 8:00 pm and are held weekly for 8 weeks, beginning Tuesday, October 27, 2020.

TO REGISTER CALL:

Please RSVP to Susan Repa by calling 905-387-2448 ext. 2230 or email childandfamily@kempshospice.org

Family Nights (Online)

Dr. Bob Kemp Hospice

Connect with other families through a theme-grief-based activity. Family Night boxes will be provided with everything that you will need for the activity and then join us on ZOOM as we remember our loved ones.

DATES/TIMES:

Group runs monthly on the 3rd Thursday of the month, beginning Thursday, October 22, 2020 at 7:00 pm

FALL 2020 THEMES:

October: Day of the Dead
November: Remembrance stained glass (Butterflies)
December: Gingerbread houses and memories

TO REGISTER CALL:

Registration is mandatory as a Family Night box and ZOOM link will be provided upon registration.

Please RSVP to Susan Repa by calling 905-387-2448 ext. 2230 or email childandfamily@kempshospice.org

Understanding ADD/ADHD (Online)

Ron Joyce Children's Health Centre

One 60-minute VIRTUAL session through ZOOM.

This one session workshop will go over common behaviours and characteristics of ADHD. Whether your child is diagnosed or you are suspecting they may have ADHD, this workshop will give you some practical tips to help you on your parenting journey.

DATE: October 7, 2020

TIME: 6:00 pm to 7:00 pm

LOCATION: VIRTUAL session via ZOOM

TO REGISTER CALL:

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



Creativity is
intelligence having
fun



Albert Einstein

WORKSHOPS AND COURSES FOR
PARENTS/CAREGIVERS OF CHILDREN AND TEENS

Co-Parenting Through Divorce and Separation (Online)

Ron Joyce Children's Health Centre

This is a 60 minute VIRTUAL session on ZOOM.

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

DATE: Tuesday, December 15, 2020

TIME: 6:00 pm - 7:00 pm

LOCATION: VIRTUAL session on ZOOM

TO REGISTER CALL:

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

YourSpace Hamilton Online Sessions and Resources 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

McMaster Children's Hospital Autism Program

Ron Joyce Children's Health Centre

The McMaster Children's Hospital Autism Program Fall Service Guide is now available!

The Guide includes both virtual and in-person services beginning the months of September and October 2020. Many of the services are provided as part of the Ontario Autism Program (OAP) Foundational Family Services and are available at no cost.

TO REGISTER OR FOR MORE INFORMATION CALL:

Call 905-521-2100 x 78972 or email autismprogram@hhsc.ca or browse our Fall 2020 online service guide at https://www.hamiltonhealthsciences.ca/wp-content/uploads/2020/08/AutismProgram_ServicesGuide_Fall2020.pdf

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

Parenting your Anxious Child/Teen (Online)

Ron Joyce Children's Health Centre

This is a series of 3 weekly VIRTUAL sessions through yourspacehamilton.ca.

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

DATES (3 SESSIONS):

Monday, September 21, 2020

Monday, September 28, 2020

Monday, October 5, 2020

TIME: 6:00 pm - 7:00 pm

LOCATION: VIRTUAL sessions through yourspacehamilton.ca

TO REGISTER CALL:

Register online at <https://yourspacehamilton.ca/register/family-sessions/>



Let your life lightly dance
on the edges of time like
dew on the tip of a leaf



Rabindranath Tagore

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.

Visit <https://www.hamilton.ca/recreation/adapted-programs> for more information.

Cooking Up Care (Online)

Dr. Bob Kemp Hospice

Our chef will guide youth ages 13-17 through the recipe from the pre-delivered Cooking up Care box. ZOOM will be used as we make the meal together and then our grief facilitators and other group participants will connect over dinner.

DATES/TIMES: Group begins Monday, October 19, 2020 and runs for 6 weeks from 6:00 p.m. - 8:00 p.m.

TO REGISTER CALL:

Registration is mandatory as a Cooking up Care box and ZOOM link will be provided upon registration.

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

Games Night (Online)

Dr. Bob Kemp Hospice

Come and enjoy a fun hour of games online with children and youth ages 7-17 who have similar experiences.

DATES/TIMES:

Group runs monthly on the last Thursday of the month, beginning Thursday, October 29, 2020 at 7:00 pm

TO REGISTER CALL:

Registration is mandatory as a ZOOM link will be provided upon registration.

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

Sibteens - Opening Hearts Online

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.

Programs are now being held virtually.

FOR MORE INFORMATION:

visit www.openinghearts.ca/sibteens.

Sibshops - Opening Hearts Online

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.

Programs are now being held virtually.

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.



The journey of a
thousand miles begins
with one step.



Lao Tzu

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.

Programs are now being held virtually.

FOR INFORMATION:

For more information, or to book a screening, please contact Abby Flinders at 905-522-4446 x250.

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 play, and skills practicing.

Programs are now being held virtually.

FOR INFORMATION:

For more information, or to book a screening, please contact Abby Flinders at 905-522-4446 x250.

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

Program is now being offered virtually.

FOR INFORMATION:

Registration is required.
Please Contact Abby Flinders at 905-522-4446 x250.

SURE Program (Self-Understanding and Emotional Regulation)

Banyan Community Services

The Self-Understanding and Regulating Emotions (SURE) program aims to address emotional and behavioural issues among young people aged 12-14 who face barriers to developing strong emotional and social skills, which can have an impact on relationships with family, teachers and members of their peer group. SURE achieves this by teaching emotional regulation skills to the young person and their parents in a group setting.

DATE: Offered one evening for 8 consecutive weeks - sessions offered quarterly.

LOCATION: Banyan Community Services

FOR MORE INFORMATION CONTACT:

Dane Bott, Program Coordinator at 905-544-7778 ext. 3131 or email Sure@banyancs.org

Project Youth AFFIRM (Online)

University of Toronto/Planned Parenthood Toronto

Project Youth AFFIRM (ages 12-14; and 15-18) offered online with Hamilton Family Health Team, Hamilton-Wentworth District School Board, Compass Community Health, Hamilton Catholic Children's Aid Society (CCAS).

offers 8 FREE sessions of coping skills training for LGBTQ+ youth (ages 12-14; and 15-18).

BENEFITS OF AFFIRM:

An opportunity to build community and meet other LGBTQ+ youth.

Learn stress coping skills to navigate mental health.

Compensation for survey completion.

AFFIRM will help you to decrease unhelpful thoughts, learn stress coping skills to navigate mental health challenges, make health-related choices for your sexual and mental health, and provide an opportunity to build community and meet other LGBTQ+ youth.

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

LOCATION:

Offered online using Zoom video conferencing.

CONTACT:

Website: www.projectyouthaffirm.org

Contact Rachael Pascoe, AFFIRM Coordinator at email address: rachael.pascoe@mail.utoronto.ca



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



Malala Yousafzai

WORKSHOPS AND COURSES FOR CHILDREN AND TEENS

Stress Less for Teens (Online)

Ron Joyce Children's Health Centre & yourspacehamilton.ca

This is a 60 minute session online through www.yourspacehamilton.ca.

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.

TO REGISTER:

Visit <https://yourspacehamilton.ca/register/youth-sessions/> to register.

SNAP Program

Banyan Community Services

The SNAP program is for children between the ages of 6 to 11 years who are experiencing behavioural problems at home, school, or in the community. Through both individual and group work, children & their families learn and practice self-control and problem solving.

FOR 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.

To be responsive to the current context of Covid-19 and our Quick Access Service and Mental Health Walk-In sites are temporarily closed to the public however our services are open and able to provide treatment virtually by phone and/or online. In-person sessions held at our clinic location may be available upon request.

Our Quick Access Mental Health walk-ins is designed to provide brief, single-session therapy for children and youth seeking mental health services that could benefit from a brief and immediate intervention with a therapist.

HOW TO BOOK AN APPOINTMENT FOR BRIEF, SINGLE-SESSION THERAPY:

Due to Covid-19, the referral and booking process for our QAS Mental Health Walk-in for brief, single-session therapy has been streamlined. Youth and families can book an appointment directly with Public Health Services, Child and Adolescent Services.

By phone at 905-546-2424 ext. 3678 or online at <https://www.hamilton.ca/public-health/clinics-services/mental-health-services-children-and-youth-online-registration>

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

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.

WORKSHOPS AND COURSES FOR CHILDREN AND TEENS

kNOw Fear 8-12yrs (Online)

Ron Joyce Children's Health Centre



This is a series of 6 VIRTUAL weekly sessions (in a row) via ZOOM.

The first session is a PARENT-ONLY orientation. The remaining 5 sessions parent & child attend together.

kNOw Fear is an **educational** anxiety group for children ages 8-12 years and their caregiver(s). Together the family will learn what stressors most effect their child. Identify how the child reacts to these worries/fears, and how to deal with them in a positive and effective way. This is not a treatment group.

PARENT ONLY INFORMATION SESSION:

Wednesday, October 21, 2020

SESSIONS (PARENT & CHILD):

Wednesday, October 28, 2020 AND
Wednesday, November 4, 2020 AND
Wednesday, November 11, 2020 AND
Wednesday, November 18, 2020 AND
Wednesday, November 25, 2020
(6 sessions)

TIME: 5:30 pm to 6:30 pm

LOCATION: VIRTUAL session through ZOOM.

TO REGISTER CALL:

Call 905-521-2100 ext. 74147 or email communityeducationse@hhsc.ca

Limited Enrollment - This course may have a waitlist.

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.

Writing Grief Songs

Dr. Bob Kemp Hospice

Any child or teen, ages 7-17, who has experienced the death of a family member or very close friend can join the group.

No song writing experience necessary! Come and learn how to connect and remember through song.

DATES/TIMES:

Group runs weekly beginning Thursday, October 22, 2020 for 6 weeks from 6:30 pm - 8:00 pm

TO REGISTER CALL:

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

YourSpace Hamilton Online Sessions and Resources 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

Grief Through the Lens - a Photovision Club for Youth

Dr. Bob Kemp Hospice

Any child or teen ages 13-17 who has experienced the death of a family member or very close friend can join the group.

No photography experience necessary! Come and learn how to connect and remember your loved one through the beauty of photography.

DATES/TIMES:

Group runs weekly beginning Wednesday, October 21, 2020 for 8 weeks from 6:30 pm - 8:00 pm

TO REGISTER CALL:

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

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.

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 hnhbscreenforlife.ca for Coach schedule.

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.

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

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.

WORKSHOPS AND COURSES FOR ADULTS

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 8 sessions beginning Monday, October 19, 2020, 6:30 pm to 8:30.

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

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 Wednesdays from 6:30 pm to 8:30 pm starting October 21, 2020.

FOR DATES/TIMES AND TO REGISTER:

To register please contact Bereavement and Supportive Care Manager Jessica at 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 beginning October 7, 2020 weekly from 8:30 a.m. - 10:30 a.m.

FOR DATES/TIMES AND TO REGISTER:

To register please call our Bereavement and Supportive Care Manager Jessica at 905-387-2448 ext. 2206

Spousal Loss Support Group

Dr. Bob Kemp Hospice

This is an opportunity to connect with other bereaved individuals in a safe and supportive environment.

This group welcomes anyone who has experienced the death of their partner.

DATE: Begins Thursday, October 22, 2020 weekly for 8 weeks

TIME: 1:00 pm to 3:00 pm

FOR DATES/TIMES AND TO REGISTER:

please call Jessica Milette
905-387-2448 ext. 2206

“

I dwell in possibility

”

Emily Dickenson

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.

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

WORKSHOPS AND COURSES FOR ADULTS

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 Cattel 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

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.

Project AFFIRM (ages 18+) Online

University of Toronto/Planned Parenthood Toronto

Project AFFIRM (Ages 18+) offered online with Hamilton Family Health Team, Hamilton-Wentworth District School Board, Compass Community Health, Hamilton Catholic Children's Aid Society (CCAS)

Project AFFIRM offers 8 FREE sessions of coping skills training for LGBTQ+ young adults (ages 18+)

BENEFITS OF AFFIRM:

An opportunity to build community and meet other LGBTQ+ young adults. Learn stress coping skills to navigate mental health. Compensation for survey completion.

AFFIRM will help 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+ young adults.

(For Project Youth AFFIRM, please see listing under "Courses for Children and Teens" on page 9 of this guide)

LOCATION:

Offered online using Zoom video conferencing.

CONTACT:

Website: www.projectyouthaffirm.org
Contact Rachael Pascoe, AFFIRM Coordinator at email address: rachael.pascoe@mail.utoronto.ca

WORKSHOPS AND COURSES FOR ADULTS

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

“

Try to be a rainbow in someone's cloud.

”

Maya Angelou

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

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.

Continuing Connections (Online)

Dr. Bob Kemp Hospice

A drop-in online peer support group for anyone who has previously attended a Dr. Bob Kemp Hospice bereavement group in the past.

DATE: 3rd Tuesday of the month with a theme/topic for discussion. Starting Tuesday, October 20th.

FOR DATES/TIMES AND TO REGISTER:

please call Jessica Milette
905-387-2448 ext. 2206

Men's Support Circle (Online)

Dr. Bob Kemp Hospice

Drop-in online peer support space for men who have grieved the loss of a loved one; themes/topics for each gathering.

DATE: 2nd Thursday of the month starting Thursday, October 8, 2020.

FOR DATES/TIMES AND TO REGISTER:

please call Jessica Milette
905-387-2448 ext. 2206

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) 522-7336.

“

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

”

Martin Luther King Jr.

GROWING TOGETHER

GUIDE INDEX

ATELIERS, CLASSES et CENTRES de JEUX disponibles en Français

- 2 Centre de la Petite Enfance Notre-Dame
- 2 French Postnatal Yoga Classes - Moms and Babies Under 10 Months
- 2 Groupe Bon Début (French support group for mothers)
- 2 Infant Massage in French
- 2 Parlons de Nos Nourrissons (in French)
- 2 Prenatal Classes in French

WORKSHOPS/COURSES for Expectant Parents, Parents/Caregivers of Children 0-12

- 1 Welcome Baby
- 1 Dealing with Challenging Behaviours Triple P Discussion Group
- 1 Breastfeeding Support Services
- 1 Feeding Your Baby 0-12 Months/Making Baby Food
- 1 Feeding Young Children 1-6 Years
- 1 Group Triple P Ages 2-6
- 3 Children's Breakfast Club
- 3 The ABCs of CSB - Online
- 3 Early Words
- 3 Right From the Start
- 3 Building Your Parenting Toolbox
- 3 Circle of Security Parenting
- 3 Positive Parenting
- 3 LEAF Group (Learning Effective Anti-Violence in Families)
- 3 Parenting With Love
- 4 Managing Fighting & Aggression Triple P
- 4 Moving Towards Healing
- 4 Check-It-Out Drop Ins
- 4 COPEing with Toddler Behaviour
- 4 Hamilton FASD Resource Team
- 4 Why Won't They Listen? (Online)

WORKSHOPS/COURSES for Parents/Caregivers of Children/Teens

- 5 Learn How to Validate Your Child/Teen (Online)
- 5 Growing the Roots of Resilience
- 5 The Courage Collection
- 5 Family Support Program
- 5 Courage to Tell Online Parent/Caregiver Education Program
- 6 Parents for Children's Mental Health (PCMH)
- 6 Concurrent Parent & Children/Youth Groups
- 6 Family Nights (Online)
- 6 Understanding ADD/ADHD (Online)
- 7 Co-Parenting Through Divorce and Separation (Online)
- 7 YourSpace Hamilton Online Sessions and Resources for Families
- 7 McMaster Children's Hospital Autism Program
- 7 The ABCs on OCD
- 7 Parenting Your Anxious Child/Teen (Online)

WORKSHOPS/COURSES for Children & Teens

- 8 Adapted Recreation
- 8 Cooking up Care (Online)
- 8 Games Night (Online)
- 8 Sibteens - Opening Hearts
- 8 Sibshops - Opening Hearts
- 8 Pediatric Visiting Volunteer Program
- 9 Choices
- 9 Choices in Anger
- 9 Achieves
- 9 SURE Program (Self-Understanding & Emotional Regulation)
- 9 Project Youth AFFIRM (12-17 yrs) Online
- 10 Stress Less for Teens (Online)
- 10 SNAP Program
- 10 Quick Access Services - Mental Health Walk-In
- 10 HEROs

- 10 Child Trauma and Abuse Counselling
- 11 kNOw Fear 8-12 Years (Online)
- 11 Pediatric Day Wellness Program
- 11 Writing Grief Songs
- 11 YourSpace Hamilton Sessions and Resources for Youth
- 11 Grief Through the Lens - a Photovision Club for Youth

WORKSHOPS/COURSES for Adults

- 12 Women Leading the Way
- 12 Women's Weekly
- 12 Trauma & Abuse Counselling
- 12 Golden Girls
- 12 Express Yourself
- 12 Mobile Cancer Screening Coach
- 12 Creating a Safe Space
- 12 Supportive Mothering
- 12 Understanding Anger
- 13 A Daughter's Grief
- 13 Volunteer Visiting
- 13 Finding Our Way: Learning to Live with Loss
- 13 Hiking Through Grief
- 13 Spousal Loss Support Group
- 13 Community Day Program
- 13 Women Getting Work
- 12 Adult Grief Support
- 14 Taking Flight
- 14 Coping with Grief and Loss
- 14 Peer Support
- 14 My Journey to Self
- 14 Women's Wellness
- 14 Project AFFIRM (Ages 18+) Online
- 15 Rebuilding a Healthy Me
- 15 Self-Esteem
- 15 Individual Abuse Counselling
- 15 Healthy Cooking
- 15 Continuing Connections (Online)
- 15 Men's Support Circle (Online)
- 15 New Choices

Your Contact to Services for Children and youth.

Contact Hamilton can help. We are your first point of contact if you need assistance from agencies that support children, youth and families with behavioral, emotional and developmental concerns.

We will provide information about services in Hamilton, identify the services that can respond to your family's needs and make referrals.



Call us at **905.570.8888**



Growing Together
A Community Education Guide for Parents, Youth and Children



For current updates to the Growing Together Guide, visit <https://www.hamiltonhealthsciences.ca/mcmaster-childrens-hospital/patients-visitors/family-resources/>

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



PARENT
EDUCATION
COURSES
WORKSHOPS
GROUPS

LOCATIONS
WITHIN THE
HAMILTON AREA

