



An 8-week group for parents of children 6 years and under. Join us to learn about:

- Caring for yourself and your child
- Building a good relationship with your child
- Responding to your child in a calm and positive way

Various dates, times and locations available. Call for more information.

**FREE Parenting
Groups
Register NOW!**



An 8-week group focusing on building a strong parent-child relationship and healthy social emotional development.

Parent and child attend together and participate in play-based activities.

Recommended for children under age 7.

Date	Time	Location
Jan 17 - Mar 7, 2023	10 - 11 am	Hamilton East
Feb 1 - Mar 29, 2023	4:30 - 5:30 pm	Hamilton Mountain
Feb 16 - Apr 13, 2023	1:30 - 2:30 pm	Stoney Creek
Mar 23 - May 11, 2023	5 - 6 pm	Hamilton East
Apr 5 - May 24, 2023	10 - 11 am	Hamilton East
May 4 - Jun 22, 2023	9:30 - 10:30 am	Stoney Creek

Group Triple P

A 9-week group for parents with children 2 to 6. Join us to learn about:

- Building positive family relationships
- Encouraging behaviours you like
- Responding to challenging behaviours

Triple P Discussion Groups

Topic specific workshops for parents with children 2 to 6 years of age.



Date	Time	Location
Feb 23 - Apr 27, 2023	4 - 6 pm	Hamilton East

Topic	Date & Time	Location
Dealing with Challenging Behaviours	Feb 7, 2023 5 - 7 pm	Hamilton Mountain
Managing Fighting & Aggression	Mar 27, 2023 5:30 - 7:30 pm	Stoney Creek
Dealing with Challenging Behaviours	Apr 18, 2023 9:30 - 11:30 am	Hamilton East
Managing Fighting & Aggression	May 24, 2023 4 - 6 pm	Hamilton Mountain
Dealing with Challenging Behaviours	Jun 22, 2023 4 - 6 pm	Hamilton East



Health Connections:
905-546-3550



Hamilton