



# Growing Together

A Community Education Guide for Parents, Youth and Children

PARENT EDUCATION | COURSES | WORKSHOPS | GROUPS

## 2018 | September - December



FREE  
RESOURCES  
FOR PARENTS,  
YOUTH AND  
CHILDREN



VARIETY OF  
PARENTING &  
HEALTH TOPICS

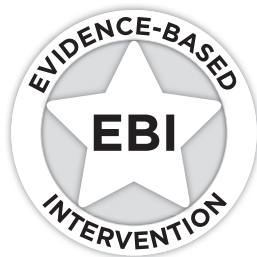


# WELCOME TO GROWING TOGETHER

Growing Together is a community education guide for parents, children and youth listing courses, groups and workshops available in Hamilton from September to December 2018.

Offered by a variety of local community agencies, the programs and services published in this guide are designed to help parents, children, youth and others learn new skills to better meet the challenges facing today's families. Please direct any questions about a particular listing to the listing contact in the program description.

**Please keep booklet for  
future reference!**



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

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



## GROWING TOGETHER CONTENTS:

### WORKSHOPS AND COURSES FOR

- 1 Expectant Parents:  
Prenatal Courses
- 2 Parents/Caregivers in  
French
- 3 Parents/Caregivers of  
Children
- 8 Parents/Caregivers of  
Teens 12-18 Years
- 9 Parents/Caregivers of  
Children Any Age
- 13 Children and Teens
- 14 Adults

**For a detailed  
listing of courses  
please refer to  
the Index  
on page 17,**

## WORKSHOPS AND COURSES FOR EXPECTANT PARENTS - PRENATAL COURSES

THE HAMILTON PRENATAL NUTRITION PROJECT (HPNP) LINKS 9 WEEKLY PRENATAL GROUPS AND SHARES FUNDING RECEIVED FROM THE CANADA PRENATAL NUTRITION PROGRAM, PUBLIC HEALTH AGENCY OF CANADA. PLEASE JOIN ONE OF THE 9 GROUPS LISTED BELOW THAT'S CLOSE TO WHERE YOU LIVE WHILE YOU ARE PREGNANT.

### Welcome Baby

#### Public Health Services



Are you pregnant? Join a free weekly group to learn about healthy eating, prenatal care, breastfeeding & caring for your baby. Prepare and enjoy a snack. Talk with other moms, a Registered Nurse, and a Registered Dietitian. Grocery gift cards & bus tickets provided.

**DATE:** every Tuesday

**TIME:** 12:30 pm to 2:30 pm

**LOCATION:** Hamilton Community Food Centre

310 Limeridge Rd. W., Unit 10  
Hamilton

or

**DATE:** every Wednesday

**TIME:** 1:00 pm to 3:00 pm

**LOCATION:** 1900 Main St. W., Hamilton

or

**DATE:** every Tuesday

**TIME:** 9:30 am to 11:30 am

**LOCATION:** Sanford OEYC

735 King St. E., Floor 1A Hamilton

or

**DATE:** every Thursday

**TIME:** 9:30 am to 11:30 am

**LOCATION:** Hamilton East OEYC

45 Ellis Ave., Hamilton

or

**DATE:** every Thursday

**TIME:** 12:30 pm to 2:30 pm

**LOCATION:** Church of the Ascension

258 John St. S., Hamilton – enter  
through red door

or

**DATE:** every Wednesday

**TIME:** 1:00 pm to 3:00 pm

**LOCATION:** Dominic Agostino Riverdale  
Community Centre

150 Violet Dr., Hamilton

#### FOR MORE INFORMATION CALL:

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

### Welcome Baby - Youth Prenatal

#### Public Health Services



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

**DATE:** every Tuesday

**TIME:** 4:00 pm to 6:00 pm

**LOCATION:** Jeanne Scott Parent & Child Centre - at corner of Barton & Weir, 5 blocks east of The Centre On Barton

1475 Barton St. E., Hamilton

#### FOR MORE INFORMATION CALL:

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

### Healthy Moms, Healthy Babies

#### Public Health Services



Are you pregnant? Join a free weekly group to learn about healthy eating, prenatal care, breastfeeding & caring for your baby. Prepare and enjoy a snack. Talk with other moms, a Registered Nurse, and a Registered Dietitian. Grocery gift cards & bus tickets provided.

**DATE:** every Tuesday

**TIME:** 10:00 am to 12:00 pm

**LOCATION:** North Hamilton Community Health Centre

438 Hughson St. N., Hamilton

or

**DATE:** every Thursday

**TIME:** 12:30 pm to 2:30 pm

**LOCATION:** North Hamilton Community Health Centre

438 Hughson St. N., Hamilton

#### FOR MORE INFORMATION CALL:

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



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



Charles R. Swindoll

## ATELIERS, CLASSES ET CENTRES DE JEUX DISPONIBLES EN FRANCAIS

### **Prenatal Classes in French**

**Centre de Santé Communautaire  
Hamilton Niagara**

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

**LOCATION:** 1320 Barton St. E.,  
Hamilton

**FOR MORE INFORMATION:**  
call 905-528-0163.

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

**Centre de Santé Communautaire  
Hamilton Niagara**

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

**TIME:** 12:00 pm to 2:00 pm

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

**FOR FURTHER INFORMATION:**  
call 905-528-0163.

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

**Centre de Santé Communautaire  
Hamilton Niagara**

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

**LOCATION:** 1320 Barton St. E.,

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

### **Infant Massage in French**

**Centre de Santé Communautaire  
Hamilton Niagara**

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

**LOCATION:** 1320 Barton St. E.,  
Hamilton

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

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

**Centre de Santé Communautaire  
Hamilton Niagara**

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

**DATE:** every Monday

**TIME:** 1:00 pm to 7:00 pm

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

**DATE:** Tuesday to Friday

**TIME:** 10:00 am to 2:00 pm

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

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

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

**Centre de Santé Communautaire  
Hamilton Niagara**

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

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

**FOR MORE INFORMATION:**  
call 905-528-0163.



Each day of our lives we  
make deposits  
in the memory banks  
of our children.



**Charles R. Swindoll**

## WORKSHOPS AND COURSE FOR PARENTS/CAREGIVERS OF CHILDREN

### Circle of Security Parenting

Ron Joyce Children's Health Centre



Free parenting workshop for caregivers of children 1-6 years. Participants will learn strategies to enhance the parent-child relationship and improve child behaviour. Snacks, prizes, transportation assistance, and limited free childcare are available.

**DATE:** October 3, 2018

**TIME:** 6:00 pm to 8:00 pm

**LOCATION:** Family Church of Heritage Green

360 Isaac Brock Dr., Stoney Creek

**FOR MORE INFORMATION CALL:**

905-521-2100 ext. 77406 or register online at [www.mchcommunity.ca](http://www.mchcommunity.ca)

### COPEing with Toddler Behaviour



Ron Joyce Children's Health Centre

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

**DATE:** October 18, 2018

**TIME:** 9:30 am to 11:30 am

**LOCATION:** St. David's OEYC

33 Cromwell Cres., Hamilton

**FOR MORE INFORMATION CALL:**

905-521-2100 ext. 77406 or register online at [www.mchcommunity.ca](http://www.mchcommunity.ca)

### Right From the Start

Ron Joyce Children's Health Centre



Free parenting workshop for moms and dads of babies under 24 months.

Participants will learn how to read babies cues and foster infant attachment security.

Snacks, prizes, transportation assistance, and limited free childcare are available.

**DATE:** September 15, 2018

**TIME:** 9:30 am to 11:30 am

**LOCATION:** Ron Joyce Children's Health Centre

325 Wellington St. N., Hamilton

**FOR MORE INFORMATION CALL:**

905-521-2100 ext. 77406 or register online at [www.mchcommunity.ca](http://www.mchcommunity.ca)

### Feeding Your Baby 0-12 Months and Making Baby Food

Public Health Services

At these interactive free sessions, Public Health Registered Dietitians teach parents and caregivers of children age 0-12 months about when to start giving solid foods to your baby, what solid food to give to your baby, how to offer new textures, & how to make baby food.

**TO LEARN MORE:**

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

### 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).

### Feeding Young Children 1-6 Years

Public Health Services

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:**

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

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

City of Hamilton

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 dates and times of upcoming workshops and to register.

### Parenting with LOVE

CITY OF HAMILTON

PUBLIC HEALTH SERVICES

HEALTHY FAMILIES DIVISION

Parenting with LOVE is an eight-week, evidence-informed, attachment-based series that is appropriate for all audiences including parents with limited or no access to their children

**FOR MORE INFORMATION:**

please call Health Connections at 905-546-3550 to register.

WORKSHOPS AND COURSES FOR  
**PARENTS/CAREGIVERS OF CHILDREN**

## **Breastfeeding Support Services**

**City of Hamilton  
Public Health Services  
Healthy Families Division**

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

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

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

**City of Hamilton  
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.

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

**City of Hamilton  
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.

## **123 Magic**

**Ron Joyce Children's Health Centre**

A video presentation introducing parents to Dr. Phelan's 123 Magic program for learning how to STOP behaviours such as tantrums, yelling and arguing using the counting method. Handouts will be provided, minimal discussion.

**DATE:** September 10, 2018  
**TIME:** 12:30 pm to 2:30 pm  
**LOCATION:** Ron Joyce Children's Health Centre  
325 Wellington St. N., Hamilton  
or

**DATE:** November 2, 2018  
**TIME:** 12:30 pm to 2:30 pm  
**LOCATION:** Ron Joyce Children's Health Centre  
325 Wellington St. N., Hamilton

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

## **Breakfast Club**

**North Hamilton Community Health Centre**

Children and families living in the North End Neighbourhood of elementary school age are welcome to join us for breakfast every school day from 7:45-8:45 am. A nutritious breakfast is provided in a safe environment for children before school.

**TO REGISTER FOR THIS PROGRAM:**  
contact 905-532-6611 x 3007.

## **Why Little Kids Worry 3-10 years**

**Ron Joyce Children's Health Centre**

A two hour session for caregivers to begin to identify what causes anxiety in their young child, and how it effects their child's daily life. Caregivers are introduced to some basic child coping strategies for anxiety.

**DATE:** September 20, 2018  
**TIME:** 12:30 pm to 2:00 pm  
**LOCATION:** Ron Joyce Children's Health Centre  
325 Wellington St. N., Hamilton  
or

**DATE:** December 6, 2018  
**TIME:** 9:30 am to 11:00 am  
**LOCATION:** Helen Detwiler EarlyOn Centre  
320 Brigade Dr., Hamilton

**TO REGISTER PLEASE CALL:**  
905-521-2100, ext. 74147 or register online at [www.mchcommunityed.ca](http://www.mchcommunityed.ca). Once you have left your contact information you are registered.

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

**City of Hamilton**

Do you have questions about your child's development and health? Drop in with your child (0-6 years) and speak with various Professionals for free.

**FOR INFORMATION ON:**  
Check It Out Drop- In dates, times, and locations, or if you need any special provisions, please contact Health Connections at 905-546-3550. or the Hamilton Early Years Information Line at 905-524-4884 or visit [www.hamilton.ca/checkitout](http://www.hamilton.ca/checkitout)

## WORKSHOPS AND COURSES FOR PARENTS/CAREGIVERS OF CHILDREN

### Giving your Child the Tools for Life

#### Ron Joyce Children's Health Centre

This two hour workshop will help parents understand how to raise resilient children. Children respond differently to the challenges in life. You will learn how to empower your child and teach them new skills so they can learn to bounce back with confidence.

**DATE:** September 6, 2018

**TIME:** 9:30 am to 11:00 am

**LOCATION:** Helen Detwiler OEYC  
320 Brigade Dr., Hamilton  
or

**DATE:** November 22, 2018

**TIME:** 9:30 am to 11:00 am

**LOCATION:** Dundas Coach House  
EarlyOn Centre  
22 Victoria St., Dundas  
or

**DATE:** December 12, 2018

**TIME:** 6:00 pm to 7:30 pm

**LOCATION:** Ron Joyce Children's Health Centre  
325 Wellington St. N., Hamilton

#### TO REGISTER CALL:

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

### Parents for Children's Mental Health

Parents for Children's Mental Health - Hamilton Chapter is a peer support and advocacy group that is open to all parents and caregivers of children and youth living with mental health issues. Meetings are the 3rd week of each month.

#### FOR INFORMATION:

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

### Building Your Parenting Toolbox

#### Ron Joyce Children's Health Centre

This 3 session course will review a variety of parenting strategies that have proven to be effective. Topics include: understanding your child's disruptive behaviour, reducing conflict, dealing with emotions, communication and problem solving.

**DATE:** September 21, 2018

**TIME:** 9:30 am to 11:00 pm

**LOCATION:** Bay Gardens  
947 Rymal Rd E., Hamilton  
or

**DATE:** November 26, 2018

**TIME:** 12:30 pm to 2:00 pm

**LOCATION:** Ron Joyce Children's Health Centre  
325 Wellington St. N., Hamilton

#### TO REGISTER CALL:

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

### Parenting Your Anxious Child

#### Ron Joyce Children's Health Centre



This 3 session course will review different childhood anxiety disorders, why children are anxious & how it affects them. Parents will learn how to deal with the anxious and sometimes disruptive behavior that gets in the way of everyday living.

**DATE:** September 17, 2018

**TIME:** 6:00 pm to 7:30 pm

**LOCATION:** Fortinos Mall Road  
65 Mall Road., Hamilton  
or

**DATE:** November 30, 2018

**TIME:** 9:30 am to 11:00 am

**LOCATION:** St. Davids EarlyOn Centre  
33 Cromwell Cres., Hamilton

#### TO REGISTER CALL:

905-521-2100 ext. 74147 or online at  
[www.mchcommunityed.ca](http://www.mchcommunityed.ca).

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

#### Ron Joyce Children's Health Centre



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

**DATE:** September 14, 2018

**TIME:** 12:30 pm to 2:00 pm

**LOCATION:** Ron Joyce Children's Health Centre  
325 Wellington St. N., Hamilton  
or

**DATE:** October 17, 2018

**TIME:** 6:00 pm to 7:30 pm

**LOCATION:** Ron Joyce Children's Health Centre  
325 Wellington St. N., Hamilton

#### TO REGISTER CALL:

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

### Helpful Transitions for School Success

#### Ron Joyce Children's Health Centre

A single workshop to help caregivers of JK,SK and grade one children to understand anxiety, behaviours and resistance. Strategies provided to help with transitions, routines and building relationships with school staff.

**DATE:** September 24, 2018

**TIME:** 12:30 pm to 2:00 pm

**LOCATION:** Ron Joyce Children's Health Centre  
325 Wellington St. N., Hamilton

#### TO REGISTER CALL:

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

WORKSHOPS AND COURSES FOR  
**PARENTS/CAREGIVERS OF CHILDREN**

## Managing Routines

Ron Joyce Children's Health Centre

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

**DATE:** September 27, 2018

**TIME:** 9:30 am to 11:00 am

**LOCATION:** Dundas Coach House OEYC  
22 Victoria St., Dundas

**TO REGISTER CALL:**

905-521-2100 ext. 74147 or online  
[www.mchcommunityed.ca](http://www.mchcommunityed.ca).

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

Mission Services/Good Shepherd

This program offers early intervention for children and their mothers who have experienced domestic violence. Services include support groups and individual support as needed.

**FOR MORE INFORMATION:**

call Mission Services at 905-528-5100, ext. 3132 or Good Shepherd at 905-523-8766 ext. 5227.

## Lone Mothers and Kids Recreation Program

Lynwood Charlton Centre



Are you the mother of a 6-12 year old and parenting on your own? This 10 week group provides mothers with support and parent education while your child(ren) participate in supervised recreational activities. Mothers also join their children in an activity each session.

**DATE:** October 15, 2018

**TIME:** 5:30 pm to 7:30 pm

**LOCATION:** TBD

**FOR MORE INFORMATION CALL:**

Carrie Macartney, Community Group Coordinator at 905-389-1361 ext. 263.

## COPEing with 3-12 Year Olds Behaviour

Ron Joyce Children's Health Centre



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

**DATE:** November 9, 2018

**TIME:** 12:30 pm to 2:00 pm

**LOCATION:** Ron Joyce Children's Health Centre  
325 Wellington St. N., Hamilton

**TO REGISTER PLEASE CALL:**

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

## Advocating For My Child

Ron Joyce Children's Health Centre

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

**DATE:** September 19, 2018

**TIME:** 6:00 pm to 7:30 pm

**LOCATION:** Ron Joyce Children's Health Centre  
325 Wellington St. N., Hamilton

or

**DATE:** October 22, 2018

**TIME:** 12:30 pm to 2:00 pm

**LOCATION:** Ron Joyce Children's Health Centre  
325 Wellington St. N., Hamilton

**TO REGISTER PLEASE CALL:**

905-521-2100 ext. 74147 or online  
[www.mchcommunityed.ca](http://www.mchcommunityed.ca).

## Temper Tantrums VS. Meltdowns: Is there really a difference?

Ron Joyce Children's Health Centre

After the age of two we expect our children to 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 a concern they need help with?

**DATE:** October 25, 2018

**TIME:** 9:30 am to 11:00 am

**LOCATION:** Dundas Coach House EarlyOn Centre  
22 Victoria Street., Dundas  
or

**DATE:** November 15, 2018

**TIME:** 10:00 am to 11:30 am

**LOCATION:** Ron Joyce Children's Health Centre  
325 Wellington St. N., Hamilton

**TO REGISTER CALL:**

905-521-2100 ext. 74147 or online:  
[www.mchcommunityed.ca](http://www.mchcommunityed.ca).

## Treatment Options for Children with ADHD

Ron Joyce Children's Health Centre

Dr. Bill Mahoney will present information to help parents better understand ADHD and the inattentive subtype of ADHD. Information on medication, and treatments options will be shared.

**DATE:** October 10, 2018

**TIME:** 6:00 pm to 7:30 pm

**LOCATION:** Ron Joyce Children's Health Centre  
325 Wellington St. N., Hamilton

**TO REGISTER CALL**

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



## WORKSHOPS AND COURSES FOR PARENTS/CAREGIVERS OF CHILDREN

### Kids Have Stress, Too!

#### Ron Joyce Children's Health Centre

Kids have stress, too! is an evidence based program created by the Psychology Foundation. 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. (3 Session Course)

**DATE:** October 29, 2018

**TIME:** 12:30 pm to 2:00 pm

**LOCATION:** Ron Joyce Children's Health Centre  
325 Wellington St. N., Hamilton

#### TO REGISTER PLEASE CALL:

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

### Ages and Stages, What Happens When?

#### Ron Joyce Children's Health Centre

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.) One session.

**DATE:** September 7, 2018

**TIME:** 9:30 am to 11:00 am

**LOCATION:** Bay Gardens  
947 Rymal Rd E., Hamilton

#### TO REGISTER CALL

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

### My Child Doesn't Want to Go to School!

#### Ron Joyce Children's Health Centre

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.

**DATE:** September 4, 2018

**TIME:** 12:30 pm to 2:00 pm

**LOCATION:** Ron Joyce Children's Health Centre  
325 Wellington St. N., Hamilton  
or

**DATE:** October 1, 2018

**TIME:** 12:30 pm to 2:00 pm

**LOCATION:** Ron Joyce Children's Health Centre  
325 Wellington St. N., Hamilton

#### TO REGISTER CALL:

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

### The ABC's of CSB

#### THRIVE Child and Youth Trauma Services

A 2-session educational group for parents/caregivers of children (12 and under) with concerning sexualized behaviours. The group offers parents/caregivers an opportunity to gain important knowledge, in a safe and supportive environment, without having to share their story. This group is free of charge and child minding is available.

#### FOR MORE INFORMATION, GROUP

#### START DATES AND TO REGISTER:

call Janice Floyd at 905-523-1020 Ext. 212

### Why Won't They Listen?

#### Ron Joyce Children's Health Centre

In this one session workshop parents will review ways to increase their child's cooperation and listen to parents' request. You will learn why children may be acting out, and how to best support them with their strong emotions.

**DATE:** October 15, 2018

**TIME:** 6:00 pm to 7:30 pm

**LOCATION:** Fortinos Mall Rd.  
Community Room  
65 Mall Rd., Hamilton  
or

**DATE:** November 1, 2018

**TIME:** 9:30 am to 11:00 am

**LOCATION:** Helen Detwiler EarlyOn Centre  
320 Brigade Dr., Dundas

#### TO REGISTER PLEASE CALL:

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

### Temper Tamers

#### Lynwood Charlton Centre



Does your child (7-11 years old) have problems with temper or anger? This 10 week program includes a parent orientation and parent-child sessions to help with child anger management issues.

**DATE:** October 16, 2018

**TIME:** 6:00 pm to 8:00 pm

**LOCATION:** To Be Determined

#### FOR MORE INFORMATION CALL:

Carrie Macartney, Community Group Coordinator at 905-389-1361 ext. 263

WORKSHOPS AND COURSE FOR  
**PARENTS/CAREGIVERS OF TEENS 12-18 YEARS**

### **Why is My Teen in Such a Bad Mood?**

**Ron Joyce Children's Health Centre**

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.

**DATE:** September 17, 2018

**TIME:** 12:30 pm to 2:00 pm

**LOCATION:** Ron Joyce Children's Health Centre  
325 Wellington St. N., Hamilton

**TO REGISTER CALL:**

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



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



**Malala Yousafzai**

### **How to Talk to Your Teen**

**Ron Joyce Children's Health Centre**

A single 2 hr. workshop designed to provide parents/caregivers some basic understanding of teen development, provide tools and strategies to improve parent/teen communication and work towards reducing conflict by establishing collaborative problem solving strategies.

**DATE:** October 25, 2018

**TIME:** 12:30 pm to 2:00 pm

**LOCATION:** Ron Joyce Children's Health Centre  
325 Wellington St. N., Hamilton

**TO REGISTER CALL:**

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

### **Family Support Program**

**John Howard Society**

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

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

**FOR MORE INFORMATION:**

contact Margaret at 905-522-4446 ext. 258.

### **Understanding Youth with Safety and Risk Concerns**

**Ron Joyce Children's Health Centre**

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, questions to ask your doctor and community resources that can help.

**DATE:** November 14, 2018

**TIME:** 6:00 pm to 7:30 pm

**LOCATION:** To Be Announced

**TO REGISTER CALL:**

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



Each day of our lives we make deposits in the memory banks of our children.



**Charles R. Swindoll**

## WORKSHOPS AND COURSES FOR PARENTS AND CAREGIVERS OF CHILDREN ANY AGE

### Courage To Tell

#### THRIVE Child and Youth Trauma Services

This two-part information session is designed for parents and caregivers who are dealing with a recent disclosure of sexual abuse involving their child. Participants will gain important knowledge, in a safe and supportive environment, without having to share their story. This group is free of charge and child minding is available.

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

### Positive Parenting

#### Ron Joyce Children's Health Centre

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

**DATE:** September 12, 2018  
**TIME:** 12:30 pm to 2:00 pm  
**LOCATION:** Ron Joyce Children's Health Centre  
325 Wellington St. N., Hamilton  
or  
**DATE:** October 4, 2018  
**TIME:** 9:30 am to 11:00 am  
**LOCATION:** Helen Detwiler EarlyOn Centre  
320 Brigade Dr., Hamilton  
or  
**DATE:** December 12, 2018  
**TIME:** 6:00 pm to 7:30 pm  
**LOCATION:** Ron Joyce Children's Health Centre  
325 Wellington St. N., Hamilton  
**TO REGISTER CALL:**  
905-521-2100 ext. 74147 or online at [www.mchcommunityed.ca](http://www.mchcommunityed.ca).

### Moving Towards Healing

#### THRIVE Child and Youth Trauma Services

A ten-week group for parents/caregivers of sexually abused children. Learn about how children are impacted, how to help and support a child's healing, to develop safety plans, understand the treatment process, gain coping skills, and strengthen the parent-child relationship.

This group is free of charge and child minding is available. A screening appointment is required prior to the start of group. The child must be in treatment for parents/caregivers to be eligible to attend this group.

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

### The Courage Collection

#### THRIVE Child and Youth Trauma Services

The Courage Collection, at Kenilworth Library, is a joint project of THRIVE Child and Youth Trauma Services and Hamilton Public Library. A specialized collection containing resources and educational materials on childhood trauma, adult survivor, recovery and healing topics.

Resources in the Courage Collection can be accessed directly at the Kenilworth Library, or patrons can access the library's online catalogue, find what they want and have it sent to their own local library for pick up.

**FOR MORE INFORMATION:** call Caitlin Fralick, Kenilworth Library Branch Manager at (905) 546-3960, or Janice Floyd at THRIVE Child and Youth Trauma Services at (905) 523-1020 ext. 212.

### The ABC's on OCD

#### St. Joseph's Hospital

A 4 week family educational series on obsessive compulsive disorder (OCD) in children. The series will provide an overview of OCD, cognitive behavioural therapy for OCD, pharmacological treatment options, and helpful strategies to manage OCD in home and school settings. Dates for sessions are October 2, 9, 16 and 23.

**DATE:** October 2, 2018  
**TIME:** 4:30 pm to 5:30 pm  
**LOCATION:** Anxiety Treatment & Research Clinic, Level 1 - Block B  
100 West 5th St., Hamilton

**FOR MORE INFORMATION AND TO REGISTER:** please call Dora at 905-522-1155 ext. 35373.

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

#### Autism Spectrum Disorder Program McMaster Children's Hospital

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

**LOCATION:** throughout the Hamilton, Niagara and Brant areas.

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

## WORKSHOPS AND COURSE FOR PARENTS/CAREGIVERS OF CHILDREN ANY AGE

### Co-Parenting Through Divorce and Separation

#### Ron Joyce Children's Health Centre

The end of a relationship can be difficult on the everyone, especially the children. When parents split up children are affected in different ways. This course will help with co-parenting strategies and re-defining your new relationship.

**DATE:** September 5, 2018

**TIME:** 6:00 pm to 7:30 pm

**LOCATION:** Ron Joyce Children's Health Centre, 3rd floor  
325 Wellington St. N., Hamilton  
or

**DATE:** November 8, 2018

**TIME:** 10:00 am to 11:30 am

**LOCATION:** Ron Joyce Children's Health Centre, 3rd floor  
325 Wellington St. N., Hamilton

#### TO REGISTER CALL:

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

### I'm Shy

#### Ron Joyce Children's Health Centre

An introductory one session workshop that will explore some of the issues or concerns with shy & anxious behaviours with your child. Strategies and supports available for your child will be discussed and provided. Inquire about wait list for Shy Timid Child 6 week course.

**DATE:** October 11, 2018

**TIME:** 10:00 am to 11:30 am

**LOCATION:** Ron Joyce Children's Health Centre, 3rd floor  
325 Wellington St. N., Hamilton

#### PLEASE CALL:

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

### Introduction to Anxiety

#### Ron Joyce Children's Health Centre

This workshop is for parents/caregivers (with children aged 10-18yrs) interested in learning more about anxiety and how it may affect children and youth. Some tips will be provided to help parents deal with daily anxiety.

**DATE:** September 10, 2018

**TIME:** 6:00 pm to 7:30 pm

**LOCATION:** Fortinos Community Room  
65 Mall Road., Hamilton  
or

**DATE:** November 23, 2018

**TIME:** 9:30 am to 11:00 am

**LOCATION:** St. Davids EarlyOn Centre  
33 Cromwell Cres., Hamilton

#### TO REGISTER CALL:

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

### Managing Meltdowns

#### Ron Joyce Children's Health Centre

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

**DATE:** September 11, 2018

**TIME:** 10:00 am to 11:30 am

**LOCATION:** Ron Joyce Children's Health Centre  
325 Wellington St. N., Hamilton  
or

**DATE:** October 29, 2018

**TIME:** 6:00 pm to 7:30 pm

**LOCATION:** Fortinos Mall Rd.  
Community Room  
65 Mall Rd., Hamilton

#### TO REGISTER CALL:

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

### Friendships: Helping your Child Make and Keep Them

#### Ron Joyce Children's Health Centre

Social skills are not easy for many children and teens. This workshop will help you understand why your child may be struggling and how to best coach them through social skills and activities. Making and keeping friends, social anxiety and skill building. For parents only.

**DATE:** December 13, 2018

**TIME:** 12:30 pm to 2:00 pm

**LOCATION:** Ron Joyce Children's Health Centre  
325 Wellington St. N., Hamilton

#### TO REGISTER CALL:

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

### What is Mental Health? How Can I Support My Child/Teen?

#### Ron Joyce Children's Health Centre

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.

**DATE:** September 20, 2018

**TIME:** 10:00 am to 11:30 am

**LOCATION:** Ron Joyce Children's Health Centre  
325 Wellington St. N., Hamilton  
or

**DATE:** October 4, 2018

**TIME:** 12:30 pm to 2:00 pm

**LOCATION:** Ron Joyce Children's Health Centre  
325 Wellington St. N., Hamilton

#### TO REGISTER CALL:

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

## WORKSHOPS AND COURSES FOR PARENTS/CAREGIVERS OF CHILDREN ANY AGE

### Introduction to ADHD

#### Ron Joyce Children's Health Centre

This workshop will help you understand ADHD through a presentation and educational materials. You will begin to learn why your child behaves the way they do and how to use some tools to help them succeed.

**DATE:** September 7, 2018

**TIME:** 12:30 pm to 2:00 pm

**LOCATION:** Ron Joyce Children's Health Centre

325 Wellington St. N., Hamilton  
or

**DATE:** October 3, 2018

**TIME:** 6:00 pm to 7:30 pm

**LOCATION:** Ron Joyce Children's Health Centre

325 Wellington St. N., Hamilton

#### TO REGISTER CALL:

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

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

#### Ron Joyce Children's Health Centre



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

**DATE:** September 26, 2018

**TIME:** 6:00 pm to 7:30 pm

**LOCATION:** Ron Joyce Children's Health Centre

325 Wellington St. N., Hamilton  
or

**DATE:** November 1, 2018

**TIME:** 12:30 pm to 2:00 pm

**LOCATION:** Ron Joyce Children's Health Centre

325 Wellington St. N., Hamilton

#### TO REGISTER CALL:

905-521-2100 ext. 74147 or online at [www.mchcommunityed.ca](http://www.mchcommunityed.ca).

### Truth or Myth about Autism Spectrum Disorders: Ask the Doctor

#### Ron Joyce Children's Health Centre

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

**DATE:** November 7, 2018

**TIME:** 7:00 pm to 9:00 pm

**LOCATION:** Ron Joyce Children's Health Centre

325 Wellington St. N., Hamilton

#### TO REGISTER:

please call Lisa Ellis at 905-521-2100 ext. 74032.

### Help Your Child & Teen Stress Less

#### Ron Joyce Children's Health Centre

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

**DATE:** September 11, 2018

**TIME:** 12:30 pm to 2:00 pm

**LOCATION:** Ron Joyce Children's Health Centre

325 Wellington St. N., Hamilton  
or

**DATE:** October 31, 2018

**TIME:** 12:30 pm to 2:00 pm

**LOCATION:** Ron Joyce Children's Health Centre

325 Wellington St. N., Hamilton

#### TO REGISTER CALL:

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

### Emotions in Motion

#### Ron Joyce Children's Health Centre

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

**DATE:** September 12, 2018

**TIME:** 6:00 pm to 7:30 pm

**LOCATION:** Ron Joyce Children's Health Centre

325 Wellington St. N., Hamilton  
or

**DATE:** November 22, 2018

**TIME:** 10:00 am to 11:30 am

**LOCATION:** Ron Joyce Children's Health Centre

325 Wellington St. N., Hamilton

#### TO REGISTER PLEASE CALL:

905-521-2100 ext. 74147 or online at [www.mchcommunityed.ca](http://www.mchcommunityed.ca).

### Learn How to Validate Your Child

#### Ron Joyce Children's Health Centre

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

**DATE:** October 22, 2018

**TIME:** 6:00 pm to 7:30 pm

**LOCATION:** Fortinos Mall Rd.  
65 Mall Rd., Hamilton

or

**DATE:** November 29, 2018

**TIME:** 10:00 am to 11:30 am

**LOCATION:** Ron Joyce Children's Health Centre

325 Wellington St. N., Hamilton

#### TO REGISTER CALL:

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

## WORKSHOPS AND COURSES FOR CHILDREN AND TEENS

### Camp Erin

#### Bob Kemp Hospice

Children grieve differently than adults. Camp Erin is a free weekend bereavement camp for children and teens ages 8 through 17 who are grieving the death of someone close to them.

#### FOR MORE INFORMATION AND TO REGISTER:

please call Rachele McGuire 905-387-2448 ext. 2206.

### Child Trauma & 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:

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

### Hero's

#### Women's Centre of Hamilton

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

**DATE:** September 11, 2018

**TIME:** 6:00 pm to 8:00 pm

**LOCATION:** Women's Centre of Hamilton  
100 Main St. E., Hamilton

#### TO REGISTER CALL:

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

### kNOw Fear 8-12yrs

#### Ron Joyce Children's Health Centre



This is an educational group based on the CBT model, it is not intended for therapy or treatment. First Session

PARENTS ONLY ORIENTATION, remaining 5 sessions parent & child attend together. The focus is on identifying and coping with worries and fears in a positive way.

**DATE:** September 19, 2018

**TIME:** 3:30 pm to 4:45 pm

**LOCATION:** Ron Joyce Children's  
325 Wellington St. N., Hamilton  
or

**DATE:** November 6, 2018

**TIME:** 3:30 pm to 4:45 pm

**LOCATION:** Ron Joyce Children's  
325 Wellington St. N., Hamilton

#### TO REGISTER CALL:

905-521-2100 ext. 74147 or online at [www.mchcommunityed.ca](http://www.mchcommunityed.ca). This course may have a waitlist.



Sometimes you will never know the value of a moment, until it becomes a memory.



Dr. Seuss

### CHOICES

#### John Howard Society

This program is a cognitive-behaviour based program for youth ages 12-17 which focuses on important social skills and the cost and consequences of making positive/negative decisions. Provides youth with day-to-day practical skills.

#### FOR MORE INFORMATION:

please contact Abby Flinders at 905-522-4446 ext. 250 for registration.

### CHOICES in Anger

#### John Howard Society

The goal of the program is for youth to recognize their anger, identify triggers, learn to communicate more effectively & make better decisions in the future. Delivery methods include: group discussions, written exercises, movie clips, role plays, and skills practicing.

#### FOR MORE INFORMATION:

please contact Julia Danesi to complete an intake. [jdanesi@jhshamilton.on.ca](mailto:jdanesi@jhshamilton.on.ca) 905-522-4446 ext. 226.

### Sibteens - Opening Hearts

Sibteens is a support program for teenagers aged 13-17 who have siblings with special needs. It's an opportunity to get together, share experiences and have fun.

#### FOR MORE INFORMATION:

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

### Sibshops - Opening Hearts

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.

#### FOR MORE INFORMATION:

visit [www.openinghearts.ca](http://www.openinghearts.ca).

## WORKSHOPS AND COURSES FOR CHILDREN AND TEENS

### Adapted Recreation

#### City of Hamilton

The City of Hamilton Recreation Division offers Adapted Recreation (designed specifically for persons with special needs/disabilities) at many recreation centres through the use of program design, activity modification and reduced staff ratios. The following programs are available for children & youth with additional needs;

#### SwimAbilities (ages 3- 17):

A learn to swim program for children/youth and adults with disabilities. Participants in this class must provide their own support person to be present in the water with them.

**LOCATION:** Bennetto & Sir Winston Churchill

#### Tween Connections (ages 13-15):

Participants can form connections with other Tweens and engage in activities including, cooking, active games, crafts, swimming, group team building and much more.

**LOCATION:** Sir Allan MacNab

#### Teen Connections (ages 16-21):

Participants can form connections with other Teens and engage in activities including, fitness, cooking, active games, crafts, swimming, group team building and much more.

**LOCATION:** Ryerson, Westmount & Sir Winston Churchill

#### Sensory Play Room (all ages):

Sensory Room with Snoezelen equipment is available for group or individual rental at Westmount Recreation Centre. Contact 905-546-2424 ext. 6475 for more information or to request to rent the space.

#### Support Program (all ages):

Offers a staff to support persons with disabilities to participate in an integrated recreation program. Families can select the activity of their choice, including swimming lessons or gym & club programs, and the Recreation Division will provide a trained staff person to support the participant in the program. The support program is available at no additional cost. Pre-registration is required, please contact 05-546-2424 ext. 6475.

#### FOR MORE INFORMATION:

please visit [Hamilton.ca/Recreation](http://Hamilton.ca/Recreation) or contact 905-546-3747 to learn about locations and cost. Programs operate on a sessional basis, and registration is required.

### Stress Less for Teens 13-17 years

#### Ron Joyce Children's Health Centre

First Session PARENTS ONLY ORIENTATION. The teen years are a time of change and higher expectations. This means more STRESS! Teens will learn to be aware of stressors and how to cope and feel more in control. Various relaxation and coping techniques will be introduced.

**DATE:** September 25, 2018

**TIME:** 3:30 pm to 4:45 pm

**LOCATION:** Ron Joyce Children's Health Centre

325 Wellington St. N., Hamilton or

**DATE:** November 7, 2018

**TIME:** 3:30 pm to 4:45 pm

**LOCATION:** Ron Joyce Children's Health Centre

325 Wellington St. N., Hamilton

#### TO REGISTER CALL:

905-521-2100 ext. 74147 or online at [www.mchcommunityed.ca](http://www.mchcommunityed.ca). This course may have a waitlist.

“

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

”

Martin Luther King Jr.

## WORKSHOPS AND COURSES FOR ADULTS

### Self-Esteem

#### Women's Centre of Hamilton

Identify and build upon your unique gifts and abilities by learning how to understand and believe in the wonderful person that you are! (5 sessions)

**DATE:** September 6, 2018

**TIME:** 6:00 pm to 8:00 pm

**LOCATION:** Women's Centre of Hamilton

100 Main St. E., Hamilton  
or

**DATE:** September 26, 2018

**TIME:** 6:00 pm to 8:00 pm

**LOCATION:** Women's Centre of Hamilton

100 Main St. E., Hamilton

**TO REGISTER CALL:**

905-522-0127 or [womenscentre@intervalhousehamilton.org](mailto:womenscentre@intervalhousehamilton.org)

### Women's Wellness

#### Women's Centre of Hamilton

Have you experienced abuse in your relationship? Learn about the impacts and build a support network with other women. Telling your story can help you on your healing journey. Topics include shame, guilt, anger, self-esteem, healthy relationships, boundaries & more. (10 weeks on Thursdays).

**DATE:** October 5, 2018

**TIME:** 2:00 pm to 4:00 pm

**LOCATION:** Women's Centre of Hamilton

100 Main St. E., Hamilton

**TO REGISTER:**

please call 905-522-0127.

### Peer Support

#### Women's Centre of Hamilton

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

**FOR MORE INFORMATION CALL:**

Mary at 905-522-0127 ext. 201.

### My Journey to Self

#### Women's Centre of Hamilton

This 10 week activity-based group will support women in discovering their own inner strengths, resiliency and self-efficacy. The focus is an introspective journey to finding out who you are and who you want to be through the use of games, art and guided imagery.

**DATE:** September 20, 2018

**TIME:** 10:00 am to 12:00 pm

**LOCATION:** Women's Centre of Hamilton

100 Main St. E., Hamilton

**TO REGISTER CALL:**

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

### Women Getting Work

#### Women's Centre of Hamilton

Build on your strengths, skills and confidence in finding and maintaining employment. Perform a full life assessment, expand your networks and build on your skill level. Individualized support and access to employment workshops is available. Call Lise for details.

**DATE:** September 6, 2018

**TIME:** 9:00 am to 4:30 pm

**LOCATION:** Women's Centre of Hamilton

100 Main St. E., Hamilton

**TO REGISTER CALL:**

905-522-0127 or [womenscentre@intervalhousehamilton.org](mailto:womenscentre@intervalhousehamilton.org)

### Rebuilding a Healthy Me

#### Women's Centre of Hamilton

Having an awareness of your mind, body, spirit connection can help manage your emotions. Explore tools and strategies to help achieve emotional wellness. (6 sessions)  
Mountain Location

**DATE:** October 23, 2018

**TIME:** 6:00 pm to 8:00 pm

**LOCATION:** Women's Centre of Hamilton

100 Main St. E., Hamilton

**TO REGISTER CALL:**

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

### Understanding Anger

#### Women's Centre of Hamilton

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

**DATE:** November 5, 2018

**TIME:** 2:00 pm to 4:00 pm

**LOCATION:** Women's Centre of Hamilton

100 Main St. E., Hamilton

**FOR MORE INFORMATION:**

please call 905-522-0127.

### Introduction to Mindfulness

#### Ron Joyce Children's Health Centre

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.

**DATE:** October 19, 2018

**TIME:** 9:30 am to 11:00 am

**LOCATION:** Bay Gardens

947 Rymal Rd E., Hamilton

**TO REGISTER CALL:**

905-521-2100 ext. 74147 or online at  
[www.mchcommunityed.ca](http://www.mchcommunityed.ca)



## WORKSHOPS AND COURSES FOR ADULTS

### Community Day Program

#### 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 MORE INFORMATION:**  
call Cherylin Kislosky-McLellan at 905.387.2448 ext. 2209.

### Volunteer Visiting

#### 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.

### Adult Grief Support

#### 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:**  
Rachelle 905-387-2448 ext. 2206.

### A Daughter's Grief

#### Bob Kemp Hospice

Join us for an 8-week bereavement support group for women who have experienced the death of a parent or an elder.

**FOR DATES/TIMES AND TO REGISTER:**  
please call Rachelle 905-387-2448 ext. 2206.

### Adult Music Therapy Bereavement

#### Bob Kemp Hospice

This 8-week program provides participants with an opportunity to share, listen, tell their stories, and find meaning and healing in a supportive environment, using the emotional and creative qualities of music through music-listening and music-making.

The group is facilitated by our accredited Music Therapist Sarah Klink

**FOR DATES/TIMES AND TO REGISTER:**  
please call Rachelle McGuire 905-387-2448 ext. 2206.

### Hiking through Grief

#### Bob Kemp Hospice

Join us for an 8-week hiking group designed specifically for those who are grieving the death of a loved one. No previous experience necessary. Participants may join at any point throughout the 8-week period. Proper footwear and water required.

**FOR DATES/TIMES AND TO REGISTER:**  
please call Rachelle McGuire 905-387-2448 ext. 2206.

### Caregiver Support Circle

#### Bob Kemp Hospice

Join us for an informal support circle facilitated by trained hospice volunteers. This is an opportunity to connect with other caregivers in a safe and supportive environment.

**FOR DATES/TIMES AND TO REGISTER:**  
please call Rachelle McGuire 905-387-2448 ext. 2206.

### Spousal Loss Support Group

#### Bob Kemp Hospice

This is an opportunity to connect with other bereaved individuals in a safe and supportive environment. This group welcomes anyone who has experienced the death of their partner. This group runs for 10 weeks.

**FOR DATES/TIMES AND TO REGISTER:**  
please call Rachelle McGuire 905-387-2448 ext. 2206.

### Young Spousal Loss Group

#### Bob Kemp Hospice

This is an opportunity to connect with other bereaved individuals in a safe and supportive environment. This group welcomes anyone between the ages of 20-50 who has experienced the death of their partner. This group runs for 8 weeks.

**FOR DATES/TIMES AND TO REGISTER:**  
please call Rachelle McGuire 905-387-2448 ext. 2206.

### Yoga for the Grieving Heart

#### Bob Kemp Hospice

De La Sol Yoga, in partnership with Dr. Bob Kemp Hospice, invites you to join us for an 8-week class specifically designed for those who are grieving. No previous experience necessary. Participants may join at any point throughout the 8-week period. Please bring your own yoga mat.

**FOR DATES/TIMES AND TO REGISTER:**  
please call Rachelle McGuire 905-387-2448 ext. 2206.

## WORKSHOPS AND COURSES FOR ADULTS

### 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.

#### TO REGISTER:

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

### 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 ABOUT:

schedules and program information please call 905-522-5556.

### Coping with Grief and Loss

#### The Cattel Centre

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

**TIME:** 9:30 am to 11:30 am

**LOCATION:** 5 Main St., Dundas

#### FOR MORE INFORMATION:

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

### Creating a Safe Space

#### Women's Centre of Hamilton

Women who have experienced abuse are welcome to drop-in on Thursday afternoons for a safe place to find support, information and build connections.

**DATE:** September 6, 2018

**TIME:** 1:30 pm to 3:00 pm

**LOCATION:** Women's Centre of Hamilton

100 Main St. E., Hamilton

#### TO REGISTER:

please call 905-522-0127.

### 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:

please call 905-522-0127.

### Supportive Mothering

#### Women's Centre of Hamilton

A 16 week program developed for mothers who have experienced woman abuse in their intimate relationships, and assisting mothers to be available and present in their children's lives in a meaningful and loving manner.

#### FOR MORE INFORMATION AND TO REGISTER:

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

### Mobile Cancer Screening Coach

#### Hamilton Niagara Haldimand Brant Regional Cancer Program

Have you never been screened for cancer or can't remember the last time you were screened? The Coach provides mammograms, Pap tests and a take-home test that screens for colon cancer, for eligible residents who are overdue for cancer screening. Eligibility for screening is based on age, sex, personal and family health histories.

#### FOR MORE INFORMATION CALL:

905-975-4467 or 1-855-338-3131 for more info or to book an appointment. Drop-ins welcome. Visit [hnhbscreenforlife.ca](http://hnhbscreenforlife.ca) for Coach schedule.

### Burnt Out

#### Ron Joyce Children's Health Centre

In this four week workshop, parents/caregivers will have an opportunity to explore coping strategies to remain a calm, confident, and in-control parent. Topics include time and stress management, managing moods and anger, gratitude and mindfulness.

**DATE:** October 26, 2018

**TIME:** 9:30 am to 11:00 am

**LOCATION:** Bay Gardens  
947 Rymal Rd. E., Hamilton

#### TO REGISTER PLEASE CALL:

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

### Bets Off

#### Alcohol, Drug & Gambling Services

An on-going support group to help people with gambling concerns maintain abstinence from gambling. Group support and relapse prevention strategies are used.

#### FOR MORE INFORMATION CALL:

905 546-3606 ext. 3613.

# GROWING TOGETHER

## GUIDE INDEX

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

- 1 Healthy Moms, Healthy Babies
- 1 Welcome Baby Public Health Services
- 1 Welcome Baby - Youth Prenatal

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

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

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

- 4 123 Magic
- 6 Advocating for My Child
- 7 Ages and Stages, What Happens When?
- 4 Breastfeeding Support Services
- 5 Building Your Parenting Toolbox
- 4 Check It Out Drop-Ins
- 4 Children's Breakfast Club
- 3 Circle of Security Parenting
- 6 COPEing with 3 to 12 year olds Behaviour
- 5 COPEing with 3 to 12 year olds with ADHD
- 3 COPEing with Toddler Behaviour
- 4 Dealing with Challenging Behaviours Triple P Discussion Group
- 3 Early Words
- 3 Feeding Young Children 1-6 Years
- 3 Feeding Your Baby 0-12 Months and Making Baby Food
- 5 Giving your Child the Tools for Life
- 4 Group Triple P (Ages 2-6)
- 5 Helpful Transitions for School Success
- 7 Kids Have Stress, Too!
- 6 LEAF Group (Learning Effective Anti-Violence in Families)
- 6 Lone Mothers & Kids Recreation Program
- 6 Managing Routines
- 7 My Child Doesn't Want to Go to School!
- 3 Parenting with LOVE
- 5 Parenting Your Anxious Child
- 5 Parents for Children's Mental Health
- 3 Right From the Start
- 3 Sleep Challenges Triple P Discussion Group Ages 2-6
- 7 Temper Tamers
- 6 Temper Tantrums VS. Meltdowns: Is there really a difference?
- 7 The ABC's of CSB
- 6 Treatment Options for Children with ADHD
- 4 Why Little Kids Worry 3-10 years
- 7 Why Won't They Listen?

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

- 8 Why is My Teen in Such a Bad Mood
- 8 How to Talk to Your Teen
- 8 Family Support Program
- 8 Understanding Youth with Safety and Risk Concerns

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

- 11 COPEing with Impulsive Children
- 10 Co-Parenting Through Divorce and Separation
- 9 Courage To Tell
- 11 Emotions in Motion-Self Regulation
- 10 Friendships: Helping your Child Make and Keep Them
- 11 Help Your Child & Teen Stress Less

- 10 I'm Shy
- 10 Introduction to Anxiety
- 11 Introduction to ADHD
- 11 Learn How to Validate Your Child
- 10 Managing Meltdowns
- 9 Moving Towards Healing
- 9 Positive Parenting
- 9 The ABC's on OCD
- 9 The Courage Collection
- 11 'Truth or Myth about Autism Spectrum Disorders': Ask The Doctor
- 10 What is Mental Health - How Can I Support My Child/Teen?
- 9 Workshops for Parents of Children and Youth with Autism

### **WORKSHOPS and COURSES for Children and Teens**

- 13 Adapted Recreation
- 12 Camp Erin
- 12 Choices
- 12 Choices in Anger
- 12 Hero's
- 12 kNOw Fear
- 12 Child Trauma & Abuse Counselling
- 12 Sibteens
- 12 Sibshops
- 13 Stress Less for Teens

### **WORKSHOPS/COURSES for Adults**

- 15 A Daughter's Grief
- 15 Adult Grief Support
- 15 Adult Music Therapy Bereavement
- 16 Bets Off
- 16 Burnt Out
- 15 Caregiver Support Circle
- 15 Community Day Program
- 16 Coping with Grief and Loss
- 16 Creating a Safe Space
- 15 Hiking through Grief
- 16 Individual Abuse Counselling
- 14 Introduction to Mindfulness
- 16 Mobile Cancer Screening Coach
- 14 My Journey to Self
- 16 New Choices
- 14 Peer Support
- 14 Rebuilding a Healthy Me
- 14 Self Esteem
- 15 Spousal Loss Support Group
- 16 Supportive Mothering
- 16 Trauma & Abuse Counselling
- 14 Understanding Anger
- 15 Volunteer Visiting
- 14 Women Getting Work
- 14 Women's Wellness
- 15 Yoga for the Grieving Heart
- 15 Young Spousal Loss Group

# Your Contact to Services for Children and youth.

**Contact Hamilton can help.** We are your first point of contact if you need assistance from agencies that support children, youth and families with behavioural, emotional 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 [www.mchcommunityed.ca](http://www.mchcommunityed.ca)

## FAMILY RESOURCE CENTRE

Looking for more information about difficulties your child or teen is experiencing? Come and visit the FAMILY RESOURCE CENTRE at the Ron Joyce Children's Health Centre located at 325 Wellington St. N.

We circulate books, DVDs and pamphlets on a variety of topics.

For more information please visit [www.mcmasterchildrensfamilyresourcecentre.ca](http://www.mcmasterchildrensfamilyresourcecentre.ca), email [frc@hhsc.ca](mailto:frc@hhsc.ca) or call 905.521.2100 ext. 77243



PARENT  
EDUCATION  
COURSES  
WORKSHOPS  
GROUPS

LOCATIONS  
WITHIN THE  
HAMILTON AREA

