INSIDE THE GROWING TOGETHER PARENTING GUIDE: COURSES, WORKSHOPS & GROUPS ON A VARIETY OF TOPICS SUCH AS:

- Prenatal Education
- Anxiety Issues in Children
- Teen Issues
- Mental Health
- Skill Development
- Child Safety
- Parenting
- Children and Youth with Special Needs
- Bedtime, Behaviour, Homework, Fear & Anger Issues

If you are interested in learning more, please use the guide to find out what is available.
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 2015 to December 2015.

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.

Please Keep 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 McMaster Children’s Hospital. Although every effort is made to ensure the accuracy of information in this guide, McMaster Children’s Hospital is not responsible for errors or omissions.
Opening in the fall of 2015, the Ron Joyce Children’s Health Centre

The Ron Joyce Children’s Health Centre (RJCHC) will create a new experience for patients and families.

Programs and specialists will be located in one building, allowing all healthcare teams to work together to provide the best care possible.

Currently located at the Chedoke site, the RJCHC will be the new home to the following outpatient programs:

- Autism Spectrum Disorder Service
- Child and Youth Mental Health Program
- Developmental Pediatrics and Rehabilitation Program
- Prosthetics and Orthotics Service

Our new address:
325 Wellington Street North
Hamilton, Ontario

Located across from the Regional Rehabilitation Centre and the Hamilton General Hospital

Visit our website
www.mcmasterchildrenshospital.ca/rjchc
Contents

ATELIERS, CLASSES et CENTRES de JEUX disponibles en Francais ............... 5

WORKSHOPS and COURSES for Expectant Parents: Prenatal Courses .......... 6

WORKSHOPS and COURSES for Parents/Caregivers of Children 0-6 Years ....... 9

WORKSHOPS and COURSES for Parents/Caregivers of Children 6-12 Years ..... 14

WORKSHOPS and COURSES for Parents/Caregivers of Teens 12-18 Years ...... 17

WORKSHOPS and COURSES for Parents/Caregivers of Children Any Age ....... 18

WORKSHOPS and COURSES for Children 6-12 Years ..................................... 28

WORKSHOPS and COURSES for Teens 12-18 Years ...................................... 30

WORKSHOPS and COURSES for Self-Help, Relationship & Marriage Issues ..... 32

For a detailed listing of courses, workshops and groups offered please refer to the Index on pages 38 and 39.
**ATELIERS, CLASSES et CENTRES de JEUX disponibles en Francais**

**Prenatal Classes in French**
Francophone Community Health Centre

Centre de santé communautaire
Hamilton Niagara
1320 Barton St. E., Hamilton

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

*For more information contact Denise at 905-528-0163 ext. 3229.*

**Groupe Bon Début (French support group for mothers)**
Francophone Community Health Centre

Centre de santé communautaire
Hamilton Niagara
1320 Barton St. E., Hamilton

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.

*For further information, call Denise at 905-528-0163 ext. 3229.*

**Parlons de Nos Nourrissons (in French)**
Francophone Community Health Centre

Centre de santé communautaire
Hamilton Niagara
1320 Barton St. E., Hamilton

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

*For more information, please contact Denise at 905-528-0163 ext. 3229.*

**French Postnatal Yoga Classes for Moms and Babies Under 10 Months**
Francophone Community Health Centre

Centre de santé communautaire
Hamilton Niagara
1320 Barton St. E., Hamilton

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.

*For more information, please call Denise at 905-528-0163 ext. 3229. Times and dates for this course will depend on registration.*

**Infant Massage in French**
Francophone Community Health Centre

Francophone Community Health Centre
1320 Barton St. E., Hamilton

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

*For more information and registration call Denise at 905-528-0163 ext. 3229.*
ATELIERS, CLASSES et CENTRES de JEUX disponibles en Francais

Centre de la Petite Enfance Notre-Dame (OEYC Notre-Dame) Francophone Community Health Centre

every Monday
1:00 pm to 7:00 pm
Centre de la petite enfance Notre-Dame
400 Cumberland Ave., Hamilton
and
every Thursday
10:00 am to 2:00 pm
400 Cumberland Ave., Hamilton

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.

For more information, please call Jacqueline at 905-528-0163 ext. 3228 or Patricia ext. 3297.

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.

Welcome Baby - Youth Prenatal
Public Health Services

every Tuesday
4:00 pm to 6:00 pm
Jeanne Scott Parent & Child Centre - at corner of Barton & Weir, 5 blocks east of The Centre On Barton
1475 Barton St. E., Hamilton

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.

For more information, call Health Connections at 905-546-3550.

Healthy Moms, Healthy Babies
Public Health Services
Hamilton Prenatal Nutrition Project/ North Hamilton Community Health Centre

every Tuesday
10:00 am to 12:00 pm
North Hamilton Community Health Centre
438 Hughson St. N. or every Thursday
12:30 pm to 2:30 pm
North Hamilton Community Health Centre
438 Hughson St. N.

Are you pregnant? Learn about a healthy pregnancy and how to feed and care for you and your baby. Each week a new topic is discussed. Enjoy a healthy snack, talk with other moms and learn! Bus tickets, food gift certificates and prenatal supplement or Vitamin D vouchers provided.

For more information or to register, call the North Hamilton Community Health Centre at 905-523-6611 ext. 3047 or call Health Connections at 905-546-3550.
WORKSHOPS and COURSES for Expectant Parents: Prenatal Courses

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.

For more information, contact Health Connections at 905-546-3550.

Welcome Baby Public Health Services Hamilton

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.

For more information, contact Health Connections at 905-546-3550.

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Welcome Baby Public Health Services Hamilton

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For more information, contact Health Connections at 905-546-3550.
Hamilton Early Years Centres
provide a place for young children
up to six years of age to come
play and learn with their
parents or caregivers.

French services available
Des services en français sont disponibles

For more information, call 905-524-4884

RECORD OF YOUR CHILD’S GROWTH

AGE: _______________________
WEIGHT: ____________________
LENGTH/HEIGHT: _____________
DATE: ______________________

Hamilton Best Start® Hamilton Meilleur départ

Ontario Hamilton Best Start® Hamilton Meilleur départ
WORKSHOPS and COURSES for Expectant Parents: Prenatal Courses

Teen Prenatal Classes
St. Martin’s Manor
Meet weekly with a Public Health Nurse and other teens in a caring, supportive environment to learn about your pregnancy, labour and delivery, infant care and feeding your baby.

For more information, please call Diane at 905-575-7500 ext. 310.

WORKSHOPS and COURSES for Parents/Caregivers of Children 0-6 Years

The Incredible Years Parenting Program (Ages 3-6)
City of Hamilton Public Health Services Family Health Division
Are you having trouble with your child’s behaviour? The Incredible Years parenting program is a 12 week program for parents interested in learning about playing with their child, giving praise, using rewards, setting limits and responding to misbehaviours.

For more information or to register call Health Connections at 905-546-3550.

Helping Your Young Child Deal with Worries (Kids Have Stress, Too! 3-10yrs)
McMaster Children’s Hospital - Chedoke
In this 3 week session caregivers will learn how to identify and understand stress in their children. Stress management techniques will be taught to help reduce the effects of stress in the child.

Call 905-521-2100 ext. 74147 or register online at www.mchcommunityed.ca.

Car Seat Inspection Clinics - City of Hamilton Public Health Services Family Health Division
Did you know that in Hamilton, 90% of car seats are not used or installed correctly? Car Seat Technicians are available to help you install your car seat and/or booster seat properly and provide car seat safety tips.

Inspections/installations are by appointment only. Some weekend and evening clinics offered. For information call Health Connections at 905-546-3550.

Parenting with LOVE
City of Hamilton Public Health Services Family Health 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.

Please call Health Connections at 905-546-3550 to register.
WORKSHOPS and COURSES for Parents/Caregivers of Children 0-6 Years

**Breastfeeding Clinic**
City of Hamilton
Public Health Services
Family Health Division

8:30 am to 4:30 pm
Hamilton Area

For breastfeeding support from Public Health Nurse/Lactation Consultant call Health Connections 905-546-3550 or visit us on Facebook “Healthy Families Hamilton” or www.hamilton.ca.

*For information or to book an appointment call Health Connections at (905) 546-3550.*

**Time for Me**
St. Martin’s Manor

11:00 am to 7:00 pm
St. Martin’s Manor
500 Mohawk Rd. W.
Hamilton

Young parents up to 21 years of age can enjoy FREE childcare offered by experienced childcare providers Saturdays from 11:00am - 7:00pm. This program is for children 3 months - 5 years of age.

*For more information, or to register, please call Sherri at (905) 575-7500 ext. 318.*

**New Choices**
New Choices

10:00 am to 2:00 pm
Womankind Building
431 Whitney Ave.,
Hamilton

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 schedule and program information, please call 905-522-5556.*

**Good Beginnings: A Parent and Infant Support Volunteer Program**
VON Hamilton Volunteer Services

Hamilton Community Health Centre, VON
Suite M2,
414 Victoria Ave. N.,
Hamilton

A 4-hour volunteer training course for caring individuals experienced with babies. Good Beginnings offers practical assistance with newborn care through weekly (2-3 hour) in-home visits.

*For more information or to register, call 905-522-0053 or email at Hamilton.volunteerservices@von.ca.*

**123 Magic**
McMaster Children’s Hospital - Chedoke

December 24, 2015
9:30 am to 11:30 am
Ron Joyce Children’s Health Centre
3rd Floor
325 Wellington St. N.,
Hamilton

1-2-3 Magic offers easy to follow steps for disciplining children aged 3-12 years. Participants in this workshop will view Dr. Phelan’s 1-2-3 Magic Video and learn related methods of managing inappropriate behaviour(s).

*To register call 905-521-2100 ext. 74147 or online at www.mchcommunityed.ca.*
## WORKSHOPS and COURSES for Parents/Caregivers of Children 0-6 Years

<table>
<thead>
<tr>
<th>Workshop</th>
<th>Date</th>
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<th>Location</th>
<th>Description</th>
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<tbody>
<tr>
<td><strong>Circle of Security Parenting</strong></td>
<td>September 29, 2015</td>
<td>5:30 pm to 7:30 pm</td>
<td>Queen Street OEYC</td>
<td>In this 8-session course for parents of children 1-6 years participants will learn strategies to enhance the parent-child relationship and improve child behaviour. For more information, call 905-521-2100 ext. 77406 or visit us at <a href="http://www.mcmasterchildrenshospital.ca/IPP">www.mcmasterchildrenshospital.ca/IPP</a>.</td>
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<tr>
<td><strong>Right From the Start</strong></td>
<td>October 21, 2015</td>
<td>1:15 pm to 3:15 pm</td>
<td>Hamilton Urban Core</td>
<td>Caregivers learn how to read babies’ cues and foster infant attachment security by watching video clips and discussing with other parents. An 8-week course with childcare and transportation assistance available. For more information, call 905-521-2100 ext. 77406 or visit us at <a href="http://www.mcmasterchildrenshospital.ca/IPP">www.mcmasterchildrenshospital.ca/IPP</a>.</td>
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<tr>
<td><strong>COPEing with Toddler Behaviour</strong></td>
<td>September 16, 2015</td>
<td>9:30 am to 11:30 am</td>
<td>The Coach House</td>
<td>Caregivers of children 12-36 months learn approaches and strategies for preventing behaviour problems by watching video clips and discussing them with facilitators and other parents. An 8-Session course with childcare and transportation assistance available. For more information, call 905-521-2100 ext. 77406 or visit us at <a href="http://www.mcmasterchildrenshospital.ca/IPP">www.mcmasterchildrenshospital.ca/IPP</a>.</td>
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<tr>
<td><strong>Stuttering in the Young Child</strong></td>
<td>7:00 pm to 9:00 pm</td>
<td>St. Joseph’s Centre for Ambulatory Health Services</td>
<td>This workshop offers parents and community caregivers the opportunity to learn more about early stuttering and its causes; find out what can be done to help a child who is beginning to stutter and ask questions. To register, please call 905-381-2828 ext. 221.</td>
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<tr>
<td><strong>Check It Out Developmental Sessions</strong></td>
<td>9:30 am to 11:30 am</td>
<td>Ontario Early Years Centres</td>
<td>Find out if your child is on track! Visit with nurses, speech language pathologists and teachers. Ask about your child’s development, it’s free. For information call Health Connections at 905-546-3550 or call Hamilton Early Years Information Line at 905-524-4884, Best Start Program. ***Child must be accompanied by Parent or Legal Guardian.</td>
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*Growing Together*  
Family Resource Centre  
McMaster Children’s Hospital
### WORKSHOPS and COURSES for Parents/Caregivers of Children 0-6 Years

**Triple P Positive Parenting Program (Ages 2-6)**  
City of Hamilton  
Public Health Services  
Family Health Division  

**October 21, 2015**  
5:00 pm to 7:00 pm  
Central Mountain  

Are you having trouble with your child’s behavior? The Triple P Positive Parenting Program is an 9 week program for parents interested in learning ways to build a positive relationship with their child and strategies to respond to challenging behaviours.

*Call Health Connections at 905-546-3550 to register.*

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**Managing Fighting and Aggression - Triple P Discussion Group (Ages 2-6)**  
City of Hamilton  
Public Health Services  
Family Health Division  

**November 12, 2015**  
9:30 am to 11:30 am  
Stoney Creek  

Triple P Discussion Groups are 2-hour topic specific workshops for parents who are experiencing parenting challenges in a particular area.

*Call Health Connections at 905-546-3550 to register.*

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**Hassle Free Shopping with Children - Triple P Discussion Group (Ages 2-6)**  
City of Hamilton  
Public Health Services  
Family Health Division  

**December 8, 2015**  
5:00 pm to 7:00 pm  
West Hamilton  

Triple P Discussion Groups are 2-hour topic specific workshops for parents who are experiencing parenting challenges in a particular area.

*Call Health Connections at 905-546-3550 to register.*

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**Dealing with Disobedience Triple P Discussion Group (Ages 2-6)**  
City of Hamilton  
Public Health Services  
Family Health Division  

**September 10, 2015**  
5:00 pm to 7:00 pm  
Dundas  

Triple P Discussion Groups are 2-hour topic specific workshops for parents who are experiencing parenting challenges in a particular area.

*Call Health Connections at 905-546-3550 to register.*
**WORKSHOPS and COURSES for Parents/Caregivers of Children 0-6 Years**

**Feeding Your Baby**
**0-12 Months and**
**Making Baby Food**
Public Health Services

Various Ontario Early Years Centres (OEYCs) across Hamilton
Locations vary monthly

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.*

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**Feeding Young Children 1-6 Years**
Public Health Services

Various Ontario Early Years Centres (OEYCs) across Hamilton
Locations vary monthly

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.

*To learn more about this one-time session, call Health Connections at 905-546-3550.*

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Is your child a healthy eater?
Visit [nutritionscreen.ca](http://nutritionscreen.ca) to find out!

![Nutri-eSTEP](image.png)

**Nutrition Screening Tool for Toddlers and Preschoolers**

Connect with a Public Health Dietitian

- 905-546-3550
- Facebook.com/HealthyFamiliesHamilton
## WORKSHOPS and COURSES for Parents/Caregivers of Children 6-12 Years

<table>
<thead>
<tr>
<th>Workshop</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Description</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Lone Mothers &amp; Kids Recreation Program</strong></td>
<td>October 8, 2015</td>
<td>5:30 pm to 7:30 pm</td>
<td>Lynwood Charlton Hall</td>
<td>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. For more information call Carrie at 905-389-1361 ext. 263.</td>
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<tr>
<td><strong>Temper Tamers</strong></td>
<td>October 6, 2015</td>
<td>6:00 pm to 8:00 pm</td>
<td>Lynwood Charlton Centre</td>
<td>Does your child (7-12 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. For more information or to register for this group, contact Carrie at 905-389-1361 ext. 263.</td>
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</tr>
<tr>
<td><strong>Babysitting</strong></td>
<td>September 4, 2015</td>
<td>9:00 am to 4:00 pm</td>
<td>Hamilton Red Cross</td>
<td>Children 10 &amp; up can learn how to care for babies, toddlers and how to handle emergencies with Basic first aid skills. Course fee is $65.00, inludes snacks, lunch and course materials. For more information and registration please call Olga at 905-522-8485 ext. 1225.</td>
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**Growing Together**  
**Family Resource Centre**  
**McMaster Children’s Hospital**
WORKSHOPS and COURSES for Parents/Caregivers of Children 6-12 Years

COPEing with Impulsive and Forgetful Children
McMaster Children’s Hospital, Chedoke

September 21, 2015
3:00 pm to 5:00 pm
St. Lukes Elementary School
345 Albright Rd., Hamilton
or
November 11, 2015
6:30 pm to 8:30 pm
Mt. Albion Elementary School
24 Kennard St., Stoney Creek
or
November 12, 2015
9:30 am to 11:30 am
Church of the Ressurection - OEYC
435 Mohawk Rd. W., Hamilton

This single session 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 independant and get tasks done.

To register call 905-521-2100 ext 74147 or online at www.mchcommunityed.ca.

Helping Your Young Child Deal with Worries (Kids Have Stress, Too! 3-10yrs)
McMaster Children’s Hospital, Chedoke

December 3, 2015
9:30 am to 11:30 am
St. Peter’s HARRRP Community Centre
705 Main St. E., Hamilton

In this 3 week session caregivers will learn how to identify and understand stress in their children. Stress management techniques will be taught to help reduce the effects of stress in the child.

Call 905-521-2100 ext. 74147 or register online at www.mchcommunityed.ca.

COPEing with 3 to 12 year olds Behaviour
McMaster Children’s Hospital - Chedoke

September 8, 2015
9:30 am to 11:30 am
Child Development Centre
22 Leeming St., Hamilton
or
November 06, 2015
1:00 pm to 3:00 pm
St. Davids OEYC
33 Cromwell Cres., Stoney Creek
NOTE: No Class Nov. 20/15

Using problem solving discussions, videos and homework projects, this 8-week evidence based program teaches parents skills to strengthen relationships and increase cooperation with their children.

To register, please call 905-521-2100 ext. 74147 or register on line at www.mchcommunityed.ca.
WORKSHOPS and COURSES for Parents/Caregivers of Children 6-12 Years

Positive Parenting
McMaster Children’s Hospital - Chedoke

September 14, 2015
9:30 am to 11:30 am
Hillcrest - OEYC
40 Eastwood St.,
Hamilton
or
October 02, 2015
1:00 pm to 3:00 pm
Fortinos Community Room
21 Upper Centennial Pkwy.,
Stoney Creek
or
October 28, 2015
10:00 am to 12:00 pm
OEYC
155 Queen St. N.,
Hamilton
or
December 15, 2015
1:30 pm to 3:30 pm
Child Development Centre
22 Leeming St.,
Hamilton

Participants will learn evidence-based parenting strategies that will help reduce conflict and gain compliance. This is a one session workshop.

To register call 905-521-2100 ext. 74147 or online at www.mchcommunityed.ca.

COPEing with 3 to 12 year olds with ADHD
McMaster Children’s Hospital - Chedoke

September 14, 2015
6:30 pm to 8:30 pm
Bay Garden’s
947 Fyrmal Rd. E.
or
November 17, 2015,
9:30 am to 11:30 am
Child Development Centre
22 Leeming St.
NOTE: No class Nov. 23/15

Caregivers will meet weekly. Using problem solving discussions, videos and homework projects, caregivers learn evidence based skills to strengthen relationships, reduce oppositional behaviours and increase cooperation.

To register call 905-521-2100 ext. 74147 or online at www.mchcommunityed.ca.

Girls Only Group
McMaster Children’s Hospital Chedoke Site

4:30 pm to 6:00 pm
Evel Building
Chedoke Site
Hamilton

5 week group for girls who have an Intellectual Disability who are entering puberty. The group is an educational group that teaches about pubertal changes and how to manage these changes.

Call Ruth at 905-521-2100 ext. 77215 to arrange appointment to determine eligibility.
WORKSHOPS and COURSES for Parents/Caregivers of Children 6-12 Years

**Back to School - SPECIAL EVENT**
McMaster Children’s Hospital - Chedoke
September 16, 2015
10:00 am to 2:00 pm
HWDSB Education Centre
20 Education Crt., Hamilton

Returning to school can be filled with lots of unanswered questions, anxiety, stress, learning needs. This full day workshop will provide caregivers a wealth of knowledge to help them support their child and have a successful year.

You MUST REGISTER for this event. Please call 905-521-2100 ext. 74147 or register online at www.mchcommunityed.ca.

WORKSHOPS and COURSES for Parents/Caregivers of Teens 12-18 Years

**Moms Only Group**
McMaster Children’s Hospital - Chedoke
6:00 pm to 8:00 pm
Chedoke Site
Evel Bldg., Rm TBA
565 Sanatorium Rd., Hamilton

1 or 2 evening workshop for moms of daughters who have a developmental disability and are entering puberty.

For more information call Ruth at 905-521-2100 ext. 77215.

**Parent Support Workshops**
John Howard Society
654 Barton St. E., Hamilton

A FREE 4 session workshop designed to offer parents with youth aged 12-17yrs the opportunity to share their concerns, learn realistic and practical approaches for addressing challenges faced in raising adolescents today and to increase their knowledge of relevant resources.

For more information or to register contact Margaret at 905-522-4446 ext. 258.

**Coping with Angry Teens**
McMaster Children’s Hospital - Chedoke
September 9, 2015
1:00 pm to 3:00 pm
St. Peter’s HARRRP Community Centre
705 Main St. E., Hamilton
or
December 4, 2015
9:30 am to 11:30 am
Fortinos - Eastgate Community Room
75 Centennial Pkwy., Hamilton

A workshop designed to help parents/caregivers of teens 13-18 yrs keep their cool while providing some suggestions on managing anger and to help parents to recognize stress and anger triggers and find new ways of coping with them.

To register please call 905-521-2100 ext 74147 or online at www.mchcommunityed.ca.
### WORKSHOPS and COURSES for Parents/Caregivers of Children Any Age

**Understanding Mental Health**
McMaster Children’s Hospital - Chedoke

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
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<tbody>
<tr>
<td>September 17, 2015</td>
<td>9:30 am to 11:30 am</td>
<td>Sanford OEYC 735 King St. E., Floor 1A Hamilton or October 28, 2015, 6:30 pm to 8:30 pm St. Anns Elementary School 244 Fiddlers Green Rd., Ancaster</td>
</tr>
</tbody>
</table>

An introduction for parents about children’s mental health. In this workshop, you will gain an understanding about children’s mental health, and helpful resources to further your understanding of mental illness.

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

**Parenting Your Anxious Child**
McMaster Children’s Hospital, Chedoke

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<tr>
<th>Date</th>
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<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>September 24, 2015</td>
<td>9:30 am to 11:30 am</td>
<td>Elizabeth Bagshaw Elementary School 350 Albright Rd., Hamilton or October 30, 2015, 9:30 am to 11:30 am Fortino’s - Community Room 1579 Main St. W., Hamilton</td>
</tr>
</tbody>
</table>

A workshop for parents/caregivers interested in learning what anxiety is and how it may affect children and youth. Useful strategies will be provided to help parent your anxious child.

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

**Help Your Child & Teen Stress Less**
McMaster Children’s Hospital - Chedoke

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<tr>
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<tbody>
<tr>
<td>September 17, 2015</td>
<td>9:30 am to 11:30 am</td>
<td>Fortinos Main West Community Room 1579 Main St. W., Hamilton or December 14, 2015, 12:30 pm to 2:30 pm Chedoke Elementary School 500 Bendamere Ave., Hamilton</td>
</tr>
</tbody>
</table>

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 (one session).

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

**Managing Routines**
McMaster Children’s Hospital - Chedoke

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<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
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</thead>
<tbody>
<tr>
<td>October 1, 2015</td>
<td>9:30 am to 11:30 am</td>
<td>St. Peter’s HARRRP Community Centre 705 Main St. E., Hamilton</td>
</tr>
</tbody>
</table>

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.

*To register call 905-521-2100 ext. 74147 or online [www.mchcommunityed.ca](http://www.mchcommunityed.ca).*
WORKSHOPS and COURSES for Parents/Caregivers of Children Any Age

Managing Meltdowns
McMaster Children’s Hospital - Chedoke

September 15, 2015
1:30 pm to 3:30 pm
Child Development Centre
22 Leeming St.,
Hamilton
or
September 09, 2015
6:30 pm to 8:30 pm
Fortinos - Eastgate Community Room
75 Centennial Pkwy.,
Hamilton
NOTE: NO CLASS SEPT. 30/15
or
November 09, 2015
6:30 pm to 8:30 pm
Bay Gardens
947 Rymal Rd.,
Hamilton
NOTE: NO CLASS NOVEMBER 23/15
or
November 04, 2015
6:30 pm to 8:30 pm
Mary Hopkins Elementary School
211 Mill St. N.,
Waterdown

This 6 session course is for parents of children 4-18 years of age and 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.

To register call 905-521-2100 ext. 74147 or online at www.mchcommunityed.ca.

LEAF Group (Learning Effective Anti-Violence in Families)
Inasmuch House
Good Shepherd

Hamilton Area

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 or to register, call Inasmuch House at 905-529-8149, ext. 122 or Good Shepherd at 905-523-8766, ext. 5227.

Support for FASD Caregivers
Fetal Alcohol Spectrum Disorder Support for Caregivers

10:00 am to 12:00 pm
Philpott Memorial back door, across from Copps Coliseum
84 York Blvd.,
Hamilton

People supporting people with Fetal Alcohol Spectrum Disorder are invited to share and problem solve together the last Saturday morning of the month.

For more information, call Martha Bradford at 905-578-9091.
**WORKSHOPS and COURSES for Parents/Caregivers of Children Any Age**

<table>
<thead>
<tr>
<th>Event Name</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Description</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Understanding How Divorce and Separation Effects Your Child &amp; Teen</td>
<td>November 5, 2015</td>
<td>9:30 am to 11:30 am</td>
<td>Coach House - OEYC 22 Victoria St., Dundas</td>
<td>Parents learn how the break up of their relationship effects their child. Strategies and suggestions will be discussed to help the parent support their child through this time.</td>
<td>To register call 905-521-2100 ext. 74147 or online at <a href="http://www.mchcommunityed.ca">www.mchcommunityed.ca</a>.</td>
</tr>
<tr>
<td></td>
<td>or December 17, 2015</td>
<td>9:30 am to 11:30 am</td>
<td>Fortinos - Mall Rd., Community Room 65 Mall Rd., Hamilton</td>
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</tr>
<tr>
<td>Advocating For My Child</td>
<td>September 21, 2015</td>
<td>1:00 pm to 3:00 pm</td>
<td>Fortinos Main West - Community Room 1579 Main St. W., Hamilton</td>
<td>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.</td>
<td>To register call 905-521-2100 ext. 74147 or online <a href="http://www.mchcommunityed.ca">www.mchcommunityed.ca</a>.</td>
</tr>
<tr>
<td></td>
<td>or December 10, 2015</td>
<td>9:30 am to 11:30 am</td>
<td>Pinky Lewis Niwasa Early Learning Centre 192 Wentworth St. N., Hamilton</td>
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<tr>
<td>Connecting Creatively with your Children</td>
<td>September 25, 2015</td>
<td>1:00 pm to 3:00 pm</td>
<td>Fortinos - Community Room 21 Upper Centennial Pkwy Hamilton</td>
<td>A single session workshop for caregivers who would like to explore some fun ways of connecting with their children. Play has many benefits in improving communication, behaviours, anxiety or stress. So come enjoy a little fun!</td>
<td>Please call to register 905-521-2100 ext. 74147 or register online at <a href="http://www.mchcommunityed.ca">www.mchcommunityed.ca</a>.</td>
</tr>
<tr>
<td>Why Little Kids Worry - 3-10 yrs</td>
<td>October 1, 2015</td>
<td>9:30 am to 11:30 am</td>
<td>St. David's - OEYC 33 Cromwell Cres., Stoney Creek</td>
<td>2 hour session for caregivers to begin to identify and learn how stress effects their child’s daily life. Caregivers are introduced to some basic child coping strategies for stress.</td>
<td>Call 905-521-2100 ext. 74147 or register online at <a href="http://www.mchcommunityed.ca">www.mchcommunityed.ca</a>.</td>
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</table>
# WORKSHOPS and COURSES for Parents/Caregivers of Children Any Age

<table>
<thead>
<tr>
<th>Workshop Title</th>
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<th>Location</th>
<th>Description</th>
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</thead>
<tbody>
<tr>
<td>I'm Scared of the Doctor... and the Dentist too!</td>
<td>October 22, 2015</td>
<td>9:30 am to 11:30 am</td>
<td>Coach House - OEYC, 22 Victoria St., Dundas</td>
<td>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.</td>
</tr>
<tr>
<td>Depression and Youth</td>
<td>September 11, 2015</td>
<td>1:00 pm to 3:00 pm</td>
<td>Fortinos Community Room, 21 Upper Centennial Pkwy., Hamilton</td>
<td>An educational one session 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.</td>
</tr>
<tr>
<td>I'm Shy</td>
<td>September 9, 2015</td>
<td>1:00 pm to 3:00 pm</td>
<td>Fortinos - Community Room, 65 Mall Rd., Hamilton</td>
<td>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.</td>
</tr>
<tr>
<td>‘Truth or Myth about Autism Spectrum Disorders’: Ask The Doctor</td>
<td>October 28, 2015</td>
<td>7:00 pm to 9:00 pm</td>
<td>Chedoke Site (Wilcox Building in the Nash Auditorium), 555 Sanatorium Rd., Hamilton</td>
<td>By Dr. Olaf Kraus de Camargo, Developmental Pediatrician, McMaster Children’s Hospital. For Parents/Caregivers of children/youth with an ASD. Participants will learn the facts about ASD and receive practical strategies. Please leave your questions when registering.</td>
</tr>
<tr>
<td>McMaster Children’s Hospital ASD Services Present Three Evening Educational Sessions</td>
<td>September 22, 2015</td>
<td>6:00 pm to 9:00 pm</td>
<td>Community Living, 191 York Boulevard, Hamilton</td>
<td>Fall workshops offered for respite workers, vocational staff and parents that support individuals living with ASD. September 22: ASD Overview (6-9 pm) October 20: Every Day ABA (6-9 pm) November 15: Paint the Picture with Visuals Make and Take component (6-9 pm)</td>
</tr>
</tbody>
</table>
WORKSHOPS and COURSES for Parents/Caregivers of Children Any Age

Fetal Alcohol Spectrum Disorder - 3 Part Training Series
Catholic Family Services of Hamilton

October 6, 2015
9:30 am to 12:00 pm
Catholic Family Services of Hamilton
447 Main St. E., Hamilton
or
October 06, 2015
7:00 pm to 9:30 pm
Hamilton Children's Aid Society
226 Arrowsmith Rd., Hamilton

FASD is the leading cause of Developmental Disabilities among Canadian Children. Come out to this 3 part series and learn more. Sessions are designed for persons parenting a child with FASD as well as those working professionally with them in schools or community.

For more information or to register call Catholic Family Services of Hamilton - Brenda McBride at 905 527-3823 ext. 259.

NEW: FASD- Part 2
3 Part Training Series
Catholic Family Services of Hamilton

November 10, 2015
9:30 am to 12:00 pm
Catholic Family Services of Hamilton
447 Main St. E., Unit 2
Hamilton
or
November 10, 2015
7:00 pm to 9:30 pm
Hamilton Children's Aid Society
26 Arrowsmith Rd., Hamilton

FASD Part 2 is a small group, interactive training to further your knowledge of FASD. Come prepared to share. Pre-requisite is FASD Part 1.

For more information or to register call Catholic Family Services of Hamilton - Brenda McBride at 905 527-3823 ext. 259.

Emotions in Motion- Dealing with Self Regulation
McMaster Children’s Hospital - Chedoke

October 2, 2015
9:30 am to 11:30 am
Green Acres Elementary School
45 Randall Ave., Stoney Creek
or
November 13, 2015
9:30 am to 11:30 am
Helen Detwiler - OEYC
320 Brigade Dr., Hamilton

A workshop introducing the importance of self regulation/executive function. If your child struggles to control impulses, has a hard time waiting for rewards, trouble remembering, paying attention or managing their thoughts and emotions, this workshop is for you!

To register please call 905-521-2100 ext. 74147 or register online at www.mchcommunityed.ca.
<table>
<thead>
<tr>
<th>WORKSHOPS and COURSES for Parents/Caregivers of Children Any Age</th>
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</table>
| **Treatment Options for Children with ADHD**  
McMaster Children’s Hospital - Chedoke  
**October 28, 2015**  
6:30 pm to 8:30 pm  
Chedoke, Evel Building - Rm 212  
565 Sanatorium Rd., Hamilton  
| Dr. Bill Mahoney will present information in this 2 hour overview of treatments available to children diagnosed with ADHD.  
To register call 905-521-2100 ext 74147 or online at www.mchcommunityed.ca. |
| **Understanding Your Child’s Social World**  
McMaster Children’s Hospital - Chedoke  
**November 4, 2015**  
9:30 am to 11:30 am  
St. Ann’s Elementary School  
118 Sherman Ave. N., Hamilton  
or  
**December 09, 2015**  
6:30 pm to 8:30 pm  
St. Michael’s Elementary School  
135 Hester St., Hamilton  
| 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.  
To register call 905-521-2100 ext. 74147 or online at www.mchcommunityed.ca. |
| **Safe Cyber-Space**  
McMaster Children’s Hospital - Chedoke  
**September 8, 2015**  
1:30 pm to 3:30 pm  
Child Development Centre  
22 Leeming St., Hamilton  
or  
**December 3, 2015**  
9:30 am to 11:30 am  
Elizabeth Bagshaw OEYC  
350 Albright Rd., Hamilton  
| This workshop is designed to help caregivers gain a better understanding of the growing world of media and technology, and how to keep your child and teens safe amongst it all.  
To register call 905-521-2100 ext. 74147 or online www.mchcommunityed.ca. |
| **Courage To Tell**  
THRIVE Child and Youth Trauma Services  
**6:30 pm to 8:30 pm**  
THRIVE Child and Youth Trauma Services  
460 Main St. E., Suite 201  
Hamilton  
| 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. |
**WORKSHOPS and COURSES for Parents/Caregivers of Children Any Age**

<table>
<thead>
<tr>
<th><strong>Moving Towards Healing</strong></th>
<th><strong>THRIVE Child and Youth Trauma Services</strong></th>
<th>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.</th>
</tr>
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<tbody>
<tr>
<td></td>
<td>460 Main St. E., Suite 201 Hamilton</td>
<td>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, dates and to register call Janice at 905-523-1020 ext. 212.</td>
</tr>
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<tr>
<th><strong>Keeping Safe</strong></th>
<th>6:30 pm to 8:30 pm</th>
<th>This 3-session educational group is designed for parents and caregivers of children with sexual behaviour problems. The group offers parents and caregivers an opportunity to gain important knowledge in a safe and supportive environment without having to share their story.</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>THRIVE Child and Youth Trauma Services</td>
<td>This group is free of charge and child minding is available. For more information, start dates and to register call Janice at 905-523-1020 ext. 212.</td>
</tr>
<tr>
<td></td>
<td>460 Main St. E., Suite 201 Hamilton</td>
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<tr>
<th><strong>The Courage Collection</strong></th>
<th>10:00 am to 6:00 pm</th>
<th>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.</th>
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<tr>
<td></td>
<td>The Kenilworth Library, 2nd Floor 103 Kenilworth N., Hamilton</td>
<td>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, Kenilworth Library Branch Manager at 905-546-3960, or Janice at THRIVE Child and Youth Trauma Services at 905-523-1020 ext. 212.</td>
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<td></td>
<td>THRIVE Child and Youth Trauma Services</td>
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## WORKSHOPS and COURSES for Parents/Caregivers of Children Any Age

<table>
<thead>
<tr>
<th>Workshop</th>
<th>Date &amp; Time</th>
<th>Location</th>
<th>Description</th>
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</thead>
</table>
| **The ABC’s on OCD** St. Joseph’s Hospital | October 8, 2015 4:00 pm to 6:00 pm | Anxiety Treatment and Research Clinic, Level 1 - Block B 100 West 5th St., Hamilton | A family educational series on obsessive-compulsive disorder (OCD) in children and adolescents providing an overview of OCD, cognitive-behavioural therapy for OCD, pharmacological treatment options for OCD, and helpful strategies to manage OCD at home and school settings.  
*For more information and to register please call Dora 905-522-1155 ext. 35373.* |
| **Anger & Parenting** Women’s Centre of Hamilton | October 7, 2015 6:00 pm to 8:00 pm | Women’s Centre Suite 205 100 Main St. E., Hamilton | Learn positive discipline skills, figure out your triggers, develop practical tools to handle anger and enhance the relationship with your child in this 8 week group for women. (8 weeks)  
*To register call 905-522-0127.* |
| **Giving Your Child the Tools for Life** McMaster Children’s Hospital - Chedoke | October 27, 2015 12:30 pm to 2:30 pm | St. Matthews Elementary School 200 Windwood Dr., Binbrook or November 25, 2015 6:30 pm to 8:30 pm Chedoke Elementary School | This two hour 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.  
*To register call 905-521-2100 ext. 74147 or online www.mchcommunityed.ca.* |
| **Parent Survival 101** McMaster Children’s Hospital - Chedoke | November 17, 2015 1:30 pm to 3:30 pm | Child Development Centre 22 Leeming St., Hamilton | In this four session workshop, parents/caregivers will have an opportunity to explore coping strategies to remain a calm, confident, and in-control parent.  
*To register please call 905-521-2100 ext. 74147 or online at www.mchcommunityed.ca*  
**NOTE: There is no class November 24/15** |
| **Dealing With Loss** McMaster Children’s Hospital - Chedoke | December 11, 2015 9:30 am to 11:30 am | Bay Garden’s 947 Rymal Rd. E., Hamilton | A one session workshop for parents/caregivers to help their children who are struggling to cope or manage with any type of loss, such as a new home, loss of a friendship or changes in the family. Stages of grief will be reviewed and suggestions for managing these difficult emotions will be provided.  
*To register call 905-521-2100 ext. 74147 or online at www.mchcommunityed.ca.* |
### WORKSHOPS and COURSES for Parents/Caregivers of Children Any Age

<table>
<thead>
<tr>
<th>Workshop Title</th>
<th>Date(s)</th>
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<th>Location(s)</th>
<th>Description</th>
<th>Registration Info</th>
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</thead>
<tbody>
<tr>
<td><strong>Coping with the Holidays</strong></td>
<td>December 18, 2015</td>
<td>9:30 am to 11:30 am</td>
<td>Fortinos Community Room 21 Upper Centennial Pkwy., Stoney Creek</td>
<td>A one session workshop for caregivers to help provide some ideas for coping and managing with holiday stress. Routines, tips and ideas will be shared.</td>
<td>To register please call 905-521-2100, ext. 74147 or online at <a href="http://www.mchcommunityed.ca">www.mchcommunityed.ca</a>.</td>
</tr>
<tr>
<td><strong>Conflict Busters Building Relationships</strong></td>
<td>September 18, 2015</td>
<td>1:00 pm to 3:00 pm</td>
<td>Fortinos Community Room 21 Upper Centennial Pkwy., Stoney Creek</td>
<td>Family life can be a challenge when conflict arises and relationships are strained. This one session workshop provides ideas for helping resolve conflicts and re-build parent-child and sibling relationships. You will gain improved compliance, better communication and a happier family life.</td>
<td>To register call 905-521-2100 ext. 74147 or online at <a href="http://www.mchcommunityed.ca">www.mchcommunityed.ca</a>.</td>
</tr>
<tr>
<td><strong>McMaster Children's Hospital Community Education Service Workshops</strong></td>
<td>Workshops will be held at various public elementary schools in the Hamilton Area</td>
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<td></td>
<td>The Community Education Service at McMaster Children's Hospital is collaborating with the Hamilton Wentworth Public School Board to offer a variety of workshops for parents and caregivers. Some of the workshops that will be offered are Parenting Your Anxious Child, Positive Parenting and Giving Your Child the Tools for Life.</td>
<td>For more information and to register for upcoming workshops call 905-521-2100 ext. 74147 or register online at <a href="http://www.mchcommunityed.ca">www.mchcommunityed.ca</a>. Dates and times for upcoming workshops are listed on the website.</td>
</tr>
<tr>
<td><strong>Parents for Children's Mental Health Support Group</strong></td>
<td>Dates and times to be determined</td>
<td></td>
<td></td>
<td>Hamilton has a new chapter of Parents for Children's Mental Health, a support and advocacy group for families, by families. This group is open to all parents and caregivers of children and youth living with mental health issues. Meetings will be held monthly. Visit <a href="http://www.pcmh.ca">www.pcmh.ca</a>.</td>
<td>For more information, please call Louise at 905-304-1108 or email <a href="mailto:hamilton@pcmh.ca">hamilton@pcmh.ca</a>.</td>
</tr>
</tbody>
</table>
WORKSHOPS and COURSES for Parents/Caregivers of Children Any Age

**Why Won’t They Listen/I’m Angry**  
McMaster Children’s Hospital - Chedoke  

September 10, 2015  
9:30 am to 11:30 am  
**OEYC Main Site**  
45 Ellis Ave.,  
Hamilton  
or  
October 21, 2015  
12:30 pm to 2:30 pm  
**R.A. Riddell Elementary School**  
200 Cranbrook Dr.,  
Hamilton  
or  
October 30, 2015  
1:00 pm to 3:00 pm  
**Fortino's - Community Room**  
21 Upper Centennial Pkwy

This one session workshop will review ways to increase your child’s cooperation and listening. Parents learn how to collaboratively work with their children and understand what is behind their behaviour.

To register call 905-521-2100 ext. 74147 or online at www.mchcommunityed.ca.

**What Works**  
McMaster Children’s Hospital - Chedoke  

September 11, 2015  
9:30 am to 11:30 am  
**Chedoke, Evel Bldg.,**  
565 Sanatorium Rd.,  
Hamilton

This three session parent workshop will review the parenting strategies that are proven effective. Topics that will be discussed are reducing conflict, dealing with emotions, and problem solving.

To register please call 905-521-2100 ext. 74147 or online at www.mchcommunityed.ca.

**Special Needs Parent Support & Networking Group**  
McMaster Children’s Hospital - Chedoke  

Evenings  
6:30 pm to 8:00 pm  
**Chedoke, Evel Bldg., Rm. 308**  
September 2, 2015 and  
October 7, 2015 and  
November 4, 2015

A monthly group for parents of children with developmental, physical and/or neurological conditions. An opportunity to network, learn about resources and supports, and share parenting experiences. Lead by MCH social workers.

NOTE: This is not a parenting course. For more information or to register, please call Allan at 905-521-2100 ext. 74486.

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*It does not matter how slowly you go as long as you do not stop.*

~Confucius
WORKSHOPS and COURSES for Children 6-12 Years

kNOw Fear 8-12 years
McMaster Children’s Hospital - Chedoke Hamilton

September 10, 2015
3:00 pm to 4:30 pm
Chedoke, Evel Bldg.,
565 Sanatorium Rd.,
Hamilton
or
November 16, 2015
3:00 pm to 4:30 pm
Chedoke, Evel Bldg.,
565 Sanatorium Rd.,
Hamilton

CBT based anxiety group for children ages 9-12 and their caregiver(s). Together the family will learn what stressors most affect their child. Identify how the child reacts to these worries/fears, and how to deal with them in a positive and effective way. First session is a parents only orientation. (8 week program)

To register call 905-521-2100 ext. 74147 or online www.mchcommunityed.ca.

Note: This program will transition to the Ron Joyce Children’s Health Centre at 325 Wellington St. N. 3rd Floor starting November 30, 2015. Due to this there will be no class held on Nov. 23/15. Thank You

Social Stepping Stones 9-12yrs
McMaster Children’s Hospital - Chedoke

September 23, 2015
3:00 pm to 5:00 pm
Chedoke Site,
Evel Building
565 Sanatorium Rd.,
Hamilton

Together parents and children will explore how to identify and cope with their socially anxious behaviours. Your child may have a hard time approaching new friends, with social situations, have fears of being judged or criticised. (4 week workshop)

To register please call 905-521-2100 ext. 74147 or online at www.mchcommunityed.ca.

Social Quest 9-12yrs
McMaster Children’s Hospital - Chedoke

November 19, 2015
3:00 pm to 5:00 pm
Class will start
at Chedoke Site,
Evel Building - and
transition to RJCHC
starting Dec. 3

Together parents and children will explore how to identify and cope with their social difficulties. These children are good at making friends but have a hard time keeping them. Social interactions may not go as well as planned. (4 week workshop)

To register please call 905-521-2100 ext 74147 or online at www.mchcommunityed.ca

Note: This program will transition to the Ron Joyce Children’s Health Centre at 325 Wellington St. N. 3rd Floor starting December 3, 2015. Due to this there will be no class held on Nov. 26/15. Thank You

Tween Talk
McMaster Children’s Hospital Chedoke Site

4:00 pm to 5:30 pm
Chedoke Site,
Evel Building
565 Sanatorium Rd.,
Hamilton

12 week group for children ages 10 to 12 who have a developmental disability. Focus is on social skill building and understanding relationships.

Call Kelly Wynne at 905-521-2100 ext. 77280 to arrange appointment to determine eligibility.
WORKSHOPS and COURSES for Children 6-12 Years

**Children’s Breakfast Club**  
North Hamilton Community Health Centre  
daily Monday - Friday  
7:45 am to 8:45 am  
**St. Luke’s Parish Hall**  
76 Macaulay St. E., Hamilton  
Open to students, parents and teachers of Bennetto and St. Lawrence schools. Program provides children with a nutritious breakfast in a fun and safe environment. Games, activities and homework help provided!  
*For more information or to register, call 905-523-6611 ext. 3007.*

**Grub Club**  
North Hamilton Community Health Centre  
North Hamilton Community Health Centre  
438 Hughson St. N., Hamilton  
Children prepare (and eat!) healthy meals and snacks, explore physical activity and creativity, and learn about gardening, nutrition and healthy living. Open to all North end children ages 6 and up.  
*For more information or to register, call 905-523-6611 ext. 3006.*

**Kids in the Kitchen/Power Up**  
Wellwood Resource Centre  
**September 16, 2015**  
6:00 pm to 8:00 pm  
**Wellwood**  
501 Sanatorium Rd., Hamilton  
A 6 week program for school-age kids living with serious illness in the family. Supervised transportation (if in Hamilton area) and meal preparation included.  
*For more information/to register call/email Tyler Steeves 905-667-8870 ext. 201 or email steevesty@hhsc.ca.*

**SNAP for Boys**  
**SNAP for Girls**  
Banyan Community Services  
Times and Dates to be Announced  
The SNAP Connection 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.  
*Just call the Hamilton Centralized Intake Line at 905-544-7778 or visit www.banyancs.org.*

**Hero’s Journey**  
Women’s Centre of Hamilton  
**September 29, 2015**  
6:00 pm to 8:00 pm  
**Register for Location**  
Hamilton  
For children (ages 8-12) who have been exposed to domestic violence, this 10 week group is a unique approach to build upon the individual gifts, abilities and resiliency of each child. Activities include games, mask-making, guided imagery, rock climbing, art activities & more.  
*To register contact the Child & Youth Department at Interval House Hamilton 905-387-9959 ext. 224.*
WORKSHOPS and COURSES for Teens 12-18 Years

Pathways To Education
North Hamilton Community Health Centre
Hamilton

Program open to highschool students living in the Bennetto & Keith neighbourhoods. Academic Tutoring and group mentoring weekly. Financial support such as bus tickets & a bursary for post-secondary education provided. For more info go to www.nhchc.ca.

For more information or to register, please call 905-523-6611 ext. 2054.

Teen Talk
McMaster Children’s Hospital - Chedoke
4:30 pm to 6:00 pm
Chedoke Site
565 Sanatorium Rd., Hamilton

Teen Talk is a 14 week psycho-social interactive group for teenagers ages 12 to 14 who have a developmental disability.

Call Ruth at 905-521-2100 ext. 77215 to arrange appointment to determine eligibility.

Teen Talk 2
McMaster Children’s Hospital - Chedoke
4:00 pm to 6:00 pm
Chedoke Site
565 Sanatorium Rd., Hamilton

Teen Talk 2 is a psycho-social interactive group for teenagers ages 14 to 18 who have a developmental disability. The group focuses on social skills enhancement and human sexuality.

Call Ruth at 905-521-2100 ext. 77215 to arrange appointment to determine eligibility.

Teen Talk Transitions
McMaster Children’s Hospital Chedoke Site
4:00 pm to 5:30 pm
Evel Building
565 Sanatorium Rd., Hamilton

A 12 week group for teens entering highschool who have a developmental disability.

Call Kelly Wynne at 905-521-2100 ext. 77280 to arrange appointment to determine eligibility.

You can learn many things from children. How much patience you have, for instance.

~Franklin P. Jones
### WORKSHOPS and COURSES for Teens 12-18 Years

<table>
<thead>
<tr>
<th>WORKSHOP/ COURSE</th>
<th>ORGANIZATION/ LOCATION</th>
<th>DATE/TIME</th>
<th>DESCRIPTION</th>
<th>CONTACT INFORMATION</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Choices</strong></td>
<td>John Howard Society</td>
<td></td>
<td>This is a cognitive-behaviour based program for youth ages 12-17 which is delivered in 8 group sessions. Focus is on important social skills relating to cost and consequences of making good and bad decisions. Delivery methods include discussion, role play, movies and games.</td>
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<tr>
<td></td>
<td>McMaster Children's Hospital - Chedoke</td>
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<td></td>
<td>For more information, or to book a screening, please contact Cassy Bowden at 905-522-4446 ext. 235.</td>
</tr>
<tr>
<td><strong>Stress Less</strong></td>
<td>John Howard Society</td>
<td>November 16, 2015 3:00 pm to 4:30 pm Chedoke, Evel Bldg., 565 Sanatorium Rd., Hamilton</td>
<td>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 and coping techniques. (6 sessions)</td>
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<tr>
<td>(13-16 years)</td>
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<td></td>
<td>To register call 905-521-2100 ext 74147 or online at <a href="http://www.mchcommunityed.ca">www.mchcommunityed.ca</a>.</td>
</tr>
<tr>
<td><strong>Social Stepping Stones 13-15 yrs</strong></td>
<td>John Howard Society</td>
<td>December 2, 2015 3:00 pm to 5:00 pm Ron Joyce Children’s Health Center 325 Wellington St. N., 3rd Floor Hamilton</td>
<td>Together parents and children will explore how to identify and cope with their socially anxious behaviours. Your child may have a hard time approaching new friends, with social situations, have fears of being judged or criticised. This is a four week workshop.</td>
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</tr>
<tr>
<td></td>
<td>McMaster Children's Hospital - Chedoke</td>
<td></td>
<td></td>
<td>To register call 905-521-2100 ext. 74147 or online at <a href="http://www.mchcommunityed.ca">www.mchcommunityed.ca</a>.</td>
</tr>
</tbody>
</table>

Cleaning your house while your kids are still growing up is like shoveling the walk before it stops snowing.

~Phyllis Diller
## WORKSHOPS and COURSES for Self-Help, Relationship & Marriage Issues

### Family Support Meetings
Hamilton Chapter - Schizophrenia Society of Ontario

<table>
<thead>
<tr>
<th>Time</th>
<th>Details</th>
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<tbody>
<tr>
<td>7:00 pm to 8:30 pm</td>
<td>For caregivers of a family member or friend who has schizophrenia. Held the 3rd Tuesday of every month @7:00pm 193 James St. South. Hamilton</td>
</tr>
</tbody>
</table>

*For further information on all our services call 905-523-7413.*

### Social Circle
Women’s Centre of Hamilton

<table>
<thead>
<tr>
<th>Time</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>every Wednesday 1:30 pm to 3:30 pm</td>
<td>This is an ongoing group for women experiencing mental health and isolation concerns. Come and share experiences, receive support and make new friends.</td>
</tr>
</tbody>
</table>

*For more information, call 905-522-0127.*

### Bets Off
Alcohol, Drug & Gambling Services

<table>
<thead>
<tr>
<th>Time</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>every Wednesday 5:30 pm to 7:30 pm</td>
<td>An on-going support group meeting weekly to help problem gamblers maintain their goal of abstinence from gambling. Group support and relapse prevention strategies are used.</td>
</tr>
</tbody>
</table>

*Call to arrange an assessment interview, 905-546-3606 ext. 3613.*

### Peer Support
Women’s Centre of Hamilton

<table>
<thead>
<tr>
<th>Time</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>daily 9:30 am to 4:30 pm</td>
<td>Our Peer Support Volunteers provide confidential, individual support in a safe and trusting environment for you to discuss life’s challenges.</td>
</tr>
</tbody>
</table>

*For more information, please call 905-522-0127.*

### Women’s Weekly
Good Shepherd - Women’s Services

<table>
<thead>
<tr>
<th>Time</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>every Wednesday 5:30 pm to 7:30 pm</td>
<td>A supportive education group addressing issues related to woman abuse. Childcare available.</td>
</tr>
</tbody>
</table>

*Please call for more information, 905-523-8766 ext. 4239.*

### Individual Counseling
Elizabeth Fry Society - Hamilton Branch

<table>
<thead>
<tr>
<th>Time</th>
<th>Details</th>
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<tbody>
<tr>
<td></td>
<td>This program is available to any woman who has experienced abuse anytime in their lives. The counselling is short term and educational in nature, or crisis counselling.</td>
</tr>
</tbody>
</table>

*Please call Natalie for more information at 905-527-3097 ext. 237.*
WORKSHOPS and COURSES for Self-Help, Relationship & Marriage Issues

Opportunities For Women
Elizabeth Fry Society-Hamilton Branch

St. Giles Church
85 Holton Ave. S., Hamilton

This program is an 8 week course that offers women an opportunity to explore issues that may be affecting their lives.

*Please call Annie for more information at 905-527-3097 ext. 231.*

Shoplifters’ Alternatives Rehabilitation and Education
Elizabeth Fry Society-Hamilton Branch

St. Giles Church
85 Holton Ave. S., Hamilton

SHARE’S purpose is to help women identify shoplifting as a coping mechanism, identify their problems and to assist in developing skills to find solutions and to cope in a more appropriate manner.

*For information call Annie at 905-527-3097 ext. 231.*

Resource Centre
Elizabeth Fry Society-Hamilton Branch

St. Giles Church
85 Holton Ave. S., Hamilton

The resource centre is open every Monday, Thursday and Friday from 11am to 4pm on a drop in basis. It is open to criminalized women and offers women only space with food, clothing, internet computer access, programming support, assistance with housing, court support, employment, needle exchange and so much more.

*For more information call Betsy or Shannon at 905-527-3097 ext. 222.*

A Woman’s Journey
Anger Management
Elizabeth Fry Society-Hamilton Branch

St. Giles Church
85 Holton Ave. S., Hamilton

This program assists women who are in conflict with the law or are at risk of being in conflict with the law. Topics discussed include healthy and unhealthy relationships, abuse, anger styles, self esteem, effective communication, depression, grief and loss, and myths surrounding women’s anger.

For information call Annie at 905-527-3097 ext. 231.

Individual Abuse Counselling
Women’s Centre of Hamilton

Monday - Friday
9:30 am to 4:30 pm
Women’s Centre
Suite 205
100 Main St. E., Hamilton

Changing your life is a process. Individual counselling is available for women who are experiencing or have experienced abuse. Counsellors can assist you in discovering your goals and identifying your options so that you can make informed decisions about your life.

*For more information, call 905-522-0127.*
### WORKSHOPS and COURSES for Self-Help, Relationship & Marriage Issues

<table>
<thead>
<tr>
<th>Event</th>
<th>Details</th>
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<tbody>
<tr>
<td><strong>Women’s Social</strong>&lt;br&gt;Good Shepherd - Women’s Services</td>
<td>1st Wednesday of the month&lt;br&gt;4:30 pm to 6:00 pm&lt;br&gt;Hamilton&lt;br&gt;<strong>All women are welcome. This group provides a safe place for women to connect and socialize. The group also provides the opportunity for women to discuss abuse. Childcare available.</strong>&lt;br&gt;<em>For more information, 905-523-8766 ext. 4238.</em></td>
</tr>
<tr>
<td><strong>Women’s Wellness</strong>&lt;br&gt;Women’s Centre of Hamilton</td>
<td>October 1, 2015&lt;br&gt;6:00 pm to 8:00 pm&lt;br&gt;West Mountain&lt;br&gt;Hamilton&lt;br&gt;<strong>Have you experienced abuse in your relationship? Learn about the impacts and build a support network with other women. Telling our story can help us on our healing journey. Topics include shame, guilt, anger, self-esteem, healthy relationships, boundaries and more. (10 weeks)</strong>&lt;br&gt;<em>To register call 905-522-0127.</em></td>
</tr>
<tr>
<td><strong>Coping With Grief &amp; Loss</strong>&lt;br&gt;Bereavement Services</td>
<td>every Tuesday&lt;br&gt;9:30 am to 11:30 am or every Tuesday&lt;br&gt;7:00 pm to 9:00 pm&lt;br&gt;The Cattel Centre&lt;br&gt;45 Main St., Dundas&lt;br&gt;<strong>These open groups offers adults who are grieving a confidential, comfortable, caring and supportive atmosphere in which to share about their loss with others.</strong>&lt;br&gt;<em>For more information, call Beverley at 905-512-6995 or email at <a href="mailto:beverleyg60@gmail.com">beverleyg60@gmail.com</a>.</em></td>
</tr>
<tr>
<td><strong>Adult Community Gardens</strong>&lt;br&gt;North Hamilton Community Health Centre</td>
<td>daily&lt;br&gt;7:00 am to 9:00 pm&lt;br&gt;Paradise Gardens at Burlington and Wellington&lt;br&gt;Hamilton and Keith Gardens at Burton and Douglas and St. Davids Gardens at Wentworth and Brant&lt;br&gt;<strong>Get hands-on experience growing your own food and learning about organic gardening at a community garden. Meet new people, learn great skills and enjoy fresh vegetables all summer long! Gardens are open May-October. $15 plots are open to all North End residents or groups.</strong>&lt;br&gt;<em>For more information or to register call 905-523-6611 ext. 3007.</em></td>
</tr>
<tr>
<td><strong>Women’s Voices</strong>&lt;br&gt;Sexual Assault Centre (Hamilton &amp; Area)</td>
<td>every Tuesday&lt;br&gt;1:00 pm to 3:00 pm&lt;br&gt;Sexual Assault Centre Hamilton &amp; Area&lt;br&gt;75 MacNab St. S. (YWCA Building)&lt;br&gt;3rd Floor&lt;br&gt;<strong>Drop-in group for survivors of Sexual Abuse/Assault.</strong>&lt;br&gt;<em>For information and details, call Elizabeth at 905-525-4573 ext. 229 or Maria del Carmen at ext. 226.</em></td>
</tr>
</tbody>
</table>
WORKSHOPS and COURSES for Self-Help, Relationship & Marriage Issues

Computer Training
Women’s Centre of Hamilton

November 18, 2015
9:00 am to 12:00 pm
Women’s Centre
Suite 205
100 Main St. E.,
Hamilton

Upgrade your computer skills or learn new ones in this basic course for beginners. Build your confidence with Windows, Microsoft Word, Excel, Powerpoint, and the internet. (3 weeks)

To register call 905-522-0127.

Self Esteem
Women’s Centre of Hamilton

September 29, 2015
6:00 pm to 8:00 pm
Women’s Centre
Suite 205
100 Main St. E.,
Hamilton

Identify and build upon your unique gifts and abilities by learning how to understand and believe in the wonderful person that you are! (4 weeks).

To register call 905-522-0127.

My Journey to Self
Women’s Centre of Hamilton

October 2, 2015
10:00 am to 12:00 pm
Women’s Centre
100 Main St. E.,
Suite 205
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. (10 weeks)

To register call 905-522-0127.

Understanding Anger
Women’s Centre of Hamilton

November 2, 2015
2:00 pm to 4:00 pm
Women’s Centre
Suite 205
100 Main St. E.,
Hamilton

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

To register call 905-522-0127.

Women’s Space
Neighbour to Neighbour

every Thursday
9:30 am to 12:00 pm
Church of Resurrection
435 Mohawk Rd. W.,
Hamilton

Drop in, Chat and Snacks, Rotating topics according to interest: Meal planning, Job searching, Money management, Support networks, and more! Child care provided. Light refreshments. Bus tickets.

For information contact Crystle at crystle@n2ncentre.com or 905-574-1334 ext. 217.
### WORKSHOPS and COURSES for Self-Help, Relationship & Marriage Issues

<table>
<thead>
<tr>
<th>Event</th>
<th>Date/Time</th>
<th>Description</th>
<th>Contact Information</th>
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<tr>
<td><strong>Rebuilding a Healthy Me</strong></td>
<td>November 5, 2015 2:00 pm to 4:00 pm</td>
<td>Having an awareness of your mind, body, spirit connection can help manage your emotions. Explore tools and strategies to help achieve emotional wellness. (6 weeks)</td>
<td>To register call 905-522-0127.</td>
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<tr>
<td>Women’s Centre of Hamilton</td>
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<tr>
<td><strong>Women Getting Work</strong></td>
<td>September 29, 2015 9:00 am to 12:00 pm</td>
<td>Re-define &amp; build upon your strengths, skills and confidence in finding &amp; maintaining employment. Perform a full life assessment, improve your resume, practice interviewing skills and make a positive, lasting impression. Jump start your career today! Tuesdays and Thursdays (6 weeks)</td>
<td>To register call 905-522-0127.</td>
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<tr>
<td>Women’s Centre of Hamilton</td>
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<tr>
<td><strong>Golden Girls</strong></td>
<td>every other Tuesday 4:30 pm to 6:00 pm</td>
<td>This group is open to women in their “Golden Years” who are looking for new adventures and the opportunity to meet others.</td>
<td>Please call for more information, 905-523-8766 ext. 4232.</td>
</tr>
<tr>
<td>Good Shepherd - Women’s Services</td>
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<tr>
<td><strong>Employment Services</strong></td>
<td>8:30 am to 5:00 pm Wesley Employment Services 151 Queen St. N., Hamilton</td>
<td>Get assistance with career exploration, planning and goal setting, assessment of skills. Learn about resume and cover letters, interview and job search strategies. Also referral and access to education and training support for internationally trained professionals. You can find local and provincial information on employment opportunities, training options and job search strategies. All of our services are free and confidential.</td>
<td>For more information, call 289-396-5864.</td>
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<tr>
<td>Wesley Urban Ministries</td>
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<tr>
<td><strong>Employment Services</strong></td>
<td>vpi Inc. 1051 Upper James St., Suite 102 Hamilton</td>
<td>Through Employment Ontario funding, vpi provides employment services at no cost to the Client. vpi has over twenty-five years of experience helping our clients reach and exceed their career goals. Comprehensive workshops covering all aspects of employment readiness.</td>
<td>Contact vpi today to take your career search to the next level 905-387-2220.</td>
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<tr>
<td>vpi Inc.</td>
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<tr>
<td>WORKSHOPS and COURSES for Self-Help, Relationship &amp; Marriage Issues</td>
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<td><strong>Mindfulness</strong></td>
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<tr>
<td>North Hamilton Community Health Centre</td>
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<tr>
<td>438 Hughson St. N., Hamilton</td>
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<tr>
<td>5 week course for adults looking to learn to live in the present. Participants learn skills and strategies to live mindfully in a supportive group environment.</td>
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<tr>
<td><em>For more information or to register call 905-523-6611 ext. 3006.</em></td>
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| **Mind Over Mood**                                             |
| North Hamilton Community Health Centre                         |
| 438 Hughson St. N., Hamilton                                   |
| 12 week course for adults with low to moderate depression. Participants learn skills and strategies to achieve mental wellness in a supportive group environment. Course is offered in Spanish, Portuguese and Farsi as per client need. |
| *For more information or to register, call 905-523-6611 ext. 3006.* |

| **Mind Over Body**                                             |
| North Hamilton Community Health Centre                         |
| 438 Hughson St. N., Hamilton                                   |
| 14 week course for adults looking for strategies to help self-manage chronic pain. A holistic group approach with topics including mindfulness, healthy eating and more. |
| *For more information or to register, call 905-523-6611 ext. 3006.* |

| **Break Free**                                                 |
| North Hamilton Community Health Centre                         |
| 438 Hughson St. N., Hamilton                                   |
| 8 week course for adults looking to 'break free' from anxiety and panic. Participants learn skills and strategies to achieve mental wellness in a supportive group environment. |
| *For more information or to register call 905-523-6611 ext. 3006.* |

*Every great dream begins with a dreamer. Always remember, you have within you the strength, the patience, and the passion to reach for the stars to change the world.*

~Harriet Tubman
Growing Together Guide Index

ATELIERS, CLASSES et CENTRES de JEUX
disponibles en Francais

Centre de la Petite Enfance Notre-Dame  6
French Postnatal Yoga Classes for Moms and Babies Under 10 Months  5
Groupe Bon Début (French support group for mothers)  5
Infant Massage in French  5
Parlons de Nos Nourrissons (in French)  5
Prenatal Classes in French  5

WORKSHOPS and COURSES for Children 6-12 Years  28

Children’s Breakfast Club  29
Grub Club  29
Hero’s Journey  29
Kids in the Kitchen/Power Up  29
kNOw Fear 8-12 years  28
SNAP for Boys
SNAP for Girls  29
Social Quest 9-12yrs  28
Social Stepping Stones 9-12yrs  28
Tween Talk  28

WORKSHOPS and COURSES for Expectant Parents: Prenatal Courses

Healthy Moms, Healthy Babies  6
Teen Prenatal Classes  9
Welcome Baby Public Health Services  7
Welcome Baby - Youth Prenatal  6

WORKSHOPS and COURSES for Parents/ Caregivers of Children 0-6 Years

123 Magic  10
Breastfeeding Clinic  10
Car Seat Inspection Clinics  9
Check It Out Developmental Sessions  11
Circle of Security Parenting  11
COPEing with Toddler Behaviour  11
Dealing with Disobedience Triple P Discussion Group (Ages 2-6)  12
Feeding Young Children 1-6 Years  13
Feeding Your Baby 0-12 Months and Making Baby Food  13
Good Beginnings: A Parent and Infant Support Volunteer Program  10
Hassle Free Shopping with Children - Triple P Discussion Group (Ages 2-6)  12
Helping Your Young Child Deal with Worries (Kids Have Stress, Too! 3-10yrs)  9
Managing Fighting and Aggression - Triple P Discussion Group (Ages 2-6)  12
New Choices  10
Parenting with LOVE  9
Right From the Start  11
Stuttering in the Young Child  11
The Incredible Years Parenting Program (Ages 3-6)  9
Time for Me  10
Triple P Postive Parenting Program (Ages 2-6)  12

WORKSHOPS and COURSES for Parents/ Caregivers of Children 6-12 Years

Babysitting  14
Back to School - SPECIAL EVENT  17
COPEing with 3 to 12 year olds Behaviour  15
COPEing with 3 to 12 year olds with ADHD  16
COPEing with Impulsive and Forgetful Children  15
Girls Only Group  16
Helping Your Young Child Deal with Worries (Kids Have Stress, Too! 3-10yrs)  15
Lone Mothers & Kids Recreation Program  14
Positive Parenting  16
Temper Tamers  14

WORKSHOPS and COURSES for Parents/ Caregivers of Children Any Age

Advocating For My Child  20
Anger & Parenting  25
Conflict Busters - Building Relationships  26
Connecting Creatively with your Children  20
Coping with the Holidays  26
Courage To Tell  23
Dealing With Loss  25
Depression and Youth  21
Emotions in Motion-Dealing with Self Regulation  22
Fetal Alcohol Spectrum Disorder - 3 Part Training Series  22
FASD- Part 2 - 3 Part Training Series  22
Giving Your Child the Tools for Life  25
Help Your Child & Teen Stress Less  18
I’m Scared of the Doctor... and the Dentist too! 21
I’m Shy 21
Keeping Safe 24
LEAF Group (Learning Effective Anti-Violence in Families) 19
Managing Meltdowns 19
Managing Routines 18
McMaster Children’s Hospital ASD Services Present Three Evening Educational Sessions 21
McMaster Children’s Hospital - Community Education Service Workshops 26
Moving Towards Healing 24
Parenting Your Anxious Child 18
Parents for Children’s Mental Health Support Group 26
Parent Survival 101 25
Safe Cyber-Space 23
Special Needs Parent Support & Networking Group 27
Support for FASD Caregivers 19
The ABC’s on OCD 25
The Courage Collection 24
Treatment Options for Children with ADHD 23
‘Truth or Myth about Autism Spectrum Disorders’: Ask The Doctor 21
Understanding How Divorce and Separation Effects Your Child & Teen 20
Understanding Mental Health 18
Understanding Your Child’s Social World 23
What Works 27
Why Little Kids Worry - 3-10 yrs 20
Why Won’t They Listen/I’m Angry 27

WORKSHOPS and COURSES for Parents/ Caregivers of Teens 12-18 Years

Coping with Angry Teens 17
Moms Only Group 17
Parent Support Workshops 17

WORKSHOPS and COURSES for Self-Help, Relationship & Marriage Issues

Adult Community Gardens 34
A Woman’s Journey
Anger Management 33
Bets Off 32
Break Free 37
Computer Training 35
Coping With Grief & Loss 34
Employment Services 36
Employment Services vpi Inc. 36

Family Support Meetings 32
Golden Girls 36
Individual Abuse Counselling 33
Individual Counseling 32
Mindfulness 37
Mind Over Body 37
Mind Over Mood 37
My Journey to Self 35
Opportunities For Women 33
Peer Support 32
Rebuilding a Healthy Me 36
Resource Centre 33
Self Esteem 35
Shoplifters’ Alternatives Rehabilitation and Education 33
Social Circle 32
Understanding Anger 35
Women Getting Work 36
Women’s Social 34
Women’s Space 35
Women’s Voices 34
Women’s Weekly 32
Women’s Wellness 34

WORKSHOPS and COURSES for Teens 12-18 Years

Choices 31
Pathways To Education 30
Social Stepping Stones 13-15 yrs 31
Stress Less (13-16 years) 31
Teen Talk 30
Teen Talk 2 30
Teen Talk Transitions 30
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 or 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

For current updates to the Growing Together Guide, visit 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 McMaster Children’s Hospital, Chedoke Site. We circulate books, DVDs and pamphlets on a variety of topics.

Please note: The Family Resource Centre will be relocating to the Ron Joyce Children’s Health Centre at 325 Wellington St. N. at the end of November 2015.

For more information please visit www.mcmasterchildrensfamilyresourcecentre.ca, email frc@hhsc.ca or call 905-521-2100 ext. 77243