



# Growing Together

A Community Education Guide for Parents, Youth and Children

September-  
December

2017



Parent Education



Courses



Workshops



Groups



**McMaster  
Children's  
Hospital**

RON JOYCE CHILDREN'S  
HEALTH CENTRE

Ontario Early Years Centres  
A Place For Parents And Their Children.



Centres de la petite enfance  
Un endroit pour les parents et leurs enfants.



## Inside the Guide!

**FREE workshops and courses for**

|   |           |
|---|-----------|
| <b>Parents (in French)</b> .....            | <b>3</b>  |
| <b>Prenatal</b> .....                       | <b>4</b>  |
| <b>Parents of 0-6 years</b> .....           | <b>7</b>  |
| <b>Parents of 6-12 years</b> .....          | <b>12</b> |
| <b>Parents of 12-18 years</b> .....         | <b>13</b> |
| <b>Parents of children of any age</b> ..... | <b>14</b> |
| <b>Children 6-12 years old</b> .....        | <b>22</b> |
| <b>Teens 12-18 years old</b> .....          | <b>24</b> |
| <b>More resources for parents</b> .....     | <b>25</b> |



**Growing Together**  
Family Resource Centre  
Ron Joyce Children's Health Centre  
McMaster Children's Hospital

September 2017 - December 2017  
[www.mchcommunityed.ca](http://www.mchcommunityed.ca)



# Growing Together

A Community Education Guide for Parents, Youth and Children

## 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 2017.

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 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**  
Family Resource Centre  
Ron Joyce Children's Health Centre  
McMaster Children's Hospital

September 2017 - December 2017  
c 2017

[www.mchcommunityed.ca](http://www.mchcommunityed.ca)

## ATELIERS, CLASSES et CENTRES de JEUX disponibles en Français

---

### **Prenatal Classes in French**

Francophone Community Health Centre

Centre de santé communautaire  
Hamilton Niagara  
1320 Barton St. E.,  
Hamilton

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

*For more information call 905-528-0163.*

---

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

Francophone Community Health Centre

3rd Wednesday  
12:00 pm to 2:00 pm  
Centre de santé communautaire  
Hamilton Niagara  
1320 Barton St. E.,  
Hamilton

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.

*For further information, call 905-528-0163.*

---

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

Francophone Community Health Centre

de santé communautaire  
Hamilton Niagara  
1320 Barton St. E.,  
Hamilton

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

*For more information, call 905-528-0163.*

---

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

Francophone Community Health Centre

Centre de santé communautaire  
Hamilton Niagara  
1320 Barton St. E.,  
Hamilton

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.

*For more information, please call 905-528-0163 ext. 3229.*

---

### **Infant Massage in French**

Francophone Community Health Centre

Francophone Community Health Centre  
1320 Barton St. E.,  
Hamilton

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

*For more information and registration call 905-528-0163.*



## ATELIERS, CLASSES et CENTRES de JEUX disponibles en Francais

---

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

every Monday  
1:00 pm to 7:00 pm  
Centre de la petite  
enfance Notre-Dame  
400 Cumberland Ave.,  
Hamilton  
and  
Tuesday -Friday  
10:00 am to 2:00 pm  
400 Cumberland Ave.,  
Hamilton

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.

*For more information, please call 905-549-3383.*

---

## 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.

---

**Welcome Baby  
Youth Prenatal**  
Public Health Services



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

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

For more information, call Health Connections at 905-546-3550. Visit [www.hamilton.ca/PrenatalGroups](http://www.hamilton.ca/PrenatalGroups) or [www.facebook.com/HealthyFamiliesHamilton](https://www.facebook.com/HealthyFamiliesHamilton)

---

**Healthy Moms, Healthy  
Babies**  
Public Health Services  
Hamilton Prenatal Nutrition  
Project/ North Hamilton  
Community Health Centre



every Tuesday  
10:00 am to 12:00 pm  
North Hamilton  
Community Health  
Centre  
438 Hughson St. N.  
or  
every Thursday  
12:30 pm to 2:30 pm  
North Hamilton  
Community  
Health Centre  
438 Hughson St. N.

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.

For more information, call the North Hamilton Community Health Centre at 905-523-6611 ext. 3047 or Health Connections at 905-546-3550. Visit [www.hamilton.ca/PrenatalGroups](http://www.hamilton.ca/PrenatalGroups) and [www.facebook.com/HealthyFamiliesHamilton](https://www.facebook.com/HealthyFamiliesHamilton)

---



## WORKSHOPS and COURSES for Expectant Parents: Prenatal Courses

---

### Welcome Baby Public Health Services Hamilton



every Tuesday  
9:30 am to 11:30 am  
Sanford OEYC  
735 King St. E.,  
Floor 1A  
Hamilton

or

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

or

every Wednesday  
1:00 pm to 3:00 pm  
Dominic Agostino  
Riverdale Community  
Centre  
150 Violet Dr.,  
Hamilton

or

every Wednesday  
1:00 pm to 3:00 pm  
OEYC Main West  
1900 Main St. W.,  
Hamilton

or

every Thursday  
9:30 am to 11:30 am  
OEYC Hamilton East  
45 Ellis Ave.,  
Hamilton

or

every Thursday  
12:30 pm to 2:30 pm  
Church of the  
Ascension (corner of  
John & Charlton)  
258 John St. S.,  
(red door)  
Hamilton

Are you pregnant? Join a free weekly group to learn about healthy eating, prenatal care, breast feeding & 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.

*For more information, call Health Connections at 905-546-3550. Visit [www.hamilton.ca/PrenatalGroups](http://www.hamilton.ca/PrenatalGroups) and [www.facebook.com/HealthyFamiliesHamilton](http://www.facebook.com/HealthyFamiliesHamilton)*





## WORKSHOPS and COURSES for Expectant Parents: Prenatal Courses

---

### Teen Prenatal Classes

St. Martin's Manor

every Thursday  
1:30 pm to 3:15 pm  
St. Martin's Manor  
500 Mohawk Rd. W.,  
Hamilton

Meet weekly with a Public Health Nurse and other teens in a caring, supportive environment to learn about your pregnancy, labour and delivery, infant care and feeding your baby.

*Please call 905-575-7500 prior to attending first session to confirm class is running.*

---

Believe you can and you're halfway there.

Theodore Roosevelt



Hamilton

## Hamilton Early Years Centres

Provide a place for young children up to six years of age to come play and learn with their parents or caregivers.

For more information call  
905-524-4884

French services available  
Des services en français  
sont disponibles



Ontario



**Growing Together**

Family Resource Centre  
Ron Joyce Children's Health Centre  
McMaster Children's Hospital

## WORKSHOPS and COURSES for Parents/Caregivers of Children 0-6 Years

---

### **Breastfeeding Support Services**

City of Hamilton  
Public Health Services  
Healthy Families Division

Hamilton Area

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).

Call Health Connections at (905) 546-3550 for an appointment or connect via Facebook: "Healthy Families Hamilton", website:<http://www.hamilton.ca/breastfeeding> or email: [BreastFeedingSupport@hamilton.ca](mailto:BreastFeedingSupport@hamilton.ca).

---

### **Car Seat Inspection Clinics**

City of Hamilton  
Public Health Services  
Healthy Families Division

Monthly clinics held at various locations throughout Hamilton

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. Inspections and installations are by appointment only. For more information or to register, call Health Connections at 905-546-3550.

---

### **Parenting with LOVE**

City of Hamilton  
Public Health Services  
Healthy Families Division

Date and Location to be announced

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.

*Please call Health Connections at 905-546-3550 to register.*

---

### **Check It Out Drop-Ins**

City of Hamilton  
Public Health Services  
Healthy Families Division

Various dates, times and locations across 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 information on other Check It Out Drop-In dates, times, and locations, or if you need any special provisions, please contact, Health Connections at 905-546-3550 or the Hamilton Early Years Information Line at 905-524-4884.*

---



## WORKSHOPS and COURSES for Parents/Caregivers of Children 0-6 Years

---

### **Feeding Your Baby 0-12 Months and Making Baby Food** Public Health Services

Various Ontario Early  
Years Centres (OEYCs)  
across Hamilton  
Locations vary  
Hamilton

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 about this one-time session, call Health Connections at 905-546-3550. Visit <https://www.hamilton.ca/public-health/clinics-services/feeding-your-baby-children> and [www.facebook.com/HealthyFamiliesHamilton](http://www.facebook.com/HealthyFamiliesHamilton).*

---

### **Feeding Young Children 1-6 Years** Public Health Services

Various Ontario Early  
Years Centres (OEYCs)  
across Hamilton  
Locations vary

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.

*To learn more about this one-time session, call Health Connections at 905-546-3550. Visit <https://www.hamilton.ca/public-health/clinics-services/feeding-your-baby-children> and [www.facebook.com/HealthyFamiliesHamilton](http://www.facebook.com/HealthyFamiliesHamilton).*

---

### **Teen OEYC** St. Martin's Manor

St. Martin's Manor  
500 Mohawk Rd. W.,  
Hamilton

Thursdays from 1:00-3:00 Wesley Urban Ministries facilitators come on-site to St. Martin's Manor for Ontario Early Learning Centre time with young moms, dads and their infants and toddlers. Come spend time with your child and other young parents!

*For more information please call 905-575-7500.*

---

### **Time for Me** St. Martin's Manor

11:00 am to 7:00 pm  
St. Martin's Manor  
500 Mohawk Rd. W.,  
Hamilton

Young parents up to 25 years of age can enjoy FREE childcare offered by experienced child care providers Saturdays from 11:00am - 7:00pm. This program is for children 3 months - 5 years of age.

*For more information, or to register, please call Sherri at 905- 575-7500 ext. 318. Registration is required.*





## WORKSHOPS and COURSES for Parents/Caregivers of Children 0-6 Years

---

### **New Choices** New Choices

10:00 am to 2:00 pm  
Womankind Building  
431 Whitney Ave.,  
Hamilton

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 schedule and program information, please call 905-522-5556.*

---

### **Taking Time For Me** The Salvation Army Grace Haven

Please call for location

Young parents up to age 21 years can enjoy FREE childcare offered by experienced child care providers on Fridays 10 am to 3 pm.

*For more information or to register please call 905-522-7336.*

---

### **Good Beginnings: A FREE in-home support program for mothers with newborns** YWCA Hamilton

YWCA Hamilton

This program provides FREE in-home support for mother with babies, under 6 month of age, feeling overwhelmed or who are at risk of postpartum depression. Referrals to this program can be accepted prior to delivery.

*For more information, to volunteer or to register, contact Liliana Figueredo at 905-522 9922 ext. 310 or email at [lfigueredo@ywcahamilton.org](mailto:lfigueredo@ywcahamilton.org).*

---

### **123 Magic** Ron Joyce Children's Health Centre

December 22, 2017  
one time Session  
9:30 am to 11:30 am  
Ron Joyce Children's  
Health Centre  
325 Wellington St. N.,  
Hamilton

During this one session workshop parents will watch Dr. Phelans 123 Magic Video. You will learn how to stop behaviours such as whining, tantrums, yelling, and arguing using the counting method. This technique is best for ages 3-12yrs

*To register call 905-521-2100 x74147 or online: [www.mchcommunityed.ca](http://www.mchcommunityed.ca). Once you have left your information consider yourself registered.*

---

### **Early Words**

Multiple locations.  
Please call for dates  
and locations

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](mailto:rdoherty@earlywords.ca).



## WORKSHOPS and COURSES for Parents/Caregivers of Children 0-6 Years

---

### Circle of Security Parenting

Ron Joyce Children's Health Centre



October 16, 2017  
Once a week Monday  
1:00 pm to 3:00 pm  
Kiwanis Boys & Girls  
Club OEYC  
45 Ellis Ave.,  
Hamilton

Free 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.

*For more information and upcoming spring sessions, call 905-521-2100 ext. 77406 or register online at [www.mchcommunityed.ca](http://www.mchcommunityed.ca).*

---

### Right From the Start

Ron Joyce Children's Health Centre



October 21, 2017  
Once a week  
Saturdays  
10:00 am to 12:00 pm  
Beasley Community  
Centre  
145 Wilson St.,  
Hamilton

Free parenting workshop for moms and dads of babies under 24 months. Participants will learn how to read their baby's cues and foster infant attachment security. Snacks, prizes, transportation assistance, and limited free childcare are available.

*For more information and upcoming spring sessions, call 905-521-2100 ext. 77406 or register online at [www.mchcommunityed.ca](http://www.mchcommunityed.ca).*

---

### COPEing with Toddler Behaviour

Ron Joyce Children's Health Centre



September 19, 2017  
Once a week Tuesday  
6:00 pm to 8:00 pm  
Ron Joyce Children's  
Health Centre  
325 Wellington St. N.,  
Hamilton

Free parenting workshop for caregivers of children 12-36 months. Participants will learn strategies to enhance the parent-child relationship and improve child behaviour. Snacks, prizes, transportation assistance, and limited free childcare are available.

*For more information and upcoming spring sessions, call 905-521-2100 ext. 77406 or register online at [www.mchcommunityed.ca](http://www.mchcommunityed.ca).*

---

### COPEing with 3-12 Year Olds Behaviour

Ron Joyce Children's Health Centre



September 8, 2017  
1:00 pm to 2:30 pm  
Ron Joyce Children's  
Health Centre  
325 Wellington St. N.,  
Hamilton  
or  
November 22, 2017  
6:30 pm to 8:00 pm  
Ron Joyce Children's  
Health Centre  
325 Wellington St. N.,  
Hamilton

This 6-week evidence based program teaches parenting strategies to strengthen relationships and increase cooperation with your children.

To register, please call 905-521-2100 ext. 74147 or register on line at [www.mchcommunityed.ca](http://www.mchcommunityed.ca). Once you leave your name and contact information you are considered registered.



**Growing Together**

Family Resource Centre  
Ron Joyce Children's Health Centre  
McMaster Children's Hospital

## WORKSHOPS and COURSES for Parents/Caregivers of Children 0-6 Years

---

### Group Triple P (Ages 2-6)

City of Hamilton  
Public Health Services  
Healthy Families Division



Various Ontario  
Early Years  
Centres &  
Recreation  
Centres  
Hamilton

Are you having trouble with your child's behavior? The 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.

*Call Health Connections at 905-546-3550 for dates and times of upcoming groups and to register.*

---

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

City of Hamilton  
Public Health Services  
Healthy Families Division



Various Ontario  
Early Years  
Centres &  
Recreation  
Centres  
Hamilton

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

*Call Health Connections at 905-546-3550 for dates and times of upcoming workshops and to register.*

---

### Sleep Challenges - Triple P Discussion Group (Ages 2-6)

City of Hamilton  
Public Health Services  
Healthy Families Division



Various Ontario  
Early Years  
Centres &  
Recreation  
Centres  
Hamilton

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

*Call Health Connections at 905-546-3550 for dates and times of upcoming workshops and to register.*

---

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

City of Hamilton  
Public Health Services  
Healthy Families Division



Various Ontario  
Early Years  
Centres &  
Recreation  
Centres  
Hamilton

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

*Call Health Connections at 905-546-3550 for dates and times of upcoming workshops and to register.*



## **WORKSHOPS and COURSES for Parents/Caregivers of Children 6-12 Years**

---

### **COPEing With 3-12 Year Olds with ADHD**

Ron Joyce Children's Health Centre



September 20, 2017  
6:30 pm to 8:00 pm  
Ron Joyce Children's Health Centre  
325 Wellington St. N.,  
Hamilton

or  
November 15, 2017  
12:30 pm to 2:00 pm  
Ron Joyce Children's Health Centre  
325 Wellington St. N.,  
Hamilton

or  
November 17, 2017  
1:00 pm to 2:30 pm  
Ron Joyce Children's Health Centre  
325 Wellington St. N.,  
Hamilton

This 6 week program teaches specific parenting strategies to assist with ADHD behaviours and strengthen relationships, reduce oppositional behaviours and increase cooperation.

*To register call 905-521-2100 ext. 74147 or online at [www.mchcommunityed.ca](http://www.mchcommunityed.ca) Once you have left your name and contact information you are considered registered.*

### **COPEing with 3-12 Year Olds Behaviour**

Ron Joyce Children's Health Centre



September 8, 2017  
weekly Friday  
1:00 pm to 2:30 pm  
Ron Joyce Children's Health Centre  
325 Wellington St. N.,  
Hamilton

or  
November 22, 2017  
weekly Wednesday  
6:30 pm to 8:00 pm  
Ron Joyce Children's Health Centre  
325 Wellington St. N.,  
Hamilton

This 6-week evidence based program teaches parenting strategies to strengthen relationships and increase cooperation with your children.

*To register, please call 905-521-2100 ext. 74147 or register on line at [www.mchcommunityed.ca](http://www.mchcommunityed.ca) Once you leave your name and contact information you are considered registered.*

### **Lone Mothers & Kids Recreation Program**

Lynwood Charlton Centre



October 16, 2017  
10 weeks Mondays  
5:30 pm to 7:30 pm  
Location TBD  
Hamilton

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.

*For more information or to register, call Carrie Macartney, Community Group Coordinator at 905-389-1361 ext. 263.*



**Growing Together**

Family Resource Centre  
Ron Joyce Children's Health Centre  
McMaster Children's Hospital

## WORKSHOPS and COURSES for Parents/Caregivers of Children 6-12 Years

---

**Temper Tamers**  
Lynwood Charlton  
Centre



October 10, 2017  
once a week Tuesdays  
6:00 pm to 8:00 pm  
Location TBD  
Hamilton

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.

*For more information or to register call  
Community Group Coordinator Carrie Macartney  
at 905- 389-1361 extension 263.*

---

## WORKSHOPS and COURSES for Parents/Caregivers of Teens 12-18 Years

---

**Family Support  
Program**  
John Howard Society

John Howard Society  
654 Barton St. E.,  
Hamilton

An early intervention program designed to offer parents with youth aged 12-17 years the opportunity to share their concerns, learn realistic and practical approaches for addressing challenges faced in raising adolescents today. Service is offered in individual or group formats.

*For more information contact Margaret at 905-  
522-4446 ext. 258.*

---

**How to Talk to Your  
Teen**  
Ron Joyce Children's  
Health Centre

November 1, 2017  
6:30 pm to 8:00 pm  
Ron Joyce Children's  
Health Centre  
325 Wellington St.. N.,  
Hamilton  
or  
December 15, 2017  
9:30 am to 11:30 am  
Bay Gardens  
947 Rymal Rd. E.,  
Hamilton

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.

*To register please call 905-521-2100 ext. 74147  
or online at [www.mchcommunityed.ca](http://www.mchcommunityed.ca). Once  
you have left your contact information you are  
considered registered.*

---

**Supporting Suicidal  
Teens**  
Ron Joyce Children's  
Health Centre

November 15, 2017  
6:00 pm to 7:30 pm  
Ron Joyce Children's  
Health Centre  
325 Wellington St. N.,  
Hamilton

*This one session workshop with child  
psychiatrist Dr. Boylan will give parents and  
caregivers in sight on: how to talk to your  
youth, what you can do in the early stages of  
their illness, questions to ask your doctor and  
community resources that can help.*

*To register call 905-521-2100 ext. 74147 or  
online: [www.mchcommunityed.ca](http://www.mchcommunityed.ca) Once you  
leave your information you are registered.*

---





## WORKSHOPS and COURSES for Parents/Caregivers of Children Any Age

---

### **Workshops for Parents of Children and Youth with Autism**

Autism Spectrum Disorder Program  
McMaster Children's Hospital

Locations are throughout the Hamilton, Niagara and Brant areas.

All workshops are free to attend and are offered through the McMaster Children's Hospital Autism Spectrum Disorder Program. All workshops cover information specific to the needs of children and youth with a diagnosis of an Autism Spectrum Disorder.

*To register, please contact Amy Phillips at 1-888-993-9974 or 905-521-2100 ext. 74136. An electronic version of the workshop calendar can also be found at [www.mcmasterchildrenshospital.ca/aba](http://www.mcmasterchildrenshospital.ca/aba).*

---

### **Parenting Your Anxious Child**

Ron Joyce Children's Health Centre

September 18, 2017  
6:00 pm to 7:30 pm  
Fortinos  
64 Mall Rd.,  
Hamilton  
or  
November 24, 2017  
1:00 pm to 2:30 pm  
Bay Gardens Upstairs  
Community Room  
947 Rymal Rd. E.,  
Hamilton

This 3 session 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.

*To register call 905-521-2100 x74147 or online at [www.mchcommunityed.ca](http://www.mchcommunityed.ca). Once you have left your name and contact information you are considered registered.*

---

### **An Introduction to Understanding Anxiety**

Ron Joyce Children's Health Centre

September 11, 2017  
6:00 pm to 7:30 pm  
Fortino's Community  
Room  
65 Mall Rd.,  
Hamilton  
or  
November 17, 2017  
9:30 am to 11:30 am  
Bay Gardens Upstairs  
Community Room  
947 Rymal Rd E.,  
Hamilton

This one session 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.

*To register call 905-521-2100 ext. 74147 or online at [www.mchcommunityed.ca](http://www.mchcommunityed.ca). Once you have left your name and contact information you are considered registered.*

---

### **LEAF Group (Learning Effective Anti-Violence in Families)**

Mission Services  
Good Shepherd

Hamilton Area

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 or to register, 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 Any Age

---

### **Child Trauma & Abuse Counselling** Catholic Family Services

For more information please call.

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, please call 905-527-3823 ext. 257. An intake counsellor will return your call and complete a referral.*

---

### **Advocating For My Child** Ron Joyce Children's Health Centre

November 8, 2017  
one time session  
4:30 pm to 6:00 pm  
Ron Joyce Children's Health Centre  
325 Wellington St. N.,  
Hamilton

Does your child have mental health and/or behavioral 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.

To register call 905-521-2100 ext. 74147 or online [www.mchcommunityed.ca](http://www.mchcommunityed.ca) Once you have left your contact information you are considered registered.

---

### **Managing Meltdowns** Ron Joyce Children's Health Centre

September 20, 2017  
12:30 pm to 2:00 pm  
Ron Joyce Children's Health Centre  
325 Wellington St. N.,  
Hamilton  
or  
October 16, 2017  
6:00 pm to 7:30 pm  
Fortinos Mall Road  
65 Mall Rd.,  
Hamilton

This 6 week course focuses on collaborative problem solving to help defuse difficult and explosive behaviours and improve communication. Coping strategies and two-way problem solving/communication will be taught. This program is best suited to parent of children 5 to 17.

*To register call 905-521-2100 ext 74147 or online at [www.mchcommunityed.ca](http://www.mchcommunityed.ca). Once you have left your name and contact information you are considered registered.*

---

### **I'm Shy** Ron Joyce Children's Health Centre

September 27, 2017  
one time Wednesday  
4:30 pm to 6:00 pm  
Ron Joyce Children's Health Centre  
325 Wellington St. N.,  
Hamilton

An introductory one session workshop that will explore 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.

Please call 905-521-2100 ext. 74147 or register online at [www.mchcommunityed.ca](http://www.mchcommunityed.ca) . Once you have left your contact information you are considered registered.



## WORKSHOPS and COURSES for Parents/Caregivers of Children Any Age

---

### **Cerebral Palsy Information Night** McMaster Children's Hospital

Please call for more  
information and upcoming  
dates and times

Presented by the Spasticity Clinic, topics  
include: understanding the basics of cerebral  
palsy, information about therapies/interventions,  
bone health, selective dorsal rhizotomy and  
hip monitoring. There will be an opportunity for  
questions at the end of the discussion.

*For upcoming dates and times please call Jen at  
905-521-2100 ext. 74275.*

---

### **Truth or Myth about Autism Spectrum Disorders: Ask the Doctor** Ron Joyce Children's Health Centre

October 24, 2017  
7:00 pm to 9:00 pm  
Ron Joyce Children's Health  
Centre  
325 Wellington St. N.,  
Hamilton

By Dr.Olaf Kraus de Camargo, Developmental  
Pediatrician, McMaster Children's Hospital. For  
Parents/Caregivers of children/youth diagnosed  
with ASD. Participants will learn the facts about ASD  
and receive practical strategies. Please leave your  
questions when registering.

To register please call Lisa at 905-521-2100  
ext.74032.

---



# CanChild

A non-profit research centre  
dedicated to generating knowledge  
and transforming lives.

CanChild is research centre at McMaster University specializing in children with developmental and health conditions.

We have a variety of resources and information for parents and caregivers on a wide-range of topics, including:

- Autism Spectrum Disorder
- Brain Injuries and Concussions
- Cerebral Palsy
- Developmental Coordination Disorder
- Participation Tip Sheets
- Easy to read Research Summaries

...and **more!**



[www.canchild.ca](http://www.canchild.ca)



[facebook.com/canchild.ca](https://facebook.com/canchild.ca)



[@canchild\\_ca](https://twitter.com/canchild_ca)

---

## WORKSHOPS and COURSES for Parents/Caregivers of Children Any Age

---

### **Moving Towards Healing**

THRIVE Child and Youth Trauma Services

6:30 pm to 8:30 pm  
THRIVE Child and Youth Trauma Services  
460 Main St. E., Suite 201  
Hamilton

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.*

---

### **Keeping Safe**

THRIVE Child and Youth Trauma Services

6:30 pm to 8:30 pm  
THRIVE Child and Youth Trauma Services  
460 Main St. E., Suite 201  
Hamilton

This 3-session educational group is designed for parents and caregivers of children with sexual behaviour problems. The group offers parents and 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, group start dates and to register call Janice Floyd at 905-523-1020 Ext. 212.*

---

### **The Courage Collection**

THRIVE Child and Youth Trauma Services

10:00 am to 6:00 pm  
The Kenilworth Library, 2nd Floor  
103 Kenilworth N.,  
Hamilton

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.*

---

### **Courage To Tell**

THRIVE Child and Youth Trauma Services

6:30 pm to 8:30 pm  
THRIVE Child and Youth Trauma Services  
460 Main St. E., Suite 201  
Hamilton

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. For more information, group start dates and to register call Janice Floyd at 905-523-1020 ext. 212.*



## WORKSHOPS and COURSES for Parents/Caregivers of Children Any Age

---

### **An Introduction to Understanding ADHD**

Ron Joyce Children's Health Centre

September 13, 2017  
one time session  
6:30 pm to 8:00 pm  
Ron Joyce Children's Health Centre  
325 Wellington St. N.,  
Hamilton

Through watching a video on ADHD & inattentive subtype, ODD parents will learn why their child acts the way they do. Staff will provide time for questions and offer additional advice to help your child succeed.

*To register call 905-521-2100 ext. 74147 or online: [www.mchcommunityed.ca](http://www.mchcommunityed.ca). Once you leave your information you are automatically registered.*

---

### **Giving Your Child the Tools for Life**

Ron Joyce Children's Health Centre

September 7, 2017  
9:30 am to 11:30 am  
Helen Detwiler School  
320 Brigade Dr.,  
Hamilton  
or  
October 26, 2017  
9:30 am to 11:30 am  
Dundas Coach House  
OEYC  
22 Victoria St.,  
Dundas  
or  
November 8, 2017  
6:30 pm to 8:00 pm  
Ron Joyce Children's Health Centre  
325 Wellington St. N.,  
Hamilton

This two hour 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.

*To register call 905-521-2100 ext. 74147 or online [www.mchcommunityed.ca](http://www.mchcommunityed.ca). Once you have left your name and contact information you are considered registered.*

---

### **Treatment Options for Children with ADHD**

Ron Joyce Children's Health Centre

October 25, 2017  
1 session Wednesday  
6:00 pm to 7:30 pm  
Ron Joyce Children's Health Centre (1st Floor conference room)  
325 Wellington St. N.,  
Hamilton

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.

*To register call 905-521-2100 ext. 74147 or online [www.mchcommunityed.ca](http://www.mchcommunityed.ca). Once you have left your contact information you are considered registered.*

---

### **Building Your Parenting Toolbox**

Ron Joyce Children's Health Centre

October 1, 2017  
Weekly Wednesdays  
4:30 pm to 6:00 pm  
Ron Joyce Children's Health Centre, 3rd floor  
325 Wellington St. N.,  
Hamilton

This 3 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 behaviours, reducing conflict, dealing with emotions, communication and problem solving.

*To register call 905-521-2100 ext. 74147 or online: [www.mchcommunityed.ca](http://www.mchcommunityed.ca). Once you leave your contact information you are considered registered.*





## WORKSHOPS and COURSES for Parents/Caregivers of Children Any Age

---

### **Help Your Child & Teen Stress Less**

Ron Joyce Children's Health Centre

October 4, 2017  
4:30 pm to 6:00 pm  
Ron Joyce Children's Health Centre  
325 Wellington St. N.,  
Hamilton

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 (one session)

*To register call 905-521-2100 ext 74147 or online at [www.mchcommunityed.ca](http://www.mchcommunityed.ca) Once you have left your name and contact information you are considered registered.*

---

### **Emotions in Motion (Emotional Regulation)**

Ron Joyce Children's Health Centre

September 13, 2017  
4:30 pm to 6:00 pm  
Ron Joyce Children's Health Centre  
325 Wellington St. N.,  
Hamilton

An educational workshop for caregivers explaining the basics of emotional regulation. You will learn how to help your child deal with their emotions in a helpful way. Teach your child and youth how to talk it out instead of act it out.

*To register please call 905-521-2100 ext. 74147 or online at [www.mchcommunityed.ca](http://www.mchcommunityed.ca) Once you have left your name and contact information you are considered registered.*

---

### **Positive Parenting**

Ron Joyce Children's Health Centre

September 6, 2017  
one time Wednesday  
4:30 pm to 6:00 pm  
Ron Joyce Children's Health Centre  
325 Wellington St. N.,  
Hamilton  
or  
October 5, 2017  
one time Thursday  
9:30 am to 11:30 am  
Helen Detwiler Elementary School  
320 Brigade Dr.,  
Hamilton  
or  
November 23, 2017  
one time Thursday  
9:30 am to 11:30 am  
Ron Joyce Children's Health Centre  
325 Wellington St. N.,  
Hamilton

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

*To register call 905-521-2100 x 74147 or online at [www.mchcommunityed.ca](http://www.mchcommunityed.ca). For parenting workshops you are considered registered once you leave your name and contact information.*



## WORKSHOPS and COURSES for Parents/Caregivers of Children Any Age

---

### **Burnt Out**

Ron Joyce Children's  
Health Centre

September 29, 2017  
9:30 am to 11:30 am  
Bay Gardens  
947 Rymal Rd. E.,  
Hamilton

or

December 4, 2017  
6:00 pm to 7:30 pm  
Fortinos Mall Road  
65 Mall Rd.,  
Hamilton

In this four week workshop, parents/caregivers will 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.

*To register please call 905-521-2100 ext. 74147 or register online at [www.mchcommunityed.ca](http://www.mchcommunityed.ca) Once you have left your name and contact information you are considered registered.*

### **The ABC's on OCD**

St. Joseph's Hospital

October 5, 2017  
Weekly Thursdays  
4:30 pm to 5:30 pm  
Anxiety Treatment &  
Research Clinic,  
Level 1 - Block B  
100 West 5th St.,  
Hamilton

A 4 week family educational series on obsessive-compulsive disorder (OCD) in children. The series will provide an overview of OCD, cognitive-behavioural therapy for OCD, pharmacological treatment options, and helpful strategies to manage OCD in home and school settings. Dates for sessions are October 5, 12, 19 and 26.

*For more information and to register please call Dora at 905-522-1155 ext. 35373.*

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

Ron Joyce Children's  
Health Centre

September 6, 2017  
6:30 pm to 8:00 pm  
Ron Joyce Children's  
Health Centre  
325 Wellington St. N.,  
Hamilton

This single session 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.

*To register call 905-521-2100 ext 74147 or online at [www.mchcommunityed.ca](http://www.mchcommunityed.ca). Once you leave your contact information you are considered registered.*



### **Why Little Kids Worry (3-10yrs)**

Ron Joyce Children's  
Health Centre

November 1, 2017  
one time session  
4:30 pm to 6:00 pm  
Ron Joyce Children's  
Health Centre  
325 Wellington St. N.,  
Hamilton

A two hour 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.

*To register please call 905-521-2100, ext. 74147 ore register online at [www.mchcommunityed.ca](http://www.mchcommunityed.ca). Once you have left your name and contact information you are considered registered.*



**Growing Together**

Family Resource Centre  
Ron Joyce Children's Health Centre  
McMaster Children's Hospital

## WORKSHOPS and COURSES for Parents/Caregivers of Children Any Age

---

### Managing Routines

Ron Joyce Children's Health Centre

September 28, 2017  
9:30 am to 11:30 am  
Dundas Coach House  
OEYC  
22 Victoria St.,  
Dundas  
or  
November 2, 2017  
9:30 am to 11:30 am  
Helen Detwiler School  
320 Brigade Dr.,  
Hamilton

This one session workshop will review how to best manage bedtime, homework and everyday routines. Visuals, organizational skills, pre-planning and transitions will be discussed.

*To register call 905-521-2100 ext. 74147 or online [www.mchcommunityed.ca](http://www.mchcommunityed.ca) Once you have left your name and contact information you are considered registered.*

### Little Kids Worry (Kids Have Stress, Too!)

Ron Joyce Children's Health Centre

September 8, 2017  
weekly for 3 Fridays  
9:30 am to 11:30 am  
Bay Gardens  
947 Rymal Rd. E.,  
Hamilton  
or  
October 25, 2017  
12:30 pm to 2:00 pm  
Ron Joyce Children's Health Centre  
325 Wellington St. N.,  
Hamilton

Kids have stress, too! 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.

*To register please call 905-521-2100 ext. 74147 or register online at [www.mchcommunityed.ca](http://www.mchcommunityed.ca) Once you leave your name and contact information you are considered registered.*

### Why Won't They Listen?

Ron Joyce Children's Health Centre

September 20, 2017  
one time session  
4:30 pm to 6:00 pm  
Ron Joyce Children's Health Centre  
325 Wellington St. N.,  
Hamilton  
or  
December 7, 2017  
one time Session  
9:30 am to 11:30 am  
Helen Detwiler School  
320 Brigade Dr.,  
Hamilton

In this one session 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.

*To register, please call 905-521-2100 ext.74147 or online at [www.mchcommunityed.ca](http://www.mchcommunityed.ca) Once you leave your name and contact information you are considered registered.*

### PCMH

Lynwood Charlton Centre

Please call or email for times and locations

Parents for Children's Mental Health - Hamilton Chapter is a peer support and advocacy group that is open to all parents and caregivers of children and youth living with mental health issues. Meetings are the 3rd week of each month. Visit [www.pcmh.ca/hamilton](http://www.pcmh.ca/hamilton) for more info.

*For more information, please call Louise at 905-304-1108 or email [hamilton@pcmh.ca](mailto:hamilton@pcmh.ca).*



## WORKSHOPS and COURSES for Children 6-12 Years

---

**kNOw Fear 8-12 years**  
Ron Joyce Children's  
Health Centre



September 11, 2017  
weekly Mondays  
3:30 pm to 4:30 pm  
Ron Joyce Children's  
Health Centre  
325 Wellington St. N.,  
Hamilton  
or  
November 6, 2017  
weekly Mondays  
3:30 pm to 4:30 pm  
Ron Joyce Children's  
Health Centre  
325 Wellington St. N.,  
Hamilton

First Session PARENTS ONLY  
ORIENTATION Group will focus on  
identifying worries/ fears, and how to  
deal with them in a positive way. This is  
an educational group based on the CBT  
model. This is not a therapy group.

*To register call 905-521-2100 ext. 74147  
or online [www.mchcommunityed.ca](http://www.mchcommunityed.ca) This  
course may have a wait list. 1st session is a  
parent orientation only.*

---

**Pots and Pans**  
Good Shepherd -  
Women's Services

Please call for dates and  
times

This is a cooking group for women and  
their children (over the age of 6) or female  
guardian. Takes place once a month.

*To register please call Cathy at 905-528-  
5877 ext. 4237.*

---

**Grub Club**  
North Hamilton  
Community Health  
Centre

Tuesdays (Birge Park) or  
Thursdays (NHCHC) from  
5-7 pm

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 call 905-532-661 ext. 3006.  
Tuesdays (Birge Park) or Thursdays  
(NHCHC) from 5-7 pm.*

---

**NHCHC Breakfast  
Program**  
North Hamilton  
Community Health Centre

daily Monday - Friday  
7:45 am to 8:45 am  
St. Luke's Parish Hall  
76 Macauley St. E.,  
Hamilton

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.

*To register for this program, contact 905-532-  
6611 ext. 3007.*



## WORKSHOPS and COURSES for Children 6-12 Years

---

**Hero's Journey**  
Women's Centre of  
Hamilton

September 26, 2017  
Weekly Tuesdays  
6:00 pm to 8:00 pm  
Register for Location  
Hamilton

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

*To register contact the Child & Youth Counsellors at Interval House Hamilton 905-387-9959 ext. 224 or [cyc@intervalhousehamilton.org](mailto:cyc@intervalhousehamilton.org).*

---

**SNAP for Boys**  
**SNAP for Girls**  
Banyan



Times and Dates to be  
Announced

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.

*Please call 905-544-7778 or visit [www.banyancs.org](http://www.banyancs.org).*

---

**Sibshops**  
**Opening Hearts**  
[www.openinghearts.ca](http://www.openinghearts.ca)

Please check online  
for start dates

Opening Hearts Sibshops is an exciting program for 8-13 year old brothers and sisters of children with special needs. At Sibshops brothers and sisters 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 about start dates and registration please visit [www.openinghearts.ca](http://www.openinghearts.ca).*

---

## WORKSHOPS and COURSES for Teens 12-18 Years

---

**Sibteens**  
**Opening Hearts**  
[www.openinghearts.ca](http://www.openinghearts.ca)

Please check online  
for start dates

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 details please visit [www.openinghearts.ca/sibteens](http://www.openinghearts.ca/sibteens).*





## WORKSHOPS and COURSES for Teens 12-18 Years

---

### **Stress Less for Teens (14-17 years)**

Ron Joyce Children's  
Health Centre

November 15, 2017  
weekly Wednesdays  
3:30 pm to 4:30 pm  
Ron Joyce Children's  
Health Centre  
325 Wellington St. N.,  
Hamilton

First Session PARENTS ONLY ORIENTATION  
The teen years are a time of change and higher expectations. This means more STRESS! 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.

*To register call 905-521-2100 ext 74147 or online at [www.mchcommunityed.ca](http://www.mchcommunityed.ca) This course may have a wait list.*

---

### **Choices**

John Howard Society

John Howard  
Society of Hamilton,  
Burlington  
& Area  
654 Barton St. E.,  
Hamilton

Choices is an interactive eight session program designed for both males and females 12-17 years of age. Choices is offered on a weekly basis, both on and off site, and each session is ninety minutes long. The goal of the program is to provide youth with practical skills that will assist them in making better choices at home, school and with their peers. This program is open to community referrals.

*For more information, or to book a screening, please contact Abby Finders at 905-522-4446 ext. 250.*

---

### **Choices in Anger**

John Howard Society

John Howard  
Society of Hamilton,  
Burlington  
& Area  
654 Barton St. E.,  
Hamilton

This program is a cognitive-behavior based program for youth 12 to 17 years which is delivered in 8 group sessions. The goal of this program is for youth to recognize their anger, identify triggers, learn to communicate more effectively and make better decisions in the future. Delivery methods include: group discussions, written exercises, movie clips, role playing and skills practicing.

*For more information, or to book a screening, please contact Abby Finders at 905-522-4446 ext. 250.*

---

### **Pathways To Education**

North Hamilton  
Community Health Centre  
Hamilton

Monday - Thursday  
4:30 pm to 7:30 pm  
September - June  
North Hamilton  
Community Health  
Centre  
438 Hughson St. N.,  
Hamilton

Program is open to high school students living in the Bennetto and Keith neighbourhoods as well as the Gibson and Landsdale (GALA) neighbourhood. This weekly program takes a holistic approach, ensuring that the four supports are delivered in a cross-communicative style and not in isolation: Academic (tutoring), Social (skill building workshops, field trips), Financial (bus tickets/lunch vouchers, scholarship), and Advocacy (Pathways Coach).

*For more information go to [www.nhchc.ca](http://www.nhchc.ca) or call 905-523-6719 or email [pathways@nhchc.ca](mailto:pathways@nhchc.ca)*



**Growing Together**

Family Resource Centre  
Ron Joyce Children's Health Centre  
McMaster Children's Hospital

## WORKSHOPS and COURSES for Self-Help, Relationship & Marriage Issues

---

### Understanding Anger

Women's Centre of  
Hamilton

October 16, 2017  
Weekly Mondays  
2:00 pm to 4:00 pm  
Women Centre  
100 Main St. E.,  
Suite 205  
Hamilton

Anger can be overwhelming. Unravel the roots of your anger and develop purposeful ways to express your self. (4 sessions).

*For more information or to register please call 905-522-0127.*

---

### Women's Weekly

Good Shepherd -  
Women's Services

Call for more information

A supportive education group addressing issues related to woman abuse. Childcare available.

*For more information please call 905-523-8766 ext. 4239.*

---

### Individual Abuse Counselling

Women's Centre of  
Hamilton

Monday - Friday  
9:30 am to 4:30 pm  
Women's Centre  
Suite 205  
100 Main St. E.,  
Hamilton

Changing your life is a process. Individual counselling is available for women who are experiencing or have experienced abuse. Counsellors 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.

*Please call for more information: 905-523-8766 ext. 4232.*

---

### Bets Off

Alcohol, Drug & Gambling  
Services

Alcohol, Drug &  
Gambling Services  
21 Hunter St. E.,  
Hamilton

An on-going support group to help people with gambling concerns maintain abstinence from gambling. Group support and relapse prevention strategies are used. Call to see if this group is right for you.

*For more information call 905 546-3606 ext. 3613.*

---

### Rebuilding a Healthy Me

Women's Centre of  
Hamilton

October 25, 2017  
Weekly for 6 Wednesdays  
6:00 pm to 8:00 pm  
Women's Centre of  
Hamilton  
100 Main St. E.,  
Suite 205  
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)

*To register call 905-522-0127 or email [womenscentre@intervalhousehamilton.org](mailto:womenscentre@intervalhousehamilton.org).*



## WORKSHOPS and COURSES for Self-Help, Relationship & Marriage Issues

---

### **Trauma & Abuse Counselling** Catholic Family Services

Please call for more information.

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.

*To register, please call 905-527-3823 ext. 257. An intake worker will return your call and complete a referral.*

---

### **Women Getting Work** Women's Centre of Hamilton

Flexible Monday - Friday  
9:00 am to 4:00 pm  
Women's Centre of Hamilton  
100 Main St. E.,  
Suite 205  
Hamilton

Holistic and individualized supports for women re-entering the workplace. Re-define & build upon your strengths, skills and confidence.

*To register call 905-522-0127 or email [womenscentre@intervalhousehamilton.org](mailto:womenscentre@intervalhousehamilton.org).*

---

### **Supportive Mothering** Women's Centre of Hamilton

September 14, 2017  
Weekly Thursday  
6:00 pm to 8:00 pm  
Register for Location  
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.

*To register call 905-387-9959 ext. 224 or email [cyc@intervalhousehamilton.org](mailto:cyc@intervalhousehamilton.org).*

---

### **Peer Support** Women's Centre of Hamilton

Weekly  
Monday - Friday  
9:30 am to 4:30 pm  
Women's Centre  
100 Main St. E.,  
Suite 205  
Hamilton

Our trained Peer Support Volunteers provide confidential, individual support in a safe and trusting environment for you to discuss life's challenges.

*Please call our Peer Support Coordinator, Mary at 905-522-0127, ext. 201.*

---

### **Spoon & Fork** Good Shepherd - Women's Services

Please call for dates and times.

This is an educational and fun group that invites women to learn cooking skills through hands on. This group takes place once a month.

*To register please call Cathy at 905-528-5877 ext. 4237.*



## WORKSHOPS and COURSES for Self-Help, Relationship & Marriage Issues

---

### Women's Social Good Shepherd - Women's Services

Please call for more information.

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.

*Please call 905-523-8766 ext. 4228 or 4238 for more information.*

---

### Women's Wellness Women's Centre of Hamilton

September 14, 2017  
Weekly Thursdays  
6:00 pm to 8:00 pm  
Location To be Determined  
Hamilton

Have you experienced abuse in your relationship? Learn about the impacts and build a support network with other women. Telling your story can help you on your healing journey. Topics include shame, guilt, anger, self-esteem, healthy relationships, boundaries and more.

*To register call 905-522-0127 or email [womenscentre@intervalhousehamilton.org](mailto:womenscentre@intervalhousehamilton.org)*

---

### Self-Esteem Women's Centre of Hamilton

September 20, 2017  
Weekly for 5 Wednesdays  
6:00 pm to 8:00 pm  
Women's Centre of  
Hamilton  
100 Main St. E.,  
Suite 205  
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).

*To register call 905-522-0127 or email [womenscentre@intervalhousehamilton.org](mailto:womenscentre@intervalhousehamilton.org)*

---

### My Journey to Self Women's Centre of Hamilton

September 19, 2017  
Weekly Tuesdays  
10:00 am to 12:00 pm  
Women's Centre of  
Hamilton  
100 Main St. E.,  
Suite 205  
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.

*To register call 905-522-0127 or email [womenscentre@intervalhousehamilton.org](mailto:womenscentre@intervalhousehamilton.org)*

---

### Coping with Grief and Loss

The Cattel Centre  
every Tuesday  
9:30 am to 11:30 am  
5 Main St.,  
Dundas

These open groups offers adults who are grieving a confidential, comfortable, caring and supportive atmosphere in which to share about their loss with others. These groups run from Sept-June.

*For more information, call Beverley at 905-512-6995 or email [beverleyg60@gmail.com](mailto:beverleyg60@gmail.com).*



## WORKSHOPS and COURSES for Self-Help, Relationship & Marriage Issues

---

**Mental Wellness**  
**Toolkit: Freedom to Be**  
North Hamilton  
Community Health Centre

9:00 am to 11:30 am  
North Hamilton  
Community Health  
Centre  
438 Hughson St. N.,  
Hamilton

A community-based interactive free group that meets weekly for 7 weeks and introduces a new tool for developing your mindfulness and meditation skills each week. Breakfast is served at 9am and the group gets started formally at 9:30am.

*Please call to register 905-523-6611 ext. 2014.*

---

**Mental Wellness**  
**Toolkit: Mind over**  
**Mood**  
North Hamilton  
Community Health Centre

9:00 am to 11:30 am  
North Hamilton  
Community Health  
Centre  
438 Hughson St. N.,  
Hamilton

A community-based interactive free group that meets weekly for 12 weeks and introduces a new tool for self-managing depression and low mood each week. Breakfast is served at 9am and the group gets started formally at 9:30am.

*Please call to register 905-523-6611 ext. 2014.*

---

**Mental Wellness**  
**Toolkit: Break Free**  
North Hamilton  
Community Health Centre

9:00 am to 11:30 am  
North Hamilton  
Community Health  
Centre  
438 Hughson St. N.,  
Hamilton

A community-based interactive free group that meets weekly for 9 weeks and introduces a new tool for self-managing anxiety and chronic worrying each week. Breakfast is served at 9am and the group gets started formally at 9:30am.

*Please call to register 905-523-6611 ext. 2014.*

---

**Mental Wellness**  
**Toolkit: Mind over**  
**Body**  
North Hamilton  
Community Health Centre

9:00 am to 11:30 am  
North Hamilton  
Community Health  
Centre  
438 Hughson St. N.,  
Hamilton

A community-based interactive free group that meets weekly for 12 weeks and introduces a new tool for self-managing chronic pain each week. Breakfast is served at 9am and the group gets started formally at 9:30am.

*Please call to confirm start dates or to join our mailing list for new programs, 905-523-6611 ext. 2014.*

---

Start by doing what's possible; then do what's impossible;  
and suddenly you are doing the impossible.

Francis of Assisi





## Growing Together Guide Index

### ATELIERS, CLASSES et CENTRES de JEUX disponibles en Français

Centre de la Petite Enfance Notre-Dame [4](#)  
French Postnatal Yoga Classes - Moms and Babies Under 10 Months [3](#)  
Groupe Bon Début (French support group for mothers) [3](#)  
Infant Massage in French [3](#)  
Parlons de Nos Nourrissons (in French) [3](#)  
Prenatal Classes in French [3](#)

### WORKSHOPS/COURSES for Children 6-12

NHCHC Breakfast Program [22](#)  
Grub Club [22](#)  
Hero's Journey [23](#)  
kNOw Fear 8-12 years [22](#)  
Pots and Pans [22](#)  
SibShops [23](#)  
SNAP for Boys/SNAP for Girls [23](#)

### WORKSHOPS/COURSES for Expectant Parents: Prenatal Courses

Healthy Moms, Healthy Babies [4](#)  
Teen Prenatal Classes [6](#)  
Welcome Baby Public Health Services [5](#)  
Welcome Baby - Youth Prenatal [4](#)

### WORKSHOPS/COURSES for Parents/Caregivers of Children 0-6

123 Magic [9](#)  
Breastfeeding Clinic [7](#)  
Car Seat Inspection Clinics [7](#)  
Check It Out Drop-Ins [7](#)  
Circle of Security Parenting [10](#)  
COPEing with 3-12 Year Olds Behaviour [10](#)  
COPEing with Toddler Behaviour [10](#)  
Dealing with Challenging Behaviour  
Triple P Discussion Group (Ages 2-6) [11](#)

### WORKSHOPS/COURSES for Parents/Caregivers of Children 0-6 Continued

Sleep Challenges - Triple P [11](#)  
Feeding Young Children 1-6 Years [8](#)  
Feeding Your Baby 0-12 Months and Making Baby Food [8](#)  
Good Beginnings: A Parent & Infant Support Volunteer Program [9](#)  
Group Triple P (Ages 2-6) [11](#)  
Managing Fighting and Aggression  
Triple P Discussion Group (Ages 2-6) [11](#)  
New Choices [9](#)  
Parenting with LOVE [7](#)  
Right From the Start [10](#)  
Early Words [9](#)  
Taking Time for Me [9](#)  
Teen OEYC [8](#)  
Time for Me [8](#)

### WORKSHOPS/COURSES for Parents/Caregivers of Children 6-12

COPEing with 3 to 12 year olds Behaviour [12](#)  
COPEing with 3 to 12 year olds with ADHD [12](#)  
Lone Mothers & Kids Recreation Program [12](#)  
Temper Tamers [13](#)



## Growing Together Guide Index

### **WORKSHOPS/COURSES for Parents/Caregivers of Children Any Age**

An Introduction to Understanding Anxiety [14](#)  
An Introduction to Understanding ADHD [18](#)  
Advocating For My Child [15](#)  
Ages and Stages, What Happens When? [20](#)  
[Building Your Parenting Toolbox 18](#)  
Burnt Out [20](#)  
Cerebral Palsy Information Night [16](#)  
Child Trauma & Abuse Counselling [15](#)  
COPEing with Impulsive Children [20](#)  
Courage To Tell [17](#)  
Dealing With Loss [25](#)  
Emotions in Motion-Self Regulation [19](#)  
Giving Your Child the Tools for Life [18](#)  
Help Your Child & Teen Stress Less [19](#)  
Helping Your Young Child Deal With Worries [27](#)  
I'm Shy [15](#)  
Keeping Safe [17](#)  
LEAF Group (Learning Effective Anti Violence in Families) [14](#)  
Little Kids Worry (Kids Have Stress Too!) [21](#)  
Managing Meltdowns [15](#)  
Managing Routines [21](#)  
Moving Towards Healing [17](#)  
Parents for Children's Mental Health Support Group [21](#)  
Parenting Your Anxious Child [14](#)  
Positive Parenting [19](#)  
The ABC's on OCD [20](#)  
The Courage Collection [17](#)  
Treatment Options for Children with ADHD [18](#)  
'Truth or Myth about Autism Spectrum Disorders':  
Ask The Doctor [16](#)  
Why Little Kids Worry - 3-10 yrs [20](#)  
Why Won't They Listen [21](#)  
Workshops for Parents of Children & Youth with Autism [14](#)

### **WORKSHOPS/COURSES for Parents/Caregivers of Teens 12-18**

How to Talk to Your Teen [13](#)  
Family Support Program [13](#)  
Supporting Suicidal Teens [13](#)

### **WORKSHOPS/COURSES for Self-Help, Relationship & Marriage Issues**

Bets Off [25](#)  
Coping with Grief and Loss [27](#)  
Golden Girls [25](#)  
Individual Abuse Counselling [25](#)  
Mental Wellness Toolkit: Break Free [28](#)  
Mental Wellness Toolkit: Freedom to Be [28](#)  
Mental Wellness Toolkit: Mind Over Body [28](#)  
Mental Wellness Toolkit: Mind Over Mood [28](#)  
My Journey to Self [27](#)  
Peer Support [26](#)  
Rebuilding a Healthy Me [25](#)  
Self Esteem [27](#)  
Spoon and Fork [26](#)  
Supportive Mothering [26](#)  
Trauma & Abuse Counselling [26](#)  
Understanding Anger [25](#)  
Women Getting Work [26](#)  
Women's Social [27](#)  
Women's Weekly [25](#)  
Women's Wellness [27](#)

### **WORKSHOPS and COURSES for Teens 12-18 Years**

**Babysitting Course 33**  
Choices [24](#)  
Choices in Anger [24](#)  
Pathways To Education [24](#)  
[Sibteens 23](#)  
Stress Less for Teens [24](#)



# Ron Joyce Children's Health Centre



## The Ron Joyce Children's Health Centre is home to:

- Autism Spectrum Disorder Program
- Child and Youth Mental Health Program
- Developmental Pediatrics and Rehabilitation Program
- Prosthetics and Orthotics

**Do you need to book or change an appointment?** Call 905 521-2100 ext. 44446

**Our location:** We are located across from the Regional Rehabilitation Centre and the Hamilton General Hospital at: 325 Wellington Street North, Hamilton, Ontario

## Contact Information:

|   |                         |
|---|-------------------------|
| Audiology                                 | 905-521-7951            |
| Autism Spectrum Disorders                 | 905-521-2100 ext. 77758 |
| Child & Youth Mental Health               | 905-521-2100 ext. 74382 |
| Developmental Pediatrics & Rehabilitation | 905-521-2100 ext. 77950 |
| Prosthetics & Orthotics                   | 905-521-2607            |

Printing and distribution of this flyer has been made possible by support from:



# 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 behavioural, emotional or 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**

For current updates to the Growing Together Guide, visit [www.mchcommunityed.ca](http://www.mchcommunityed.ca)

## 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](http://www.mcmasterchildrensfamilyresourcecentre.ca), email [frc@hhsc.ca](mailto:frc@hhsc.ca) or call 905-521-2100 ext. 77243



**Growing Together**  
Family Resource Centre  
Ron Joyce Children's Health Centre  
McMaster Children's Hospital