

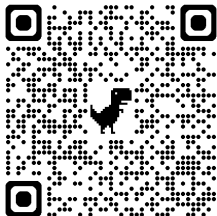
Community Supports

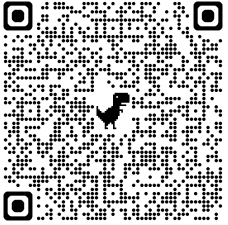
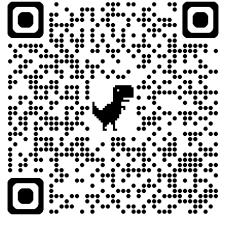
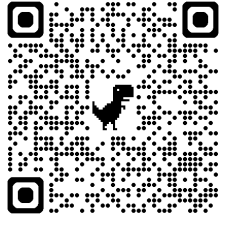
Find and Register for community supports for the whole family

Updated on 05/06/2024

Free Courses and Workshops offered by Hamilton
Health Science

Course Offerings	Description / Details	Links
Circle of Security Parenting- In Person (multi-session) Ron Joyce Children's Health Centre	● Start Date: May 7, 2024 ● Additional Dates: May 14, 2024 May 21, 2024 May 28, 2024 June 4, 2024 June 11, 2024 June 18, 2024 June 25, 2024 ● Time: 5:30 pm - 7:30 pm ● Location: Ron Joyce Children's Health Centre ● Service Type: Multi-session course ● Age Group: Parent/caregiver support and education In this 8-session in-person workshop for moms and dads of children 6 months to 6 years, participants watch video clips, learn strategies to enhance the parent-child attachment relationship and improve child behaviour, and discuss these issues with the leaders and other parents.	To Register: 
Understanding the Mysteries of Children's Behaviours- Virtual Ron Joyce Children's Health Centre- Specialized Development and Behaviour Services Team	● Dates/Times: May 14, 2024 (9:30-11:00am) August 15, 2024 (1:30-3:00pm) ● Location: Virtual ● Service Type: Single session workshop or presentation ● Age Group: Parent/caregiver support and education Learn how to identify and understand what your child is trying to communicate to you through their behaviour. Families will learn how to identify the function of your child's negative behaviour, and teach practical strategies to help you and your child prepare for, plan, and teach new skills to increase positive behaviour. You will learn positive parenting strategies to help establish boundaries, routines and clear expectations to set both you and your child up for success. Zoom link sent 1 day before the workshop.	To Register: 

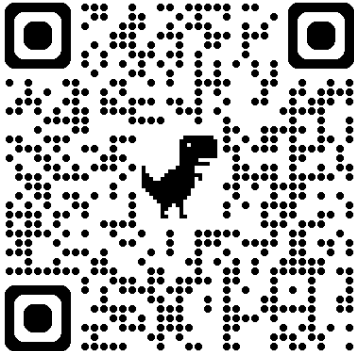
Ready, Set, Smile - Virtual Ron Joyce Children's Health Centre	● Start Date: May 15, 2024 ● Time: 7:00-8:00PM ● Location: Virtual ● Service Type: Single session workshop or presentation ● Age Group: 0-12 Ready, Set, Smile is all about creating meaningful social routines at Home with toddlers. Participants will learn the importance of shared smiling, how social routines can increase interaction and promote communication and, get ideas and strategies to try out. Opportunities to ask questions and receive resources will be provided.	To Register:  or contact Julie Ellis at 905-521-2100 ext. 77406.
Help Mornings are Chaos! Managing Routines- Virtual Ron Joyce Children's Health Centre	● Date/Time: May 23, 2024 (12:30-1:30pm) July 25, 2024 (10:00-11:00am) August 27, 2024 (12:30-1:30pm) ● Location: Virtual ● Service Type: Single session workshop or presentation ● Age Group: 0-12	To Register: 
Understanding ADHD - Virtual Hamilton Health Sciences	● Date: May 23, 2024 ● Time: 10:00- 11:00am ● Location: Virtual ● Service Type: Single session workshop or presentation ● Age Group: Parent/Caregiver support and education This is a virtual educational session for parents and caregivers. We will focus on presenting introductory information to help parents gain a better understanding of ADHD and the inattentive subtype of ADHD. Zoom link will be sent 1-2 days before start date. Please check your Junk/spam folders	To Register: 
Reframing and Goal Setting Solution Focused	● Start Date: May 29, 2024 ● Time: 10:30 am - 1:30 pm ● Service Type: Single session workshop or presentation	To Register:

Coaching- Virtual	● Age Group: Parent/caregiver support and education In this 3 hr virtual session, parents of children with special needs will learn how to use solution focused communication and coaching strategies in everyday activities. This workshop will emphasize the essential skills of reframing and goal setting, participants will discover how to positively influence their child's behaviors and thought patterns to foster growth. No prior experience is required. This virtual workshop encourages active engagement, with scheduled breaks provided for participants' comfort.	
Treasuring Your Toddler, Taming Their Tantrums - Virtual	● Start Date: June 6 & 13, 2024 ● Time: 9:30 pm - 11:00AM ● Location: Ron Joyce Children's Health Centre ● Service Type: Multi-session course ● Age Group: Parent/caregiver support and education is a two-part workshop about understanding the meaning behind your child's behaviour. Participants will learn the importance of getting to know their child and treasuring their uniqueness, ways to respond to and prevent challenging behaviours, and receive strategies to help set their children up for success.	To Register: 
Toileting Readiness and Skill Enhancement Workshop- Virtual	● Date/Time: June 13, 2024 (9:30-11:30am) & August 13, 2024 (1:30-3:30pm) ● Location: Virtual ● Service Type: Single session workshop or presentation ● Age Group: 0-12 Intended for parents who are thinking about beginning to toilet train their young children. Prepare your family for success by establishing your child's readiness skills, collecting data, and creating a plan. Focusing on motivation and reinforcement to help support successful learning opportunities. Additional strategies and recommendations to help support children with speech and language or developmental delays Zoom links will be sent 1-2 days before start date	To Register: 
Kindergarten Preparation	Dates/Times:	To Register:

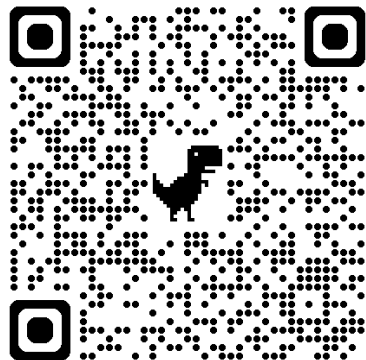
Workshop - Virtual Ron Joyce Children's Health Centre- Special Needs Resourcing	July 10, 2024 @ 1:00pm July 31, 2024 @ 10:00am August 14, 2024 @ 12:00pm This 1.5 hour virtual workshop, presented by Occupational Therapists, will review information to support your child's transition to Kindergarten in the fall of 2024. We will focus on skills that are important for the move to Kindergarten, including dressing independence, toileting, self-feeding and fine motor skills. As part of the presentation, we will review some fun and practical strategies within these skill areas to practice during the summer to help ease this transition to school. Come ready with your Kindergarten prep questions! For any parent/caregiver with a child entering Kindergarten in the fall.	Online via Zoom. No need to sign-up, just use the ID/password to sign into the meeting Meeting ID: 692 7925 2297 Password: 488489 Questions: email snr@hhsc.ca
Parenting Your Anxious Child- Virtual Ron Joyce Children's Centre	• Dates: July 4, 2024 July 11, 2024 July 18, 2024 • Time: 12:30-1:30pm This is a virtual educational 3 session program. It will provide a brief overview of variety of childhood anxiety disorders, why children are anxious, and how it affects them. Parents and caregivers will learn strategies for coping, improving communication and managing anxious and sometimes disruptive behavior that gets in the way of everyday living. Zoom link will be sent 1-2 days before start date.	To Register: 

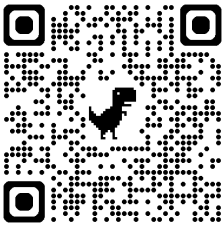
More Resources in the Community

Highlights from the resource- Parents/Caregivers of Children 0-12 Years

Course Offerings	Description or Contents	Links
EarlyON Centres- Government of Canada	EarlyON Child and Family Centres offer free, high-quality programs for families and children from birth to 6 years old. You can learn and play with your child, meet people and get advice from early childhood professionals. EarlyON Centres are open to all families in Ontario. They're welcoming places that offer a range of services and resources, where you can: - join fun activities such as reading, storytelling, sing-alongs and games - get advice from professionals trained in early childhood development - find out about other family services in your community - connect with other families with young children	Find and EarlyON Centre near you: 
Early Literacy Specialist - In Person <i>Ujima Project offered through Good Shepherd, Regina's Place</i>	Parents/caregivers under 29 years old and their child(ren) 0-6yrs are partnered with our Early Literacy Specialist who works individually or in a group setting with parents to offer early childhood resources to help your child reach their full potential. They can help respond to your child's development challenges such as speech and language and connect you to free speech and language services. They assist parents in completing Ages and Stages(ASQ's) child development screening and collaborative development plans. This is a free program.	For more information: Contact Payton at 289-659-5671 or psmyth@gsch.ca

SLP Hotline: Call the Speech-Language Pathologist <i>Affiliated Services for Children & Youth</i>	• Dates: May 3, 2024 June 7, 2024 July 5, 2024 August 2, 2024 • Time: 10:00 - 12:00pm For preschool children between 0 to 4 years old. You can ask about: -word and sentence development -sound development -learning two languages -how and when to refer -services in Hamilton	Call 905-381-2828 ext. 230 for SLP Jacqueline Vignanello
Hamilton FASD Resource Team- Hamilton FASD Collaborative	The Hamilton FASD Resource Team provides Community Education Training: (Part 1 FASD: Foundations and Part 2 FASD: Next Steps), In-service Training and Case Conferences. The team focuses on promoting best practices for individuals with Fetal Alcohol Spectrum Disorder (FASD).	To register: Call 905-570-8888, email info@fasdhamilton.ca, social media @fasdhamiltonca, or visit www.fasdhamilton.ca
Children's Breakfast Club- Compass Community Health	Open to children, parents and families every school day from 7:45am to 9:15am at Compass Community Health (438 Hughson St. N). This is a supervised space for children to spend time before school and a nutritious, hot breakfast is provided for children. Each day the program offers a different hot meal such as scrambled eggs, cheese toast, egg sandwiches, pizza bagels	To register: Contact: Leah Janzen 905-523-6611 ext. 3006, ljanzen@compassch.org OR Mariko Bown-Kai 905-523-6611 ext. 2084, mbown-kai@compassch.org

	and yogurt, cereal and berries are offered everyday with milk and water.	
Group Triple P Ages 2-6 - <i>City of Hamilton, Health & Safe Communities Dept./ Public Health Services/ Healthy Families Division</i>	Group Triple P is an 8-week program for parents/caregivers interested in learning about a variety of positive parenting strategies. Parent/ caregivers participate in six 2-hour in-person group sessions and two telephone sessions. This program is suitable for those who live with their children or have regular access Parents/caregivers complete weekly homework tas	For more information, including upcoming dates and times, visit www.hamilton.ca/parenting or connect with us on Facebook at HealthyFamiliesHamilton. Registration is required. Call Health Connections at 905-546-3550 to reserve your spot
Group Theraplay Ages 3.8 (school age) to 6 Years - <i>City of Hamilton/ Public Health Services</i>	The Group Theraplay Program is an 8-week program that focuses on strengthening the parent-child relationship which helps develop healthy social emotional behavior. Weekly sessions are facilitated by a Public Health Nurse and a Clinical Therapist that guide caregivers and their child through play-based activities. Group Theraplay aims to: • Promotes skills that help children manage emotions • Create joyful and positive experiences • Enhance the child's sense of connection with their caregiver and the caregiver's confidence in parenting • Increase the child's trust in others and feelings of safety expressing themselves • Increase the child's sense of connection and belonging in the world	To register: Call Health Connections at 905-546-3550 for upcoming dates/ times. 
Parenting with LOVE - <i>In Person</i>	Parenting with LOVE is an 8-week program for expectant	Registration is required. Call Health Connections at 905-

<i>City of Hamilton Healthy & Safe Communities Dept. Public Health Services Healthy Families Division</i>	parents and parents/caregivers with children age 6 and under. The group focuses on learning ways to build a positive and responsive parentchild relationship. This program is appropriate for parents/caregivers who have limited or no access to their children and/or are required to take a parenting course. Participants receive a certificate at the end of the program. Bus tickets, light snacks and incentives are also provided. For more information, including upcoming dates and times, visit www.hamilton.ca/parenting or connect with us on Facebook at HealthyFamiliesHamilton	546-3550 to reserve your spot.
<i>Mental Health Learning Hub</i> <i>- The Hospital for Sick Children (SickKids)</i>	This hub includes resources for parents on how to support your child's mental health and general well-being through physical activity, sleep and nutrition.	
<i>McMaster Children's Hospital Autism Program</i> - <i>Ron Joyce Children's Health Centre</i>	The McMaster Children's Hospital Autism Program Service Guide is now available! The guide includes both virtual and in-person services. Many of the services are provided as part of the Ontario Autism Program (OAP) Foundational Family Services and are available at no cost.	For more information: Call 905-521-2100 ext. 78972 or email autismprogram@hhsc.ca
<i>Family Resource Centre</i>- <i>Ron Joyce Children's Health Centre</i>	The Family Resource Centre is a full service lending library located on the main floor of Ron Joyce Children's Health Centre. The library is available to patients, families, staff and	Contact Information: Call: 905-521-2100 ext. 77243 Email: frc@hhsc.ca

	the community. It has hundreds of books, DVDs and brochures on a variety of topics such as medical conditions, child and youth related issues and parenting. The Family Resource Centre provides the following: • Lending library • Information packages based on family/clinician requests • Four (4) public access computers • Navigation to community agencies and groups LOCATION: Ron Joyce Children's Health Centre, 325 Wellington St N, Hamilton ON L8L 0A4 - Level 1	
<i>Food Access Guide</i>	Various locations around Hamilton area	Online Guide: 
<i>SNAP Program- In Person</i> <i>Banyan Community Services</i>	The SNAP program is for children between the ages of 6 to 11 years who are experiencing behavioural problems at home, school, or in the community. Through both individual and group work, children & their families learn and practice self-control and problem solving.	For more information: To register please call 905-544-7778. A Child and Family Worker will return your call and complete a screening for the program.
<i>Growing Together Guide</i> <i>(FULL ONLINE VERSION)</i>		

