



# Growing Together

A Community Education Guide for Parents, Youth and Children

PARENT EDUCATION | COURSES | WORKSHOPS | GROUPS

# 2021 | September - December



FREE  
RESOURCES  
FOR PARENTS,  
YOUTH AND  
CHILDREN

VARIETY OF  
PARENTING &  
HEALTH TOPICS

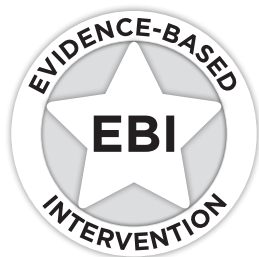


# WELCOME TO GROWING TOGETHER

Growing Together is a community education guide for parents, children and youth listing courses, groups and workshops available in Hamilton from September to December 2021.

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.



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# WORKSHOPS AND COURSES FOR EXPECTANT PARENTS/PARENTS OF INFANTS 0-12 MONTHS

## 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:

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](mailto:jennifer.yates@hamilton.ca)

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

## Online Prenatal

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

This free online prenatal program covers pregnancy, birth, breastfeeding and newborn care. The program includes interactive learning, videos, and links to resources.

### FOR MORE INFORMATION:

[www.hamilton.ca/prenatal](http://www.hamilton.ca/prenatal)

## Breastfeeding Support Services

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

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

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](mailto: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](http://www.facebook.com/HealthyFamiliesHamilton) or call Health Connections at 905-546-3550.

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

## Health Connections Information Line

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

Health Connections information line. Connect with us to learn about:

- Breastfeeding
- Child safety
- Growth and development
- Healthy eating
- Positive parenting
- Postpartum depression and anxiety
- Preparing for a healthy pregnancy
- Healthy Babies visiting program

### FOR MORE INFORMATION:

Call Health Connections at 905-546-3550

## Right From the Start (Online)

Ron Joyce Children's Health Centre

In this 8-week session workshop for moms and dads of babies under 24 months, participants watch video clips, learn how to read and respond to infant cues in order to foster infant attachment security, and discuss these issues with the leaders and other parents.

8 weekly sessions on Zoom

**DATE:** Thursday mornings beginning September 16, 2021 until November 4, 2021.

**TIME:** 9:30 am - 11:30 am

**LOCATION:** Via Zoom

### FOR MORE INFORMATION:

Call 905-521-2100 ext. 77406 or email [ipp@hpsc.ca](mailto:ipp@hpsc.ca)

## 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.



We must teach our  
children to dream with  
their eyes open.



Harry Edwards

## **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:**

Please visit Thrive's website at [www.thrivechildandandyouth.ca](http://www.thrivechildandandyouth.ca) to review eligibility criteria.

If eligible, please email Janice.floyd@thrivechildandandyouth.ca for additional program information.

## **COPEing with Toddler Behaviour (Online)**

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

In this 8-session workshop for moms and dads of toddlers 12-36 months old, parents watch video clips, learn strategies to prevent and respond to challenging behaviour, and discuss these issues with the leaders and other parents.

**DATE:** Tuesday evenings beginning September 28th - November 16, 2021

**TIME:** 6:00 pm - 8:00 pm

**LOCATION:** Via zoom

#### **FOR MORE INFORMATION:**

Call 905-521-2100 ext. 77406 or email [ipp@hhsc.ca](mailto:ipp@hhsc.ca)

## **Circle of Security Parenting Group (Online)**

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

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

8 weekly sessions on Zoom.

**DATE:** Saturday mornings October 16, 2021, until December 11, 2021.

(there is no class November 6th)

**TIME:** 9:30 am - 11:30 am

**LOCATION:** Via zoom

#### **FOR MORE INFORMATION:**

905-521-2100 ext. 77406 or email [ipp@hhsc.ca](mailto:ipp@hhsc.ca)

## **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.

**CALL:** Health Connections at 905- 546-3550 for more information.

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

## **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**

## **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**

## PARENTS/CAREGIVERS OF CHILDREN 0-12 YEARS

### 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> or call Health Connections at 905-546-3550.

**\*Program currently CLOSED due to COVID-19**

### Toileting Readiness and Skill Enhancement Virtual Workshop

Ron Joyce Children's Health Centre

Intended for parents who are thinking about beginning to toilet train their young children.

Preparing yourself by looking at your child's readiness skills, collecting data, and focusing on motivation and reinforcement are some of the techniques that will be discussed. Visual aids for toileting success will be provided if requested.

60-minute individualized consultation with a clinician is available upon request, with completion of workshop.

Registration is limited!

**FOR MORE INFORMATION CALL:**

To register please email [sdbs@hhsc.ca](mailto:sdbs@hhsc.ca). Leave the name of the workshop you want to register for, your name, your child's first and last name, birth date, telephone number and email address to contact you.

### Sleep Problems & Developing Good Sleep Habits Virtual Workshop Ron Joyce Children's Health Centre

A good night's sleep is important to healthy growth and development of young children. This workshop will help review why and how you can ensure your family is getting the rest they need. Helping you establish a good bedtime routine, understanding sleep hygiene and how to create healthy sleep habits in your home. We will help identify where your child's sleep problems may be occurring within the routine and provide strategies to help.

60-minute individualized consultation with a clinician available upon request, with completion of workshop.

Registration is limited!

**TO REGISTER CALL:**

Email [SDBS@hhsc.ca](mailto:SDBS@hhsc.ca) to register. Leave the name of the workshop you want to register for, your name, your child's first and last name, birth date, telephone number and email address to contact you.

### Health Connections Information Line

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

Health Connections information line.  
Connect with us to learn about:

- Breastfeeding
- Child safety
- Growth and development
- Healthy eating
- Positive parenting
- Postpartum depression and anxiety
- Preparing for a healthy pregnancy
- Healthy Babies visiting program

**FOR MORE INFORMATION:**

Call Health Connections at 905-546-3550

### Understanding the Mysteries of Children's Behaviour Virtual Workshop

Ron Joyce Children's Health Centre

Learn how to identify and understand the meaning behind your child's behaviour using the SEAT approach. You will learn how to interpret what your child is really trying to communicate with you. Reviewing how to apply practical strategies to help support your children through challenging behaviours using positive parenting approaches, establishing boundaries, routines and clear expectations to set both you and your child up for success.

60 minute individualized consultation with a clinician available upon request, with completion of workshop.

Registration is limited!

**TO REGISTER CALL:**

Email [SDBS@hhsc.ca](mailto:SDBS@hhsc.ca) to register. Leave the name of the workshop you want to register for, your name, your child's first and last name, birth date, telephone number and email address to contact you.

### Children's Breakfast Club Compass Community Health

Children and families living in the North End Neighbourhood of elementary school age are welcome to join us for breakfast every school day from 7:45-8:45 am.

A nutritious breakfast is provided in a safe environment for children before school at 438 Hughson St. N.

**TO REGISTER FOR THIS PROGRAM:**

Contact: Jenna McHugh 905-523-6611 ext. 3007, [jmchugh@compassch.org](mailto:jmchugh@compassch.org)



## **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.

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

## **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>

**\*currently CLOSED due to COVID-19**

## **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.

## **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).

### **TO REGISTER:**

Call 905-570-8888, email [info@fasdhamilton.ca](mailto:info@fasdhamilton.ca), social media [@fasdhamiltonca](mailto:@fasdhamiltonca), or visit [www.fasdhamilton.ca](http://www.fasdhamilton.ca).

## **Temper Tantrums vs. Meltdowns - Is There Really a Difference? (Online)**

Ron Joyce Children's Health Centre

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

**DATE:** Thursday, September 23, 2021

**TIME:** 10:00 am - 11:00 am

VIRTUAL VIA ZOOM

### **TO REGISTER:** Email

[communityeducationse@hhsc.ca](mailto:communityeducationse@hhsc.ca) to register. Include your name, your child's name, the name of the group you wish to register for, family phone number, and family email address.

Call 905-521-2100 x74147 for more information.

## **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](mailto:rdoherty@earlywords.ca).

## **HEROs**

Women's Centre of Hamilton

For children (ages 8-12) who've witnessed domestic violence, this group focuses on the individual gifts, abilities and resiliency of each child, and helps build self-esteem.

Activities include mask-making, art activities, guided imagery and more.

### **TO REGISTER CALL:**

Please call Women's Centre of Hamilton at 905-522-0127

## **Why Little Kids Worry (3-10 years - Online)**

Ron Joyce Children's Health Centre

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

**DATE:** Monday, September 13, 2021

**TIME:** 4:00 pm- 5:00 pm

VIRTUAL VIA ZOOM

### **TO REGISTER:** Email

[communityeducationse@hhsc.ca](mailto:communityeducationse@hhsc.ca) to register. Include your name, your child's name, the name of the group you wish to register for, family phone number, and family email address.

Call 905-521-2100 x74147 for more information.

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

### **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. Caregivers 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 at 905-570-8888.

### **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.

#### **FOR MORE INFORMATION:**

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

### **Managing Routines (Online)**

YourSpace Hamilton

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

**DATE:** Tuesday, October 12, 2021

**TIME:** 6:00 pm - 7:00 pm

#### **FOR MORE INFORMATION:1**

Register at [YourSpaceHamilton.ca](http://YourSpaceHamilton.ca)

For more information email [engage@lynwoodcharlton.ca](mailto:engage@lynwoodcharlton.ca) or call 905-389-1361 ext. 288

### **Temper Tamers (Online)**

Lynwood Charlton Centre

Does your child (7-12 years old) have problems with temper or anger? This 10-week VIRTUAL program includes a parent orientation and parent-child sessions to help with child anger management issues.

**DATE:** October 12 - December 14, 2021

**TIME:** 6:00 pm - 8:00 pm

#### **FOR MORE INFORMATION:**

Contact Lynwood Charlton Centre Community Groups Coordinator Carrie Macartney at 905-971-8267

### **COPEing with 3-12 Year Olds (6 weekly online sessions)**

Ron Joyce Children's Health Centre

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

**DATES:** Thursday, November 11, 2021 and Thursday, November 18, 2021 and Thursday, November 25, 2021 and Thursday, December 2, 2021 and Thursday, December 9, 2021 and Thursday, December 16, 2021  
**TIME:** 10:00 am - 11:00 am

**TO REGISTER:** Email [communityeducationse@hhsc.ca](mailto:communityeducationse@hhsc.ca) to register. Include your name, your child's name, the name of the group you wish to register for, family phone number, and family email address.

Call 905-521-2100 x74147 for more information.

### **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 905-529-8149, ext. 108.



## WORKSHOPS AND COURSES FOR PARENTS/CAREGIVERS OF CHILDREN & TEENS

### Helping Your Child/Youth With Organization and Focus (Online)

**Ron Joyce Children's Health Centre**

Give your child the skills and tools they need to do well. Time management, routines, habits, charts and more.

**DATE:** Tuesday, November 9, 2021

**TIME:** 12:30 pm to 1:30 pm

VIRTUAL VIA ZOOM

**TO REGISTER:** Email

communityeducationse@hhsc.ca to register. Include your name, your child's name, the name of the group you wish to register for, family phone number, and family email address.

Call 905-521-2100 x74147 for more information.

### Courage to Tell Parent/Caregiver Education Program (Online)

**THRIVE Child and Youth Trauma Services**

Courage to Tell is a two-part online course 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:**

Please visit Thrive's website at [www.thrivechildand youth.ca](http://www.thrivechildand youth.ca) to review eligibility criteria. If eligible, please email Janice.floyd@thrivechildand youth.ca for additional program information.

### Courage to Tell Parent/Caregiver Education Program (Zoom Group)

**THRIVE Child and Youth Trauma Services**

Courage to Tell is a two-part VIRTUAL group 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:**

Please visit Thrive's website [www.thrivechildand youth.ca](http://www.thrivechildand youth.ca) for eligibility requirements. If eligible, please email Janice.floyd@thrivechildand youth.ca for additional group information, and details."

### Peaceful Practices at Home (Online)

**Ron Joyce Children's Health Centre**

Participants will be introduced to a variety of techniques and strategies for reducing stress, clearing the mind, improving focus and decision making. A big benefit is that parents will be able to help teach their children and improve emotional regulation.

**DATE:** Thursday, September 30, 2021

**TIME:** 10:00 am - 11:00 am

**TO REGISTER:**

Email communityeducationse@hhsc.ca to register. Include your name, your child's name, the name of the group you wish to register for, family phone number, and family email address.

Call 905-521-2100 x74147 for more information.

### Raising Your Teen (3 weekly sessions online)

**YourSpace Hamilton**

We will help you from parenting a school-aged child to a pre-teen/teen. We will discuss communication, getting them to cooperate and working together to build their independence and create a supportive and happy relationship.

**DATE:** Tuesday, October 19, 2021

and Tuesday, October 26, 2021

and Tuesday, November 2, 2021

**TIME:** 6:00 pm - 7:00 pm

**FOR MORE INFORMATION:**

Register at [YourSpaceHamilton.ca](http://YourSpaceHamilton.ca)

For more information email engage@lynwoodcharlton.ca or call 905-389-1361 ext. 288

### Helping Children Bounce Back From Struggles (Online)

**Ron Joyce Children's Health Centre**

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

**DATE:** Tuesday, October 5, 2021

**TIME:** 12:30 pm - 1:30 pm

**TO REGISTER:**

Email communityeducationse@hhsc.ca to register. Include your name, your child's name, the name of the group you wish to register for, family phone number, and family email address.

Call 905-521-2100 x74147 for more information.

## 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

#### FOR MORE INFORMATION:

Contact Louise at 905-536-9323, email [hamilton@pcmh.ca](mailto:hamilton@pcmh.ca) or visit website [www.pcmh.ca/hamilton](http://www.pcmh.ca/hamilton).

### 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](http://www.YourSpaceHamilton.ca) to register for upcoming sessions or view archived recordings. Email [engage@lynwoodcharlton.ca](mailto:engage@lynwoodcharlton.ca) or call 905-389-1361 ext. 288

### Family Nights (Online)

Dr. Bob Kemp Hospice

Family Nights provides an opportunity for families to meet like-minded and experienced people. Children, youth, and caregivers who have experienced the death of a family member or very close friend can join our Family Nights.

Family nights will be offered VIRTUALLY. Please register ASAP as groups fill up quickly.

#### DATES/TIMES:

All group sessions are held from 6:30 - 8:30 pm on the following dates:

August 19, 2021  
September 23, 2021  
October 21, 2021  
November 18, 2021  
December 16, 2021

#### TO REGISTER:

Registration is mandatory as Family Night kits will be provided.

To register please contact Susan Repa 905-387-2448 ext. 2230 or email [childandfamily@kempshospice.org](mailto:childandfamily@kempshospice.org)

### Understanding ADHD and ADD (Online)

Ron Joyce Children's Health Centre

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.

**DATES:** Monday, November 22, 2021

**TIME:** 4:00 pm - 5:00 pm

**TO REGISTER:** Email [communityeducationse@hhsc.ca](mailto:communityeducationse@hhsc.ca) to register. Include your name, your child's name, the name of the group you wish to register for, family phone number, and family email address.

Call 905-521-2100 x74147 for more information.

### 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:

Email Janice Floyd at THRIVE Child and Youth Trauma Services at [janice.floyd@thrivechildand youth.ca](mailto:janice.floyd@thrivechildand youth.ca)

## WORKSHOPS AND COURSES FOR PARENTS/CAREGIVERS OF CHILDREN AND TEENS

### 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.

#### **TO REGISTER CALL:**

Please RSVP to Susan Repa by calling 905-387-2448 ext. 2230 or email [childandfamily@kemphospice.org](mailto:childandfamily@kemphospice.org)

### Grief Text and Online Chat Support

**Dr. Bob Kemp Hospice**

We are so excited to be launching our Grief Text and Online Chat Support!

Available 7 days a week, 10 a.m. until 10 p.m.

Our Grief Text or Online Chat service is to provide accessible, short-term peer brief grief emotional support for children, youth, parents/caregivers, and adults who have experienced a death from a pet or someone in their lives. It is not a mental health crisis/or distress service and will not provide mental health therapy.

#### **TEXT AND CHAT LINE OFFERS:**

-will provide brief emotional grief and bereavement support

-offer resources to support you

#### **DOES NOT OFFER:**

-mental health crisis counselling or intervention

-mental health counselling/therapy, treatment, or medical and health advice.

#### **TO ACCESS TEXT/CHAT SUPPORT:**

Text 289-278-1885 or for chat go to: [kemphospice.org/support-line](http://kemphospice.org/support-line)

### Emotions in Motion (Handling Big Emotions) (Online)

**Ron Joyce Children's Health Centre**

This is a 1-hour VIRTUAL introductory educational workshop for caregivers explaining the basics of emotional regulation and executive functioning and how this effects your child and teen.

**DATE:** Tuesday, November 16, 2021

**TIME:** 12:30 pm - 1:30 pm

#### **TO REGISTER:**

Email [communityeducationse@hhsc.ca](mailto:communityeducationse@hhsc.ca) to register. Include your name, your child's name, the name of the group you wish to register for, family phone number, and family email address.

Call 905-521-2100 x74147 for more information.

### The ABCs on OCD St. Josephs Hospital

A 4 week family educational series on obsessive-compulsive disorder (OCD) in children and adolescents.

Week 1: An overview of OCD

Week 2: A review of family accommodation and OCD

Week 3: A review of medication and cognitive behavioural therapy treatment options for OCD

Week 4: Helpful strategies to manage OCD at home and school settings.

**DATES:** This education series is offered on Tuesdays from 4:00 pm - 5:00 pm in February, June, and October.

**LOCATION:** St. Joseph's Healthcare, West 5th Campus, 100 West 5th St.

#### **FOR MORE INFORMATION AND TO REGISTER:**

Please call Dora Fuciarelli at (905) 522-1155 ext. 35373

### Dealing with Impulsivity (Online)

**Ron Joyce Children's Health Centre**

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

**DATE:** Tuesday, November 2, 2021

**TIME:** 12:30 pm - 1:30 pm

#### **TO REGISTER:** Email

[communityeducationse@hhsc.ca](mailto:communityeducationse@hhsc.ca) to register. Include your name, your child's name, the name of the group you wish to register for, family phone number, and family email address.

Call 905-521-2100 x74147 for more information.

### Working It Out Together : Collaborative Problem Solving (6-18 yrs.) (4 weekly sessions online)

**YourSpace Hamilton**

This four-session course focuses on collaborative problem solving to help defuse behaviours and improve communication. Whether you are dealing with explosive behaviours or a child that shuts down, it can make parenting more difficult. Spirited temperaments, understanding what is behind the child's behaviour, coping strategies and two-way problem solving/communication will be reviewed.

**DATE:** Tuesday, November 16, 2021 and Tuesday, November 23, 2021 and Tuesday, November 30, 2021 and Tuesday, December 7, 2021

**TIME:** 6:00 pm - 7:00 pm

#### **FOR MORE INFORMATION:**

Register at [YourSpaceHamilton.ca](http://YourSpaceHamilton.ca)

For more information email [engage@lynwoodcharlton.ca](mailto:engage@lynwoodcharlton.ca) or call 905-389-1361 ext. 288



## WORKSHOPS AND COURSE FOR PARENTS/CAREGIVERS OF CHILDREN AND TEENS

### Parenting Your Child with ADHD (3 weekly online sessions)

#### YourSpace Hamilton

This course will review ADHD, and how it effects children and teens. We will review why your child acts the way that they do and how to give them the tools they need to succeed. Topics discussed: evidence-based parenting strategies, emotional regulation, executive functioning, and social skills.

**DATES:** Tuesday, September 21, 2021 and Tuesday, September 28, 2021 and Tuesday, October 5, 2021

**TIME:** 6:00 pm - 7:00 pm

#### FOR MORE INFORMATION:

Register at [YourSpaceHamilton.ca](https://www.yourspacehamilton.ca)

For more information email [engage@lynwoodcharlton.ca](mailto: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 Summer Service Guide is available!

The Guide includes both virtual and in-person services.

Many of the services are provided as part of the Ontario Autism Program (OAP) Foundational Family Services and are available at no cost.

#### TO REGISTER OR FOR MORE INFORMATION CALL:

Call 905-521-2100 x 78972 or email [autismprogram@hhsc.ca](mailto:autismprogram@hhsc.ca) or browse our Spring 2021 online service guide at

<https://www.hamiltonhealthsciences.ca/wp-content/uploads/2019/05/MCH-Autism-Program-Service-Guide-Summer-2021.pdf>

### Advocating for my Child (Online)

#### YourSpace Hamilton

Do you struggle to communicate your child's needs at school? It can be hard to know how to work as a team with your child's school, daycare, and community supports. This workshop will help you to take the positive steps to get you there.

**DATE:** Tuesday, September 14, 2021

**TIME:** 6:00 pm - 7:00 pm

#### FOR MORE INFORMATION:

Register at [YourSpaceHamilton.ca](https://www.yourspacehamilton.ca)

For more information email [engage@lynwoodcharlton.ca](mailto:engage@lynwoodcharlton.ca) or call 905-389-1361 ext. 288

### Co-Parenting Through Divorce & Separation (Online)

#### Ron Joyce Children's Health Centre

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

**DATE:** Wednesday, September 15, 2021

**TIME:** 5:30 pm - 6:30 pm

VIRTUAL VIA ZOOM.

#### TO REGISTER: Email

[communityeducationse@hhsc.ca](mailto:communityeducationse@hhsc.ca) to register. Include your name, your child's name, the name of the group you wish to register for, family phone number, and family email address.

Call 905-521-2100 x74147 for more information.

### Why Won't They Listen? (Online)

#### YourSpace Hamilton

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:** Tuesday, November 9, 2021

**TIME:** 6:00 pm - 7:00 pm

#### FOR MORE INFORMATION:

Register at [YourSpaceHamilton.ca](https://www.yourspacehamilton.ca)

For more information email [engage@lynwoodcharlton.ca](mailto:engage@lynwoodcharlton.ca) or call 905-389-1361 ext. 288

“

Children are the hands  
by which we take hold  
of heaven

”

Henry Ward Beecher

## **Anxiety in Children and Youth (Online)**

**Ron Joyce Children's Health Centre**

This workshop is an introduction for caregivers to understand childhood anxiety. What you will learn: How it affects your child and different anxiety disorders and some basic coping strategies will be discussed.

**DATE:** Tuesday, October 26, 2021

**TIME:** 12:30 pm - 1:30 pm

**FOR MORE INFORMATION:**

Email [communityeducationse@hhsc.ca](mailto:communityeducationse@hhsc.ca) to register. Include your name, your child's name, the name of the group you wish to register for, family phone number, and family email address.

Call 905-521-2100 x74147 for more information.

## **I'm Shy (Online)**

**Ron Joyce Children's Health Centre**

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

**DATE:** Thursday, October 7, 2021

**TIME:** 10:00 am - 11:00 am

VIRTUAL VIA ZOOM

**TO REGISTER:** Email

[communityeducationse@hhsc.ca](mailto:communityeducationse@hhsc.ca) to register. Include your name, your child's name, the name of the group you wish to register for, family phone number, and family email address.

Call 905-521-2100 x74147 for more information.

## **Why Won't They Listen? (Online)**

**Ron Joyce Children's Health Centre**

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:** Tuesday, September 14, 2021

**TIME:** 12:30 pm - 1:30 pm

**TO REGISTER:**

Email [communityeducationse@hhsc.ca](mailto:communityeducationse@hhsc.ca) to register. Include your name, your child's name, the name of the group you wish to register for, family phone number, and family email address.

Call 905-521-2100 x74147 for more information.

## **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, September 28, 2021

**TIME:** 12:30 pm - 1:30 pm

VIRTUAL VIA ZOOM

**TO REGISTER:** Email

[communityeducationse@hhsc.ca](mailto:communityeducationse@hhsc.ca) to register. Include your name, your child's name, the name of the group you wish to register for, family phone number, and family email address.

Call 905-521-2100 x74147 for more information.

## **Anxiety in Children and Youth (Online)**

**YourSpace Hamilton**

This workshop is an introduction for caregivers to understanding childhood anxiety. What you will learn: how it affects your child and different anxiety disorders and some basic coping strategies will be discussed.

**DATE:** Tuesday, December 14, 2021

**TIME:** 6:00 pm - 7:00 pm

**FOR MORE INFORMATION:**

Register at [YourSpaceHamilton.ca](http://YourSpaceHamilton.ca)

For more information email [engage@lynwoodcharlton.ca](mailto:engage@lynwoodcharlton.ca) or call 905-389-1361 ext. 288



Unless someone  
like you cares a whole  
awful lot, nothing  
is going to get  
better. It's not.



**Dr. Seuss**

## WORKSHOPS AND COURSES FOR PARENTS/CAREGIVERS OF CHILDREN AND TEENS

### **Burnt Out! (3 weekly sessions - Online)**

**Ron Joyce Children's Health Centre**

When our stress levels are too high it can be hard to take care of others. Learning to take care of yourself first is not selfish, it helps you be a better parent and a better you. This workshop series will be an opportunity to reconnect with yourself. We will help you get back to being a happier, empowered, and in control parent that you deserve to be.

**DATE:** Tuesday, November 30, 2021  
AND Tuesday, December 7, 2021  
AND Tuesday, December 14, 2021

**TIME:** 12:30 pm - 1:30 pm

(3 weekly sessions)

**TO REGISTER:** Email [communityeducationse@hhsc.ca](mailto:communityeducationse@hhsc.ca) to register. Include your name, your child's name, the name of the group you wish to register for, family phone number, and family email address.

Call 905-521-2100 x74147 for more information.

### **Parent Self-Care - Making Time for You! (Online)**

**Ron Joyce Children's Health Centre**

Parenting is hard work. Add difficult behaviour, multiple children with different needs, homework, chores and meal prep and there is little time left for you! We understand and we are here to support you. We will talk about how to get rid of the guilt of taking care of yourself, brainstorm ideas and how to make it happen. Because you matter!

**DATE:** Tuesday, October 19, 2021

**TIME:** 12:30 pm - 1:30 pm

**FOR MORE INFORMATION:** Email [communityeducationse@hhsc.ca](mailto:communityeducationse@hhsc.ca) to register. Include your name, your child's name, the name of the group you wish to register for, family phone number, and family email address.

Call 905-521-2100 x74147 for more information.

### **Understanding ADHD and ADD (Online)**

**YourSpace Hamilton**

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.

**DATES:** Tuesday, September 2, 2021

**TIME:** 6:00 pm - 7:00 pm

**FOR MORE INFORMATION:1**

Register at [YourSpaceHamilton.ca](http://YourSpaceHamilton.ca)

For more information email [engage@lynwoodcharlton.ca](mailto:engage@lynwoodcharlton.ca) or call 905-389-1361 ext. 288

### **How to Talk to Your Teen (Online)**

**Ron Joyce Children's Health Centre**

In this workshop, caregivers will explore strategies designed to strengthen relationships, reduce oppositional behaviours, increase cooperation and restore communication with their youth.

**DATE:** Tuesday, September 21, 2021

**TIME:** 12:30 pm - 1:30 pm

**FOR MORE INFORMATION:** Email [communityeducationse@hhsc.ca](mailto:communityeducationse@hhsc.ca) to register. Include your name, your child's name, the name of the group you wish to register for, family phone number, and family email address.

Call 905-521-2100 x74147 for more information.

### **Positive Parenting (Online)**

**Ron Joyce Children's Health Centre**

In this 1-hour VIRTUAL workshop, participants will learn evidence-based positive parenting strategies that will help reduce conflict and gain compliance.

**DATE:** Wednesday, September 8, 2021

**TIME:** 5:30 pm - 6:30 pm

**FOR MORE INFORMATION:** Email [communityeducationse@hhsc.ca](mailto:communityeducationse@hhsc.ca) to register. Include your name, your child's name, the name of the group you wish to register for, family phone number, and family email address.

Call 905-521-2100 x74147 for more information.

### **Building Your Parenting Toolbox (3 weekly online sessions)**

**Ron Joyce Children's Health Centre**

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 behaviour, reducing conflict, dealing with emotions, communication and problem-solving.

**DATE:** Monday, October 18, 2021 AND  
Monday, October 25, 2021 AND  
Monday, November 1, 2021

3 weekly sessions

**TIME:** 4:00 pm - 5:00 pm

**FOR MORE INFORMATION:** Email [communityeducationse@hhsc.ca](mailto:communityeducationse@hhsc.ca) to register. Include your name, your child's name, the name of the group you wish to register for, family phone number, and family email address.

Call 905-521-2100 x74147 for more information.



## WORKSHOPS AND COURSES FOR CHILDREN AND TEENS

### The Burger Box

Dr. Bob Kemp Hospice

The burger box is a free resource for families who have experienced the death of a family member or close friend. It is customizable with resources specific to the loss. There is also a how to book for parents written by our Supportive Care Team.

Target age 3-17 years.

#### FOR MORE INFORMATION:

Visit <https://kemphospice.org/services/tools-resources/the-burger-box/> for more information or to register to receive a box.

“

Logic will get you  
from A to B.  
Imagination will take  
you everywhere.

”

Albert Einstein

### 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](http://www.YourSpaceHamilton.ca) to register for upcoming sessions or view archived recordings.

Email [engage@lynwoodcharlton.ca](mailto:engage@lynwoodcharlton.ca) or call 905-389-1361 ext. 254

### Story Time Explorers (Online)

Dr. Bob Kemp Hospice

All sessions are held virtually on ZOOM.

Calling all 6-9 year olds who have experienced the death of someone close to them. Join us for story time and a craft.

Story time will occur virtually. Registration is mandatory. There are no fees to participate in this program. Register ASAP as programs fill up quickly.

**DATE:** All group sessions are held VIRTUALLY from 6:30-7:30 p.m. on the following dates:

September 29, 2021  
October 6, 2021  
October 13, 2021  
October 20, 2021  
October 27, 2021  
November 3, 2021

#### TO REGISTER:

To register please visit <https://kemphospice.org/event-category/children-weekly-grief-support> or contact Susan Repa at 905-387-2448 ext. 2230 or email [childandfamily@kemphospice.org](mailto:childandfamily@kemphospice.org)

### Teen Session (Online)

YourSpace Hamilton

Join our creative session for teens talking about emotion, and changing your mindset.

**DATES:** Wednesday, November 3, 2021

**TIME:** 5:30 pm - 6:30 pm

#### FOR MORE INFORMATION:

Register at [YourSpaceHamilton.ca](http://YourSpaceHamilton.ca)

For more information email [engage@lynwoodcharlton.ca](mailto:engage@lynwoodcharlton.ca) or call 905-389-1361 ext. 288

“

The journey of a  
thousand miles begins  
with one step.

”

Lao Tzu

## **ACHIEVES (Online)**

**John Howard Society**

### **WHAT IS ACHIEVES?**

ACHIEVES is a 12-week program that supports youth in grades 6, 7 and 8 that experience barriers to their social and educational success.

We provide a variety of opportunities for youth, such as:

- Life-skills programming
- Creating pro-social relationships
- Free recreational activities
- Incentives for reaching goals
- Supports and skills for transitioning to high-school.

### **Guardian/Parent Supports:**

Guardians/parents receive supports in the best format for them, including; parent groups, telephone coaching, and 1:1 support.

### **SESSIONS HAVE GONE VIRTUAL!**

Interested participants are strongly encouraged to have a device with audio & video capabilities.

### **FOR MORE INFORMATION ABOUT THE PROGRAM OR TO BOOK AN INTAKE:**

Call Brittany Ramsay at 289-260-6905 or email [bramsay@jhshamilton.on.ca](mailto:bramsay@jhshamilton.on.ca)

## **All 4 One: FASD Youth Justice Program**

**John Howard Society**

ALL 4 ONE is an individualized program that provides intervention and support to justice involved youth (ages 12-17) and their caregivers, living with FASD, or querying a diagnosis.

This program is comprised of a Family Support Worker and a Youth Worker, who will provide wide-ranging assistance to both youth and caregivers, as they navigate the judicial system, access community resources, and expand their networks of support in developing the young person's circle of care.

Open to community referrals.

Funded by the Department of Justice Canada.

### **FOR MORE INFORMATION ABOUT THE PROGRAM:**

Call Cassy Bowden at 289-556-6171 or email [cbowden@jhshamilton.on.ca](mailto:cbowden@jhshamilton.on.ca) or Jeff Parker at 289-442-5886 or email [jparker@jhshamilton.on.ca](mailto:jparker@jhshamilton.on.ca)

## **Monthly Movie Night (Online)**

**Dr. Bob Kemp Hospice**

Come one! Come all! Join the Dr. Bob Kemp Hospice for a virtual movie night the second Thursday of each month. EVERYONE is welcome.

Please register ASAP as groups fill up quickly.

**DATES/TIMES:** 2nd Thursday of every month from on the following dates:

September 9, 2021

October 14, 2021

November 11, 2021

December 9, 2021

### **TO REGISTER:**

Visit <https://kemphospice.org/event-category/youth-family-monthly-grief-groups> or contact Susan Repa 905-387-2448 ext. 2230 or email [childandfamily@kemphospice.org](mailto:childandfamily@kemphospice.org)

## **CHOICES (Online)**

**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 Mimi Vukasevic at 365-323-2324 or email [mvukasevic@jhshamilton.on.ca](mailto:mvukasevic@jhshamilton.on.ca)

## **CHOICES in Anger (Online)**

**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 Mimi Vukasevic at 365-323-2324 or email [mvukasevic@jhshamilton.on.ca](mailto:mvukasevic@jhshamilton.on.ca)

## 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.

### Gaming Through Grief Ages 10-13 (Online)

#### Dr. Bob Kemp Hospice

Any child or teen aged 10-13 who has experienced the death of a family member or very close friend can join the group. Participants will need a computer for Zoom and either an iPad, iPhone, or Android device. New games and activities each week.

Registration is mandatory. Please register ASAP as groups fill up quickly.

#### DATES/TIMES:

This is a 6-week program run on Wednesdays from 6:30pm - 8:00 pm

#### TO REGISTER:

To register please contact Susan Repa at 905-387-2448 ext. 2230 or email [childandfamily@kemphospice.org](mailto:childandfamily@kemphospice.org)

### kNOw Fear 8-12yrs (6 weekly virtual sessions) 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** CBT-based 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.

Limited Enrollment - This course may have a waitlist.

#### PARENT ONLY SESSION:

Wednesday, September 22, 2021

#### SESSIONS (PARENT & CHILD):

September 29, 2021  
October 6, 2021  
October 13, 2021  
October 20, 2021  
October 27, 2021

or

#### PARENT ONLY SESSION:

Wednesday, November 10, 2021

#### SESSIONS (PARENT & CHILD):

November 17, 2021  
November 24, 2021  
December 1, 2021  
December 8, 2021  
December 15, 2021

**TIME:** 5:30 pm to 6:30 pm

**LOCATION:** VIRTUAL through ZOOM

#### TO REGISTER:

Email [communityeducationse@hhsc.ca](mailto:communityeducationse@hhsc.ca) to register or visit <https://www.mcmasterchildrenshospital.ca/patients-visitors/family-resources/> Include your name, your child's name, the name of the group you wish to register for, family phone number, and email address.

Call 905-521-2100 x74147 for more information.

### 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](http://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](http://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.



## **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.

## **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](mailto: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](http://www.projectyouthaffirm.org)

Contact Rachael Pascoe, AFFIRM Coordinator at email address: [rachael.pascoe@mail.utoronto.ca](mailto:rachael.pascoe@mail.utoronto.ca)

## **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>

## WORKSHOPS AND COURSES FOR CHILDREN AND TEENS

### Games Night Ages 7-17 (Online)

**Dr. Bob Kemp Hospice**

Join us for scavenger hunts, Kahoot, mad gabs and so much more!

Games Night is virtually held the last Thursday of every month from 6:30pm - 8:30 pm

All group sessions are held on Zoom. Registration is mandatory to receive the Zoom link. Please register ASAP as groups fill up quickly.

#### **DATES/TIMES:**

All group sessions are held on the last Thursday of every month from 6:30-8:30 p.m. on the following dates:

September 30, 2021  
October 28, 2021  
November 25, 2021

#### **TO REGISTER:**

To register please visit <https://kemphospice.org/event-category/youth-family-monthly-grief-groups> or contact Susan Repa 905-387-2448 ext. 2230 or email [childandfamily@kemphospice.org](mailto:childandfamily@kemphospice.org)

### Anything Goes (Online)

**Dr. Bob Kemp Hospice**

Come and have some fun with us! Our specially trained grief counsellor will host a six week support group online. Through different crafts and activities we will explore youth grief, and create masterpieces.

#### **DATES/TIMES:**

Held Tuesdays from 6:30-7:30 pm.

#### **TO REGISTER:**

To register please visit <https://kemphospice.org/event-category/children-weekly-grief-support/> or contact Susan Repa at 905-387-2448 ext. 2230 or email [childandfamily@kemphospice.org](mailto:childandfamily@kemphospice.org)

### Cooking Up Care (Online)

**Dr. Bob Kemp Hospice**

Our chef will guide youth through the recipe from a 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.

Registration is mandatory as kits will be provided. Please register ASAP as groups fill up quickly.

#### **DATES/TIMES:**

Cooking up care is a 6 week program held from 6:30-8:30 pm on the following dates:

September 27, 2021  
October 4, 2021  
October 18, 2021  
October 25, 2021  
November 1, 2021  
November 8, 2021

#### **TO REGISTER:**

To register please visit <https://kemphospice.org/event-category/children-weekly-grief-support/> or contact Susan Repa at 905-387-2448 ext. 2230 or email [childandfamily@kemphospice.org](mailto:childandfamily@kemphospice.org)

### Grief Text and Online Chat Support

**Dr. Bob Kemp Hospice**

We are so excited to be launching our Grief Text and Online Chat Support!

Available 7 days a week, 10 a.m. until 10 p.m.

Our Grief Text or Online Chat service is to provide accessible, short-term peer brief grief emotional support for children, youth, parents/caregivers, and adults who have experienced a death from a pet or someone in their lives. It is not a mental health crisis/or distress service and will not provide mental health therapy.

#### **TEXT AND CHAT LINE OFFERS:**

-will provide brief emotional grief and bereavement support

-offer resources to support you

#### **DOES NOT OFFER:**

-mental health crisis counselling or intervention

-mental health counselling/therapy, treatment, or medical and health advice.

#### **TO ACCESS TEXT/CHAT SUPPORT:**

Text 289-278-1885 or for chat go to: [kemphospice.org/support-line](https://kemphospice.org/support-line)

### 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.

## WORKSHOPS AND COURSES FOR ADULTS

### Connecting Over Coffee (Online)

Dr. Bob Kemp Hospice

Join us the 2nd and 4th Tuesday of each month for Connecting Over Coffee, a new virtual-based drop-in group!

Individuals grieving a loss of a loved one can come together in a more relaxed setting for conversation and support alongside others who are grieving. Connecting Over Coffee is facilitated by trained Dr. Bob Kemp Hospice volunteers.

Registration is mandatory to receive the secure login information.

**DATES:** Held the 2nd and 4th Tuesday of the month from 7:00 pm - 8:30 pm on the following dates:

September 14, 2021

September 28, 2021

October 12, 2021

October 26, 2021

November 9, 2021

November 23, 2021

December 14, 2021

**FOR MORE INFORMATION:**

Connect with our Supportive Care Team at 905-387-2448 ext. 2206 or email [support@kemphospice.org](mailto:support@kemphospice.org) to register.

Visit <https://kemphospice.org/services/grief-bereavement-support/support-for-adults/> for more information.

### Return to Me Women's Centre of Hamilton

This 4-week, ONLINE group will explore your inner creative mind. The group is an introspective and reflective journey of the self that incorporates meditation, art, and other creative mediums. If you are needing to reconnect with others and take charge of your self-care, then this is the group for you!

**FOR MORE INFORMATION:**

Call Women's Centre at 905-522-0127. Registration is limited and on a first come, first serve basis.

### 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](http://hnhbscreenforlife.ca) for Coach schedule.

### Grief Text and Online Chat Support

Dr. Bob Kemp Hospice

We are so excited to be launching our Grief Text and Online Chat Support!

Available 7 days a week, 10 a.m. until 10 p.m.

Our Grief Text or Online Chat service is to provide accessible, short-term peer brief grief emotional support for children, youth, parents/caregivers, and adults who have experienced a death from a pet or someone in their lives. It is not a mental health crisis/or distress service and will not provide mental health therapy.

**TEXT AND CHAT LINE OFFERS:**

- will provide brief emotional grief and bereavement support
- offer resources to support you

**DOES NOT OFFER:**

- mental health crisis counselling or intervention
- mental health counselling/therapy, treatment, or medical and health advice.

**TO ACCESS TEXT/CHAT SUPPORT:**

Text 289-278-1885 or for chat go to: [kemphospice.org/support-line](http://kemphospice.org/support-line)

### First Steps, First Bonds: A Parental Loss Support Group

Dr. Bob Kemp Hospice

Each loss is as unique as your relationship with your loved one. The bond between parent and child is one of the first we experience in our life, and at times may be one of our first significant grief experiences in our lives.

Dr. Bob Kemp Hospice invites those who have experienced the death of a parent or elder to please join us for a 8-week support group facilitated by trained hospice volunteers.

This group will be held in person or virtually dependent on Public Health Guidelines at the time of group offering.

**DATES:** This group will meet Thursday evenings from 6:00 pm - 8:00 pm on the following dates:

September 16, 2021

September 23, 2021

September 30, 2021

October 7, 2021

October 14, 2021

October 28, 2021

November 4, 2021

November 11, 2021

**FOR MORE INFORMATION:**

Connect with our Supportive Care Team at 905-387-2448 ext. 2206 or email [support@kemphospice.org](mailto:support@kemphospice.org) to register.

Visit <https://kemphospice.org/services/grief-bereavement-support/support-for-adults/> for more information.

## WORKSHOPS AND COURSES FOR ADULTS

### **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

### **Building Skills to Move Forward**

**Women's Centre of Hamilton**

Women who have experienced trauma or abuse are welcome to attend workshops designed to reclaim your inner voice. Setting healthy boundaries, releasing guilt and shame, as well as other meaningful sessions are being offered online.

**TO REGISTER CALL:**

Women's Centre at 905-522-0127 for details.

### **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.

### **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

### **Healing and Wellness**

**Women's Centre of Hamilton**

Through meditation and mindfulness, women who have experienced trauma or abuse learn techniques to build healthy coping skills as they move through their healing journey. Workshops and sessions are being offered online.

**TO REGISTER:**

Call Women's Centre 905-522-0127.

### **New Choices**

**New Choices**

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

**FOR MORE INFORMATION:**

please call (905) 522-7336.

### **Navigating Our Journey: A Serious Illness Loss Support Group**

**Dr. Bob Kemp Hospice**

Loving and losing someone to a serious illness is a unique experience. Sometimes we may also be playing the role of caregiver while still being partners, siblings, children, friends, and parents to our loved one. The uniqueness of our grief, before, during, and after the loss of a loved one, 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 8-week group designed for those who have experienced the death of a loved one through serious illness. This 8-week group is facilitated by trained hospice volunteers.

This group will be held in person or virtually dependent on Public Health Guidelines at the time of group offering.

**DATES:** Held Thursday afternoons from 4:00 pm - 6:00 pm on the following dates:

October 7, 2021  
October 14, 2021  
October 21, 2021  
October 28, 2021  
November 4, 2021  
November 11, 2021  
November 18, 2021  
November 25, 2021

**FOR MORE INFORMATION:**

Connect with our Supportive Care Team at 905-387-2448 ext. 2206 or email support@kemphospice.org to register.

Visit <https://kemphospice.org/services/grief-bereavement-support/support-for-adults/> for more information.



## WORKSHOPS AND COURSES FOR ADULTS

### Peer Support

#### Women's Centre of Hamilton

Through online or telephone, 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 Peer Support Coordinator, Sue Ann, at 905-522-0127 x201

### Positive Parenting and Coping

#### Women's Centre of Hamilton

Online sessions are available to women who have experienced abuse and/or trauma. Sessions explore the struggles of parenting, establishing healthy boundaries, communication and managing through COVID.

#### TO REGISTER CALL:

Women's Centre at 905-522-0127 for more details.

### 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

### 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 Women's Centre at 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](http://www.projectyouthaffirm.org)

Contact Rachael Pascoe, AFFIRM Coordinator at email address: [rachael.pascoe@mail.utoronto.ca](mailto:rachael.pascoe@mail.utoronto.ca)

### Spousal Loss Support Group

#### Dr. Bob Kemp Hospice

The loss of a spouse and/or partner can be one of life's greatest challenges. Our spousal loss support group provides 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 and is facilitated by trained hospice volunteers.

This group will be held in person or virtually dependent on Public Health Guidelines at the time of group offering.

**DATES:** This group will meet Thursday afternoons from 1:00 pm - 3:00 pm on the following dates:

September 16, 2021

September 23, 2021

September 30, 2021

October 7, 2021

October 14, 2021

October 28, 2021

November 4, 2021

November 11, 2021

#### FOR MORE INFORMATION:

Connect with our Supportive Care Team at 905-387-2448 ext. 2206 or email [support@kemphospice.org](mailto:support@kemphospice.org) to register.

Visit <https://kemphospice.org/services/grief-bereavement-support/support-for-adults/> for more information.

### 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

### Across the Wires (Online)

Dr. Bob Kemp Hospice

Across the Wires is our virtual version of a book club. Instead of reading a book together, each week we will be listening to a different podcast that relates to the week's theme. On Tuesday afternoons we will come together to share about our listening experiences, and how these stories may connect with our own. The group space is a confidential setting, where participation in the discussion is voluntary.

This group will be held in person or virtually dependent on Public Health Guidelines at the time of group offering.

**DATES:** Held the 1st and 3rd Tuesday of the month from 4:00 pm - 5:30 pm on the following dates:

September 7, 2021

September 21, 2021

October 5, 2021

October 19, 2021

November 2, 2021

November 16, 2021

December 7, 2021

December 21, 2021

**FOR MORE INFORMATION:**

Connect with our Supportive Care Team at 905-387-2448 ext. 2206 or email [support@kemphospice.org](mailto:support@kemphospice.org) to register.

Visit <https://kemphospice.org/services/grief-bereavement-support/support-for-adults/> for more information.

### 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](mailto:beverleyg60@gmail.com)

### When Grief Comes to Work: A Frontline Worker Support Group

Dr. Bob Kemp Hospice

Grief isn't something we can take off like a uniform. When working in a field that exposes us to grief and loss, the deaths of those we serve and support can feel difficult to navigate. The Dr. Bob Kemp Hospice presents a monthly group designed for those employed as a frontline worker or in roles that include navigating the grief and loss surrounding clients, patients, or service users.

**DATES:** This group will take place on the first Wednesday of the month, with the option of two group times to best meet the needs of frontline workers. We ask individuals to please RSVP to one of two time slots each month.

Sessions are run 12:00 pm - 1:00 pm and 7:00 pm - 8:00 pm (choose one time) on the following dates:

September 1, 2021

October 6, 2021

November 3, 2021

December 1, 2021

**FOR MORE INFORMATION:**

Connect with our Supportive Care Team at 905-387-2448 ext. 2206 or email [support@kemphospice.org](mailto:support@kemphospice.org) to register.

Visit <https://kemphospice.org/services/grief-bereavement-support/support-for-adults/> for more information.

### More than Words: A Music Therapy Grief Support Group

Dr. Bob Kemp Hospice

When we experience the death of a loved one, we may grieve in ways that words alone cannot describe. This program offers opportunities for grievers to share, listen, and tell their stories in a supportive environment, using the emotional and creative qualities of music-listening and music-making experiences.

Group members will be given time and space to explore/express different themes pertaining to navigating grief through a combination of verbal discussion and musically-based activities. Music will be used to help participants identify and express their own responses to loss, to connect with others who are also grieving, and to learn and develop additional coping skills and music resources that can be used for continued support through the grieving process.

This group will be held virtually or in-person dependent on Public Health Guidelines at the time of group offering.

**DATES:** Participants can register for as many or as few sessions of our music therapy-based drop-in group

This group will meet Wednesdays on the following dates (Time TBA):

September 22, 2021

September 29, 2021

October 6, 2021

October 13, 2021

October 20, 2021

October 27, 2021

November 3, 2021

November 10, 2021

**FOR MORE INFORMATION:**

Connect with our Supportive Care Team at 905-387-2448 ext. 2206 or email [support@kemphospice.org](mailto:support@kemphospice.org) to register.

Visit <https://kemphospice.org/services/grief-bereavement-support/support-for-adults/> for more information.

# GROWING TOGETHER

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# 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.mcmasterchildrenshospital.ca/patients-visitors/family-resources/>

Looking for more information about difficulties your child or teen is experiencing?

The Family Resource Centre at the Ron Joyce Children's Health Centre (325 Wellington St. N.) circulates books, DVDs and pamphlets on a variety of topics.

For more information please visit <https://www.mcmasterchildrenshospital.ca/patients-visitors/family-resources/rjchc-family-resource-centre/> email [frc@hhsc.ca](mailto:frc@hhsc.ca) or call 905.521.2100 ext. 77243



PARENT  
EDUCATION  
COURSES  
WORKSHOPS  
GROUPS



LOCATIONS  
WITHIN THE  
HAMILTON AREA

