



Offering free educational programs and resources for parents, youth and children.



Check out our Growing Together guidebook



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

**The Child & Youth Mental Health Program  
COMMUNITY EDUCATION SERVICE  
January to August 2019**

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

## Various Topics Available:

Difficult Behaviour, Parenting, Teen Behaviour, Dealing with Emotions, Parental Self-Care, Mental Health (Anxiety, ADHD), Communication and Much More!

**Free**



### **kNOw Fear (6 weekly sessions)**

Know fear is an **Educational** CBT based anxiety group for children ages 8-12 yrs. 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. **First session is a Parent ONLY Orientation: *online registration is not available only phone registration, due to high demand.***

Age	Start Date	Time	Location
8-12 yrs.	Tuesday January 8	3:30-4:45 pm	Ron Joyce Children's Health Centre – 325 Wellington St. N. , 4th floor
8-12 yrs.	Thursday March 21	3:30-4:45 pm	Ron Joyce Children's Health Centre 3 <sup>rd</sup> floor
8-12 yrs.	Tuesday May 7	3:30-4:45 pm	Ron Joyce Children's Health Centre 3 <sup>rd</sup> floor
8-12 yrs.	Wednesday July 10	2:30-3:45 pm	Ron Joyce Children's Health Centre 3 <sup>rd</sup> floor

### **Stress Less For Teens (6 weekly sessions)**

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

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

Age	Start Date	Time	Location
13-17 yrs.	Thursday January 10	3:30-4:45 pm	Ron Joyce Children's Health Centre, 3 <sup>rd</sup> floor
13-17 yrs.	Tuesday March 19	3:30-4:45 pm	Ron Joyce Children's Health Centre, 3 <sup>rd</sup> floor
13-17 yrs.	Thursday May 9	3:30-4:45 pm	Ron Joyce Children's Health Centre, 3 <sup>rd</sup> floor
13-17 yrs.	Thursday July 11	2:30-3:45 pm	Ron Joyce Children's Health Centre, 3 <sup>rd</sup> floor

## *Anxiety groups for parents (3+ sessions):*

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

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

Participants	Start Date	Time	Location
Parents & Caregivers (no child care)	Wednesday January 9	12:30- 2:00 pm	Ron Joyce Children's Health Centre, 3 <sup>rd</sup> floor
Parents & Caregivers (no child care)	Friday March 8	9:30-11:00 am	Bay Gardens, 2 <sup>nd</sup> floor 947 Rymal Rd. E.
Parents & Caregivers (no child care)	Wednesday May 29	12:30- 2:00 pm	Ron Joyce Children's Health Centre, 3 <sup>rd</sup> floor
Parents & Caregivers (no child care)	Tuesday August 13	1:00-2:30 pm	Ron Joyce Children's Health Centre, 3 <sup>rd</sup> floor



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

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

Participants	Start Date	Time	Location
Parents & Caregivers (no child care)	Friday January 11	1:00-2:30 pm	Ron Joyce Children’s Health Centre, 3 <sup>rd</sup> floor
Parents & Caregivers (no child care)	Friday May 10	10:00-11:30 am	Turner Park Library, 352 Rymal Rd. E
Parents & Caregivers (no child care)	Monday June 10	6:00-7:30 pm	Fortinos Community Room, 65 Mall Rd.
Parents & Caregivers (no child care)	Monday August 12	6:00-7:30 pm	Fortinos Community Room, 65 Mall Rd.

**The Shy Timid Child (6 sessions)**

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

Participants	Start Date	Time	Location
Parents & Caregivers (no child care)	Monday March 18	6:00-7:30 pm	Fortinos Mall Rd. Community Room, 65 Mall Rd.

*Anxiety Workshops for Parents (1 Session):*

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**Helping Your Child & Teen Stress Less (90 minute session)**

Parents will learn the signs of stress and how to help their child earn positive ways to deal with their stress, anxiety and emotions. Parents learn practical relaxation and coping strategies they can transfer to their children

Participants	Date	Time	Location
Parents & Caregivers (no child care)	Monday January 7	12:30-2:00 pm	Ron Joyce Children’s Health Centre 3 <sup>rd</sup> Floor
Parents & Caregivers (no child care)	Monday February 25	12:30-2:00 pm	Ron Joyce Children’s Health Centre, 3 <sup>rd</sup> Floor
Parents & Caregivers (no child care)	Friday March 29	9:30-11:00 am	Bay Gardens, 2 <sup>nd</sup> floor 947 Rymal Rd. E.
Parents & Caregivers (no child care)	Tuesday August 13	9:30-11:00 am	Fortinos Main West., Community room, 1579 Main St. West



**I'm Scared of the Doctor and the Dentist too (90 minute session)**

Help your child overcome their fear of dentists, doctors, needles and medical appointments. Parents will gain a better understanding of how to prepare and educate children for doctor, dentist and hospital visits. Coping strategies and practical tips will be taught.

Date	Time	Location	
Parents & Caregivers (no child care)	Tuesday January 22	10:00-11:30 am	Ron Joyce Children's Health Centre 3 <sup>rd</sup> Floor
Parents & Caregivers (no child care)	Thursday February 21	10:00-11:30 am	Ron Joyce Children's Health Centre 3 <sup>rd</sup> Floor
Parents & Caregivers (no child care)	Tuesday April 16	10:00-11:30 am	Ron Joyce Children's Health Centre 3 <sup>rd</sup> Floor
Parents & Caregivers (no child care)	Thursday June 20	10:00-11:30 am	Ron Joyce Children's Health Centre 3 <sup>rd</sup> Floor

**I'm Shy (90 minute session)**

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

Date	Time	Location	
Parents & Caregivers (no child care)	Tuesday February 12	9:30-11:00 am	Fortinos Main West., Community room, 1579 Main St. West
Parents & Caregivers (no child care)	Wednesday April 17	12:30-2:00 pm	Ron Joyce Children's Health Centre, 3 <sup>rd</sup> Floor
Parents & Caregivers (no child care)	Tuesday June 18	10:00-11:30 am	Ron Joyce Children's Health Centre, 3 <sup>rd</sup> Floor
Parents & Caregivers (no child care)	Wednesday August 28	1:00-2:30 pm	Ron Joyce Children's Health Centre, 3 <sup>rd</sup> Floor

**What is Mindfulness? (90 minute session)**

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

Participants	Date	Time	Location
Parents & Caregivers (no child care)	Tuesday February 19	10:00-11:30 am	Ron Joyce Children's Health Centre, 3 <sup>rd</sup> Floor
Parents & Caregivers (no child care)	Friday April 5	9:30-11:00 am	Fortinos Mall Rd. Community Room, 65 Mall Rd.
Parents & Caregivers (no child care)	Thursday May 30	10:00-11:30 am	Ron Joyce Children's Health Centre, 3 <sup>rd</sup> Floor
Parents & Caregivers (no child care)	Friday June 28	9:30-11:00 am	Bay Gardens, 2 <sup>nd</sup> floor 947 Rymal Rd. E.



**Why Little Kids Worry (3-10yrs) (90 minute session)**

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

Participants	Date	Time	Location
Parents & Caregivers (no child care)	Wednesday January 2	12:30-2:00 pm	Ron Joyce Children’s Health Centre ,3 <sup>rd</sup> Floor
Parents & Caregivers (no child care)	Thursday March 7	9:30-11:00 am	Helen Detwiler Early On Centre, 320 Brigade Dr
Parents & Caregivers (no child care)	Thursday June 27	9:30-11:00 am	Dundas Coach House Early On Centre, 22 Victoria St, Dundas
Parents & Caregivers (no child care)	Tuesday August 27	10:00-11:30 am	Ron Joyce Children’s Health Centre, 3 <sup>rd</sup> Floor

*Communication & relationship building workshops for parents (1 session):*

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**Co-Parenting through Divorce and Separation (90 minute session)**

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

Participants	Date	Time	Location
Parents & Caregivers (no child care)	Tuesday February 19	12:30-2:00 pm	Ron Joyce Children’s Health Centre, 3 <sup>rd</sup> floor
Parents & Caregivers (no child care)	Thursday April 18	10:00-11:30 am	Ron Joyce Children’s Health Centre, 3 <sup>rd</sup> floor
Parents & Caregivers (no child care)	Monday June 3	6:00-7:30 pm	Fortinos Mall Rd. Community Room, 65 Mall Rd.
Parents & Caregivers (no child care)	Tuesday August 20	10:00-11:30 am	Ron Joyce Children’s Health Centre, 3 <sup>rd</sup> floor

**How to Talk To Your Teen (90 minute session)**

This will provide parents/caregivers some basic understanding of teen development, provide tools and strategies to improve parent/teen communication and work towards reducing conflict by establishing collaborative problem solving strategies.

Participants	Date	Time	Location
Parents & Caregivers (no child care)	Monday January 28	12:30-2:00 pm	Ron Joyce Children’s Health Centre, 3 <sup>rd</sup> floor
Parents & Caregivers (no child care)	Monday May 27	6:00-7:30 pm	Fortinos Mall Rd. Community Room, 65 Mall Rd.
Parents & Caregivers (no child care)	Friday July 26	9:30-11:00 am	St. David’s Early On Centre, 33 Cromwell Cres., Stoney Creek

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*Parenting strategies to help with mild to moderate behaviours  
(courses: 3+ sessions)*

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

This three-session course will review a variety of parenting strategies that have proven to be effective. Topics that will be discussed are: understanding your child’s disruptive behaviour, reducing conflict, dealing with emotions, communication and problem solving.

Participants	Start Date	Time	Location
Parents & Caregivers (no child care)	Friday January 11	10:00–11:30 am	Turner Park Library, 352 Rymal Rd. E.
Parents & Caregivers (no child care)	Wednesday February 27	12:30-2:00 pm	Ron Joyce Children’s Health Centre, 3 <sup>rd</sup> floor
Parents & Caregivers (no child care)	Friday June 7	9:30-11:00 am	<b>Correct Location is</b> Bay Gardens, 2 <sup>nd</sup> floor 947 Rymal Rd. E. • <b>Location in flyer is incorrect.</b>
Parents & Caregivers (no child care)	Friday August 9	12:30-2:00 pm	Ron Joyce Children’s Health Centre, 3 <sup>rd</sup> floor

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

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

Participants	Start Date	Time	Location
Parents & Caregivers (no child care)	Friday February 1	12:30-2:00 pm	Ron Joyce Children’s Health Centre, 3 <sup>rd</sup> floor
Parents & Caregivers (no child care)	Wednesday April 3	6:00-7:30 pm	Ron Joyce Children’s Health Centre, 3 <sup>rd</sup> floor
Parents & Caregivers (no child care)	Monday May 13	12:30-2:00 pm	Ron Joyce Children’s Health Centre, 3 <sup>rd</sup> floor

**Social Skills: A parent skills training course (3 weekly sessions)**

3 weekly sessions in a row. This course is for parents only, to learn how to be your child/teen’s social skills coach. Whether your child struggles with social anxiety or has difficulty keeping friends this course can help. Learn to help your child make and keep friends.

Participants	Start Date	Time	Location
Parents & Caregivers (no child care)	Wednesday February 6	12:30-2:00 pm	Ron Joyce Children’s Health Centre, 3 <sup>rd</sup> floor
Parents & Caregivers (no child care)	Wednesday May 15	6:00-7:30 pm	Ron Joyce Children’s Health Centre, 3 <sup>rd</sup> floor
Parents & Caregivers (no child care)	Tuesday July 16	10:00–11:30 am	Ron Joyce Children’s Health Centre, 3 <sup>rd</sup> floor



*Parenting strategies to help with mild to moderate behaviours  
(workshops 1 session)*

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**Ages & Stages, What Happens When? (90 minute session)**

Children develop and grow at their own pace. This workshop will give you a guideline as to what to expect in your child's emotional and social development. (Up to age 11 yrs.)

Participants	Date	Time	Location
Parents & Caregivers (no child care)	Thursday January 31	10:00-11:30 am	Ron Joyce Children's Health Centre, 3 <sup>rd</sup> floor
Parents & Caregivers (no child care)	Friday March 22	12:30-2:00 pm	Ron Joyce Children's Health Centre, 3 <sup>rd</sup> floor
Parents & Caregivers (no child care)	Wednesday May 22	12:30-2:00 pm	Ron Joyce Children's Health Centre, 3 <sup>rd</sup> floor
Parents & Caregivers (no child care)	Friday July 26	12:30-2:00 pm	Ron Joyce Children's Health Centre, 3 <sup>rd</sup> floor

**Help! My mornings and bedtime are chaos (90 minute session)**

1 90 minute make and take session. If you are struggling with setting a routine for your children this workshop will take you through the steps to get you there. Staff will help you develop the routine that is best suited for individual children and family. A chart will be created and printed off to take home with you that day to get started.

Participants	Date	Time	Location
Parents & Caregivers (no child care)	Thursday February 21	1:00-2:30pm	Ron Joyce Children's Health Centre, 3 <sup>rd</sup> floor
Parents & Caregivers (no child care)	Tuesday May 21	10:00-11:30 am	Ron Joyce Children's Health Centre, 3 <sup>rd</sup> floor
Parents & Caregivers (no child care)	Wednesday August 28	6:00- 7:30pm	Ron Joyce Children's Health Centre, 3 <sup>rd</sup> floor

**Helpful Transitions for School Success (90 minute session)**

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

Participants	Date	Time	Location
Parents & Caregivers (no child care)	Wednesday January 30	12:30-2:00 pm	Ron Joyce Children's Health Centre, 3 <sup>rd</sup> floor
Parents & Caregivers (no child care)	Tuesday March 19	10:00-11:30 am	Ron Joyce Children's Health Centre, 3 <sup>rd</sup> floor
Parents & Caregivers (no child care)	Thursday August 22	1:00-2:30 pm	Ron Joyce Children's Health Centre, 3 <sup>rd</sup> floor





**Learn How to validate your Child (90 minute session)**

Validation is a powerful tool for parents. It helps you connect with your child/teen and it can diffuse difficult behaviour. They will feel heard and may open up more. This workshop will give you the skills to get you started.

Participants	Date	Time	Location
Parents & Caregivers (no child care)	Tuesday January 8	9:30-11:00 am	Fortinos Main West., Community room, 1579 Main St. West
Parents & Caregivers (no child care)	Wednesday March 20	6:00-7:30 pm	Ron Joyce Children’s Health Centre, 3 <sup>rd</sup> floor
Parents & Caregivers (no child care)	Tuesday April 30	10:00-11:30 am	Ron Joyce Children’s Health Centre, 3 <sup>rd</sup> floor
Parents & Caregivers (no child care)	Thursday May 2	9:30-11:00 am	Helen Detwiler EarlyOn Centre, 320 Brigade Dr
Parents & Caregivers (no child care)	Thursday July 25	9:30-11:00 am	Dundas Coach House EarlyOn Centre, 22 Victoria St, Dundas
Parents & Caregivers (no child care)	Thursday August 1	1:00-2:30 pm	Ron Joyce Children’s Health Centre, 3 <sup>rd</sup> floor

**Managing Routines (90 minute session)**

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

Participants	Date	Time	Location
Parents & Caregivers (no child care)	Friday January 4	9:30-11:00 am	Fortinos Mall Rd. Community Room, 65 Mall Rd.
Parents & Caregivers (no child care)	Thursday February 7	9:30-11:00 am	Helen Detwiler EarlyOn Centre, 320 Brigade Dr
Parents & Caregivers (no child care)	Wednesday April 24	12:30-2:00 pm	Ron Joyce Children’s Health Centre, 3 <sup>rd</sup> floor
Parents & Caregivers (no child care)	Thursday May 23	9:30-11:00 am	Dundas Coach House EarlyOn Centre, 22 Victoria St, Dundas
Parents & Caregivers (no child care)	Friday July 5	9:30-11:00 am	Fortinos Mall Rd. Community Room, 65 Mall Rd.

**Positive Parenting (90 minute session)**

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

Participants	Date	Time	Location
Parents & Caregivers (no child care)	Thursday January 24	9:30-11:00 am	Dundas Coach House EarlyOn Centre, 22 Victoria St, Dundas
Parents & Caregivers (no child care)	Friday March 15	12:30-2:00 pm	Ron Joyce Children’s Health Centre, 3 <sup>rd</sup> Floor
Parents & Caregivers (no child care)	Thursday April 4	9:30-11:00 am	Helen Detwiler EarlyOn Centre, 320 Brigade Dr
Parents & Caregivers (no child care)	Thursday June 20	1:00-2:30 pm	Ron Joyce Children’s Health Centre, 3 <sup>rd</sup> Floor
Parents & Caregivers (no child care)	Thursday August 22	9:30-11:00 am	Dundas Coach House EarlyOn Centre, 22 Victoria St, Dundas





**1-2-3 Magic (90 minute session)**

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

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

*Mental Health Workshops (1 session)*

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**Why is my Teen in Such a Bad Mood? (90 minute session)**

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

Participants	Date	Time	Location
Parents & Caregivers (no child care)	Wednesday January 16	6:00-7:30 pm	Ron Joyce Children’s Health Centre, 3 <sup>rd</sup> floor
Parents & Caregivers (no child care)	Tuesday February 26	12:30-2:00 pm	Ron Joyce Children’s Health Centre, 3 <sup>rd</sup> floor
Parents & Caregivers (no child care)	Monday May 13	6:00-7:30 pm	Fortinos Mall Rd. Community Room, 65 Mall Rd.
Parents & Caregivers (no child care)	Thursday August 15	10:00-11:30 am	Ron Joyce Children’s Health Centre, 3 <sup>rd</sup> floor

**Understanding Youth with Safety and Risk Concerns (90 minute session)** This one session workshop with our child psychiatrist Dr. Boylan will give parents and caregivers insight on: What is suicide/self-harm, information for services in Hamilton, how to get help for your child, how to navigate the system, and questions to ask your Doctor and community resources that can help.

Participants	Date	Time	Location
Parents & Caregivers (no child care)	Wednesday February 20	6:00- 7:30 pm	TBA

**What is Mental Health and How Can I Help my Child/Teen? (90 minute session)** The more we understand about mental health in our children and teens, the better we can support them. Topics discussed: what is mental health, symptoms, causes, common childhood disorders, mental health awareness, and supports.

Participants	Date	Time	Location
Parents & Caregivers (no child care)	Thursday January 3	1:00-2:30 pm	Ron Joyce Children’s Health Centre, 3 <sup>rd</sup> floor
Parents & Caregivers (no child care)	Thursday March 21	10:00-11:30 am	Ron Joyce Children’s Health Centre, 3 <sup>rd</sup> floor
Parents & Caregivers (no child care)	Thursday May 16	10:00-11:30 am	Ron Joyce Children’s Health Centre, 3 <sup>rd</sup> floor
Parents & Caregivers (no child care)	Friday August 23	9:30-11:00 am	Bay Gardens, 2 <sup>nd</sup> floor 947 Rymal Rd. E.

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### *Self-Care for Parents courses*

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

When our stress levels are too high it can be hard to take care of others. Learning to take care of yourself first is not selfish, it helps you be a better parent and a better you. This 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.

Participants	Start Date	Time	Location
Parents & Caregivers (no child care)	Friday February 1	9:30-11:00 am	Bay Gardens, 947 Rymal Rd E., 2 <sup>nd</sup> floor community room
Parents & Caregivers (no child care)	Friday April 12	9:30-11:00 am	St. David's Early On Centre, 33 Cromwell Cres.
Parents & Caregivers (no child care)	Monday July 8	6:00-7:30 pm	Turner Park Library, 352 Rymal Rd. E.

### *Understanding moderate to severe behaviours (courses: 6 sessions)*

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

Using problem-solving discussions, videos and homework projects, caregivers learn evidence-based skills to strengthen relationships, reduce oppositional behaviour and increase cooperation. Common ADHD struggles and behaviours will be discussed, additional resources/handouts will be provided.

Participants	Start Date	Time	Location
Parents & Caregivers (no child care)	Monday January 28	6:00- 7:30 pm	Fortinos Mall Rd. Community Room, 65 Mall Rd.
Parents & Caregivers (no child care)	Friday March 29	12:30-2:00 pm	Ron Joyce Children's Health Centre, 3 <sup>rd</sup> floor
Parents & Caregivers (no child care)	Wednesday June 5	6:00- 7:30 pm	Ron Joyce Children's Health Centre, 3 <sup>rd</sup> floor
Parents & Caregivers (no child care)	Monday July 15	12:30-2:00 pm	Ron Joyce Children's Health Centre, 3 <sup>rd</sup> floor

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

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

Participants	Start Date	Time	Location
Parents & Caregivers (no child care)	Wednesday January 30	6:00- 7:30 pm	Ron Joyce Children's Health Centre, 3 <sup>rd</sup> floor
Parents & Caregivers (no child care)	Monday March 4	12:30-2:00 pm	Ron Joyce Children's Health Centre, 3 <sup>rd</sup> floor
Parents & Caregivers (no child care)	Friday May 31	1:00-2:30 pm	Ron Joyce Children's Health Centre, 3 <sup>rd</sup> floor
Parents & Caregivers (no child care)	Wednesday July 17	6:00- 7:30 pm	Ron Joyce Children's Health Centre, 3 <sup>rd</sup> floor



**Parenting Your Child with ADHD (3 weekly sessions)**

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 disucssed: evidence based parenting stratagies, emotional regulation, executive functioning, and social skills.

Participants	Start Date	Time	Location
Parents & Caregivers (no child care)	Monday January 7	6:00- 7:30 pm	Fortinos 65 Mall Road community room
Parents & Caregivers (no child care)	Wednesday March 20	12:30-2:00 pm	Ron Joyce Children’s Health Centre, 3 <sup>rd</sup> floor
Parents & Caregivers (no child care)	Wednesday May 1	12:30-2:00 pm	Ron Joyce Children’s Health Centre, 3 <sup>rd</sup> floor
Parents & Caregivers (no child care)	Wednesday June 19	12:30-2:00 pm	Ron Joyce Children’s Health Centre, 3 <sup>rd</sup> floor

*Understanding moderate to severe behaviours (1 session)*

**Advocating For My Child (90 minute session)**

Does your child have mental health and/or behavioural issues? It can be hard to know how to work as a team with your child’s school, daycare and community supports. This workshop will help you to take the positive steps to get you there.

Participants	Date	Time	Location
Parents & Caregivers (no child care)	Thursday January 17	10:00-11:30 am	Ron Joyce Children’s Health Centre, 3 <sup>rd</sup> floor
Parents & Caregivers (no child care)	Thursday February 28	1:00-2:30 pm	Ron Joyce Children’s Health Centre, 3 <sup>rd</sup> floor
Parents & Caregivers (no child care)	Wednesday March 13	6:00-7:30 pm	Ron Joyce Children’s Health Centre, 3 <sup>rd</sup> floor
Parents & Caregivers (no child care)	Tuesday April 30	12:30-2:00pm	Ron Joyce Children’s Health Centre, 3 <sup>rd</sup> floor
Parents & Caregivers (no child care)	Friday August 16	9:30-11:00 am	Bay Gardens, 947 Rymal Rd E., 2 <sup>nd</sup> floor community room

**COPEing with Impulsive Children: Strategies for Improving Children’s Self-Control (90 minute session)**

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

Participants	Date	Time	Location
Parents & Caregivers (no child care)	Wednesday January 2	6:00-7:30 pm	Ron Joyce Children’s Health Centre, 3 <sup>rd</sup> floor
Parents & Caregivers (no child care)	Wednesday March 27	6:00-7:30 pm	Ron Joyce Children’s Health Centre, 3 <sup>rd</sup> floor
Parents & Caregivers (no child care)	Monday May 6	6:00-7:30 pm	Fortinos 65 Mall Road community room
Parents & Caregivers (no child care)	Monday July 8	12:30-2:00 pm	Ron Joyce Children’s Health Centre, 3 <sup>rd</sup> floor



**Emotions in Motion – Self Regulation (90 minute session)**

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

Participants	Date	Time	Location
Parents & Caregivers (no child care)	Wednesday January 9	6:00- 7:30 pm	Ron Joyce Children’s Health Centre, 3 <sup>rd</sup> floor
Parents & Caregivers (no child care)	Wednesday April 10	12:30-2:00 pm	Ron Joyce Children’s Health Centre, 3 <sup>rd</sup> floor
Parents & Caregivers (no child care)	Tuesday May 14	9:30-11:00 am	Fortinos Main West., Community room, 1579 Main St. West
Parents & Caregivers (no child care)	Tuesday June 18	10:00-11:30 am	Ron Joyce Children’s Health Centre, 3 <sup>rd</sup> floor

**Friendships: Helping your child make and keep them (90 minute session)**

A one session workshop for parents /caregivers of children and youth 10-18 years of age. The focus will be on helping caregivers develop an understanding of social skill development and how they can assist their child/teen.

Participants	Date	Time	Location
Parents & Caregivers (no child care)	Monday January 14	12:30-2:00 pm	Ron Joyce Children’s Health Centre, 3 <sup>rd</sup> floor
Parents & Caregivers (no child care)	Tuesday March 12	9:30-11:00 am	Fortinos Main West., Community room, 1579 Main St. West
Parents & Caregivers (no child care)	Monday May 6	12:30-2:00 pm	Ron Joyce Children’s Health Centre, 3 <sup>rd</sup> floor
Parents & Caregivers (no child care)	Friday August 9	9:30-11:00 am	Fortinos Mall Rd., Community room, 65 Mall rd.

**Giving Your Child the Tools for Life (90 minute session)**

This workshop will help parents understand how to raise resilient children. Children respond differently to the challenges in life. With our guidance we will show you how to empower your child and nurture these skills so they can learn to bounce back with confidence.

Participants	Date	Time	Location
Parents & Caregivers (no child care)	Thursday January 3	9:30-11:00 am	Helen Detwiler EarlyOn Centre, 320 Brigade Dr
Parents & Caregivers (no child care)	Wednesday January 23	6:00-7:30 pm	Ron Joyce Children’s Health Centre, 3 <sup>rd</sup> floor
Parents & Caregivers (no child care)	Thursday April 25	9:30-11:00 am	Dundas Coach House EarlyOn Centre, 22 Victoria St, Dundas
Parents & Caregivers (no child care)	Tuesday June 11	9:30-11:00 am	Fortinos Main West., Community room, 1579 Main St. West
Parents & Caregivers (no child care)	Thursday August 1	9:30-11:00 am	Helen Detwiler EarlyOn Centre, 320 Brigade Dr



**My Child Doesn't Want to Go to School! (90 minute session)**

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

Participants	Date	Time	Location
Parents & Caregivers (no child care)	Monday February 4	12:30- 2:00 pm	Ron Joyce Children's Health Centre, 3 <sup>rd</sup> floor
Parents & Caregivers (no child care)	Thursday May 2	1:00-2:30 pm	Ron Joyce Children's Health Centre, 3 <sup>rd</sup> floor
Parents & Caregivers (no child care)	Thursday August 29	10:00-11:30 pm	Ron Joyce Children's Health Centre, 3 <sup>rd</sup> floor

**Repairing the Relationship with my Challenging Child (90 minute session)**

Have you lost the connection with your child? This workshop provides ideas for helping resolve conflicts and repair parent-child relationships, improved compliance, and communication.

Participants	Date	Time	Location
Parents & Caregivers (no child care)	Friday January 4	12:30- 2:00 pm	Ron Joyce Children's Health Centre, 3 <sup>rd</sup> floor
Parents & Caregivers (no child care)	Monday February 11	12:30- 2:00 pm	Ron Joyce Children's Health Centre, 3 <sup>rd</sup> floor
Parents & Caregivers (no child care)	Friday March 1	9:30- 11:00 am	Bay Gardens, 947 Rymal Rd E., 2nd floor community room
Parents & Caregivers (no child care)	Thursday July 18	10:00-11:30 pm	Ron Joyce Children's Health Centre, 3 <sup>rd</sup> floor

**Sibling Conflict (90 minute session)**

There are many reasons why siblings fight. Some conflict between siblings is normal. When it takes over your home, it's hard to know how to change the cycle of fighting and teasing. We can help you minimize the rivalry between your children

Participants	Date	Time	Location
Parents & Caregivers (no child care)	Wednesday April 9	10:00-11:30 pm	Ron Joyce Children's Health Centre, 3 <sup>rd</sup> floor

**Temper tantrums VS Meltdowns: Is there really a difference? (90 minute session)**

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

Participants	Date	Time	Location
Parents & Caregivers (no child care)	Thursday February 28	9:30- 11:00 am	Dundas Coach House EarlyOn Centre, 22 Victoria St, Dundas
Parents & Caregivers (no child care)	Thursday March 14	12:30-2:00 pm	Ron Joyce Children's Health Centre, 3 <sup>rd</sup> floor
Parents & Caregivers (no child care)	Monday April 29	12:30-2:00 pm	Ron Joyce Children's Health Centre, 3 <sup>rd</sup> floor
Parents & Caregivers (no child care)	Thursday June 6	9:30- 11:00 am	Helen Detwiler EarlyOn Centre, 320 Brigade Dr
Parents & Caregivers (no child care)	Tuesday July 9	9:30- 11:00 am	Fortinos Main West., Community room, 1579 Main St. West



**Treatment Options for Children with ADHD (90 minute session)**

Dr. Bill Mahoney will present information in this 2 hour overview of treatments available to children diagnosed with ADHD.

Participants	Date	Time	Location
Parents & Caregivers (no child care)	Wednesday April 17	6:00- 7:30 pm	Ron Joyce Children's Health Centre, 1 <sup>st</sup> floor conference room

**Why Won't They Listen? (90 minute session)**

This one session workshop will review ways to increase your child's cooperation and listening. You will learn effective ways of teaching your child how to manage their strong emotions and work collaboratively with them to find a new way to deal with behaviours and issues.

Participants	Date	Time	Location
Parents & Caregivers (no child care)	Monday January 21	12:30-2:00 pm	Ron Joyce Children's Health Centre, 3 <sup>rd</sup> floor
Parents & Caregivers (no child care)	Thursday March 28	9:30-11:00 am	Dundas Coach House EarlyOn Centre, 22 Victoria St, Dundas
Parents & Caregivers (no child care)	Friday May 17	12:30-2:00 pm	Ron Joyce Children's Health Centre, 3 <sup>rd</sup> floor
Parents & Caregivers (no child care)	Thursday June 27	1:00-2:30 pm	Ron Joyce Children's Health Centre, 3 <sup>rd</sup> floor
Parents & Caregivers (no child care)	Thursday July 4	9:30-11:00 am	Helen Detwiler EarlyOn Centre, 320 Brigade Dr