



**McMaster
Children's
Hospital**
RON JOYCE CHILDREN'S
HEALTH CENTRE



Growing Together
A Community Education Guide for Parents, Youth and Children

PARENT EDUCATION | COURSES | WORKSHOPS | GROUPS

2026 | May - August



COURSE
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LOCATIONS WITHIN
THE HAMILTON
AREA

WELCOME TO GROWING TOGETHER

Growing Together is a community education guide for parents/caregivers, families, children and youth listing courses, groups and workshops available in Hamilton from May to August 2026.

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



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

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



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WORKSHOPS AND COURSES FOR **EXPECTANT PARENTS/PARENTS OF INFANTS 0-12 MONTHS**

Welcome Baby Prenatal Nutrition Program

Hamilton Public Health

Compass Community Health (Compass CH location) with financial contribution from the Public Health Agency of Canada

Would you like support during your pregnancy? Join a free weekly Welcome Baby group to learn about having a healthy pregnancy and taking care of your baby with a Registered Dietitian and Registered Nurse.

Available at the program: grocery gift cards, bus tickets to get to and from the group, gift cards for prenatal vitamins, healthy snacks.

There are several in-person groups to choose from. For those who cannot attend in-person, there is one Online group with limited capacity. If interested in the Online group email welcomemba@hamilton.ca

For more information:

- Call Health Connections [905-546-3550](tel:905-546-3550)
- Email: welcomemba@hamilton.ca
- Website: www.hamilton.ca/prenatalnutritionprogram

Online Prenatal Education

Hamilton Public Health

Check out our FREE Online prenatal program to help you prepare for pregnancy, labour, delivery, and birth, care for your newborn, feeding your baby, and parenting! Learn at your own pace.

In addition, we offer two prenatal virtual classes to learn about breastfeeding and transition to parenthood. Both classes occur twice every month.

For more information and to register go to: www.hamilton.ca/prenatal

Breastfeeding Support Services

Hamilton Public Health

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

In-person, virtual or phone support available.

For more information:

- Call Health Connections [905-546-3550](tel:905-546-3550)
- Or connect via Facebook: "Healthy Families Hamilton"
- Website: <https://www.hamilton.ca/people-programs/public-health/breastfeeding/breastfeeding-supports>

Health Connections Information Line

Hamilton Public Health

Health Connections information line. Connect with us to learn about:

- Breastfeeding
- Child safety
- Growth and development
- Healthy eating
- Positive parenting
- Postpartum depression and anxiety
- Preparing for a healthy pregnancy
- Home visiting programs
- Your child's mental health

For more information:

- Call Health Connections [905-546-3550](tel:905-546-3550)

Baby Love

Good Shepherd, Regina's Pace

Baby Love is a free, evidence-based group to support young parents and caregivers to understand and respond to their baby's emotional cues. They will learn the importance of attachment, how to understand and calm their baby, feel more confident as a parent/caregiver, meet new friends, and have the chance to ask development/parenting questions. Babies (ages 2-14 months) attend with their parents/caregivers. Light refreshments and weekly prizes

To Register:

Please Contact Jessica [905-549-4276](tel:905-549-4276) or email jclarke@gSCH.ca for upcoming dates and times.

ATELIERS, CLASSES ET CENTRES DE JEUX DISPONIBLES EN FRANCAIS

Cours post-natal en yoga

Centre de Santé Communautaire
Hamilton Niagara

Ce cours enseigne la relaxation de la mère et de son bébé – augmente les expériences sensoriels du bébé et améliore le développement du système nerveux du nourrisson.

Les nouvelles mamans et leur bébé âgé de moins de 12 mois peuvent suivre le cours.

Pour plus de renseignements, veuillez communiquer avec nous au [905-528-0163](tel:905-528-0163) poste 3230.

Programme Canadien de Nutrition Prénatale (PCNP)

Centre de Santé Communautaire
Hamilton Niagara

Ce programme vise à éduquer les nouvelles mamans sur une saine interaction mères/enfants et comporte des cours prénataux, des suivis nutritionnels ainsi que des visites à domicile postnatales. Le programme comprend:

- La promotion d'un comportement sain durant la grossesse
- La préparation à l'accouchement
- L'allaitement maternel
- La sensibilisation à la dépression postpartum
- Les soins de la mère et du bébé suivant la naissance

Le programme est désigné aux futures mamans et leur bébé jusqu'à 1 an et à leur partenaire.

Pour plus de renseignements, veuillez communiquer avec nous au [905-528-0163](tel:905-528-0163) poste 3230.

Habiletés parentales

Centre de Santé Communautaire
Hamilton Niagara

Le CSCHN offre des activités de groupe et des consultations individuelles destinées aux parents, aux tuteurs et aux tuteurs d'enfants. Ces activités ont pour but de les soutenir et de les aider à acquérir des compétences parentales plus avancées. Nos interventions permettent aux familles de mieux comprendre et mieux gérer les troubles de comportements et la santé mentale d'un enfant et d'un jeune.

Les services offerts par le programme de soutien de la parentalité aident à identifier les problèmes présents et à développer des stratégies pour les surmonter.

Nos ateliers sont proposés aux parents, aux tuteurs et aux tuteurs afin de les sensibiliser et de les informer sur divers sujets, ainsi que de leur donner les compétences nécessaires pour aider leurs jeunes à améliorer leurs états mental et émotionnel et leur bien-être général.

Pour plus de renseignements, veuillez communiquer avec nous au [905-734-1141](tel:905-734-1141) poste 2222.

Programme Bon début

Centre de Santé Communautaire
Hamilton Niagara

Cette série d'ateliers porte sur les habiletés parentales, l'éducation, la sécurité et l'alimentation saine des enfants.

- La dépression postpartum
- L'attachement parent/enfant
- Les brûlures
- La noyade
- L'empoisonnement
- La sécurité alimentaire
- L'alimentation saine de la mère et les nourrissons
- La sensibilisation sur les maladies chroniques consécutives à l'obésité

Les ateliers s'adressent aux nouvelles mamans et leur jeune enfant âgé de 0 à 6 ans.

Pour plus de renseignements, veuillez communiquer avec nous au

[905-528-0163](tel:905-528-0163) poste 3230.

Parlons de nos nourrissons

Centre de Santé Communautaire
Hamilton Niagara

Cette série d'ateliers pour les mamans et leur bébé comprend les thèmes suivants:

- La sécurité de nos petits
- L'introduction des solides
- Les premiers soins
- La dépression postpartum

Les ateliers s'adressent aux nouvelles mamans et leur bébé âgé de 0 à 12 mois.

Pour plus de renseignements, veuillez communiquer avec nous au

[905-528-0163](tel:905-528-0163) poste 3230.

WORKSHOPS AND COURSES FOR PARENTS/CAREGIVERS OF CHILDREN 0-12 YEARS

Treasuring Your Toddler, Taming Their Tantrums (Online)

Ron Joyce Children's Health Centre

This two-session workshop about understanding the meaning behind your Toddler's behaviour.

Participants will learn:

- The importance of getting to know their toddler and treasuring their uniqueness
- Ways to respond to and prevent challenging behaviours
- Strategies to help set their children up for success

DATES/TIMES:

June 16, 2026 & June 23, 2026
6:30 PM – 8:30 PM

Register [here](#). or Scan the QR Code



Practical Parenting (Online)

Ron Joyce Children's Health Centre

This workshop focuses on understanding challenging behaviours in children and youth. Participants will be provided practical and positive behaviour strategies that will support the child-parent relationship. An emphasis on communication skills is highlighted.

DATES/TIME:

May 13, 2026 at 12:00 PM - 1:00 PM

July 21, 2026 12:00 PM- 1:00 PM

To register: Visit the [Community Education Registration Link](#)

Ready, Set, Smile! Creating Meaningful People Games with Your Toddler at Home (Online)

Ron Joyce Children's Health Centre

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 and receive resources will be provided.

This 60 minute, single session virtual workshop will run on the zoom platform.

A zoom link will be sent to you the day of the workshop

DATES/TIMES:

Wednesday, May 13, 2026
12:00 PM - 1:00 PM

OR

Wednesday, July 15, 2026 at
7:00 PM - 8:00 PM

LOCATION: Virtual via Zoom

Register [here](#). or Scan the QR Code



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.

[Click here to find an EarlyON Child and Family Centre near you.](#)

Kindergarten Prep Workshop (Online)

Ron Joyce Children's Health Centre

Presented by Occupational Therapists, review information to support your child's transition to Kindergarten in the fall of 2026. 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!

DATES/TIMES:

May 20, 2026 at 1:00 PM - 2:00 PM

June 10, 2026 at 12:00 PM -1:30 PM

July 15, 2026 at 1:00 PM - 2:30 PM

To Register: [Community Education Registration Link](#)

WORKSHOPS AND COURSES FOR PARENTS/CAREGIVERS OF CHILDREN 0-12 YEARS

Toileting Readiness and Skill Enhancement Workshop (Online)

Ron Joyce Children's Health Centre- Specialized Development and Behaviour Services Team

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.

DATES/TIMES:

May 7, 2026 at 6:00 PM

June 23, 2026 at 1:30 PM

August 11, 2026 at 9:30 AM

To register:

Visit the [community education link](#)

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](#)

Visit www.fasdhamilton.ca

Sleep Problems, and Developing Healthy Habits (Online)

Ron Joyce Children's Health Centre- Specialized Development and Behaviour Services Team

A good night's sleep is important to healthy growth and development of young children. This workshop will help review how you can ensure your family is getting the rest they need. Helping you establish a good bedtime routine, understanding sleep hygiene and how to create healthy sleep habits in your home. We will help identify where your child's sleep problems may be occurring within the routine and provide practical strategies to help.

DATE/TIMES:

June 16, 2026 at 9:30 AM

To register:

Visit the [community education link](#)

Building Emotional Resilience in Children & Youth (Online)

Ron Joyce Children's Health Centre

During our time together, we will define resilience and explore key qualities and skills that contribute to it. Participants will learn how to encourage independence, foster positive thinking, and understand the role of temperament and emotional intelligence in developing resilience. Practical strategies and insights to help children and youth navigate challenges and build strong foundations for success will be reviewed.

DATES/TIMES:

May 14, 2026 at 12:30 PM - 1:30 PM

July 13, 2026 at 12:00 PM - 1:00 PM

To register:

Visit the [community education link](#)

Understanding the Mysteries of Children's Behaviour Workshop (Online)

Ron Joyce Children's Health Centre- Specialized Development and Behaviour Services Team

Learn how to identify and understand what your child is trying to communicate to you thorough 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 establishing boundaries, routines and clear expectations to set both you and your child up for success. Zoom link sent 1-2 days prior to workshop.

DATES/TIMES:

May 12, 2026 at 9:30 AM

July 8, 2026 at 6:00 PM

To register:

Visit the [community education link](#)

Why Little Kids Worry (Online)

Ron Joyce Children's Health Centre

Young children often experience feelings of anxiety, worry or fear. In this workshop, participants will gain a better understanding of their child's triggers and anxious behaviours. They will be provided with reassurance, guidance and coping strategies to help children navigate these early challenges.

DATES/TIMES:

June 11, 2026 at 1:00 PM - 2:00 PM

OR

August 19, 2026 at 12:00 PM - 1:00 PM

To register:

Visit the [Community Education Registration Link](#)

WORKSHOPS AND COURSES FOR PARENTS/CAREGIVERS OF CHILDREN 0-12 YEARS

SNAP Program

Banyan Community Services

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.

Tantrums vs. Meltdowns (Online)

Ron Joyce Children's Health Centre

This workshop will assist participants in understanding the difference between tantrums and meltdowns with their children. Understanding these differences and positive practical parenting strategies will be explored.

DATES/TIME:

June 29, 2026 at 12:00 PM - 1:00 PM

August 13, 2026 at 10:00 AM - 11:00 AM

To register: Visit the [Community Education Registration Link](#)

Mental Health Learning Hub

The Hospital for Sick Children (SickKids)

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.

[Visit the website here for more information.](#)

Social Skills for Success (Online)

Ron Joyce Children's Health Centre

This workshop focuses on how social skills are developed, and how participants can support their children & youth with navigating social roadblocks, navigating friendships through learning about communication, including social cues, assertiveness, perspective taking, problem-solving and more. We will also discuss how to manage situations of bullying. Practical strategies will be shared.

DATES/TIME:

May 11, 2026 at 12:00 PM - 1:00 PM

July 2, 2026 at 12:30 PM - 1:30 PM

To register: Visit the [Community Education Registration Link](#)

Routines for Success (Online)

Ron Joyce Children's Health Centre

Routines can be trick and sometimes stressful. This workshop is designed to support participants with implementing engaging, creative, and helpful routine, structure and consistency in the home that will help reduce the stress of the morning and evening rush, while also supporting children in fostering healthy habits during the school year, summer, and breaks.

DATES/TIME:

June 22, 2026 at 12:00 PM - 1:00 PM

To register: Visit the [Community Education Registration Link](#)

WORKSHOPS AND COURSES FOR
PARENTS/CAREGIVERS OF CHILDREN 0-12 YEARS

SLP Hotline

Early Words Preschool Speech and Language Program

This is a service being offered by the Early Words Preschool Speech and Language Program to answer questions for parents, early childhood educators, doctors, nurses and/or other caregivers around preschool speech and language development. This is an anonymous service. Please call (905) 381-2828, ext. 230 on the scheduled dates to have your questions answered around topics such as:

1. Learning Two Languages
2. Early Sound Development
3. Early Word and Sentence Development
4. When and How Can I Refer to Get Help For My Child

We have access to language translation services via telephone for families who may require this support on the day of the SLP Hotline

DATES/TIMES:

- May 8, 2026 at 10 AM - 12 PM
- June 5, 2026 at 10 AM - 12 PM
- July 10, 2026 at 10 AM - 12 PM
- August 7, 2026 at 10 AM - 12 PM

Call: 905-381-2828 ext. 230

Early Words

For more information on upcoming programs on fluency and stuttering please call 905-381-2828 ext. 224 or email earlywrd@earlywords.ca

Executive Functions: What Caregivers Need to Know (Online)

Ron Joyce Children's Health Centre

This workshop helps caregivers understand what executive functions are, how they develop, and where their child may struggle. Practical strategies to support their growth, helping children build essential skills for learning, problem-solving, and daily life are reviewed.

DATES/TIME:

June 15, 2026 at 12:00 PM - 1:00 PM

OR

August 20, 2026 at 12:30 PM - 1:30 PM

To register: Visit the [Community Education Registration Link](#)

Relax and Regulate (Online)

Ron Joyce Children's Health Centre

This introductory workshop supports participants in developing a deeper understanding of a variety of relaxation strategies to help build emotional resilience in children & youth. Topics include guided imagery, mindfulness and more.

DATES/TIME:

May 21, 2026 at 12:00 PM - 1:00 PM

July 28, 2026 at 10:00 AM - 11:00 AM

To register: Visit the [Community Education Registration Link](#)

Parenting Your Anxious Child (Online)

Ron Joyce Children's Health Centre

This 3 part multi-session workshop is designed to help participants support their anxious child. We will delve into what lies underneath anxiety, including avoidance and unhelpful thinking patterns. The workshops will introduce strategies for challenging negative thinking and starting exposure techniques to create new, healthier behaviour patterns. This series aims to provide participants with an understanding of anxiety, and practical tools to support their child or youth in overcoming challenges and building resilience.

DATES/TIME:

June 9, 2026

June 16, 2026

June 23, 2026

at 5:30 PM - 6:30 PM

OR

August 10, 2026

August 17, 2026

August 24, 2026

at 12:00 PM - 1:00 PM

To register: Visit the [Community Education Registration Link](#)

WORKSHOPS AND COURSES FOR
PARENTS/CAREGIVERS OF CHILDREN 0-12 YEARS

Group Theraplay Ages 2 to 6 years

City of Hamilton
Public Health Services

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. The first session is a virtual parent orientation session that introduces the program and how session will run.

Group Theraplay aims to:

- Promote 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.

Contact Information:
www.hamilton.ca/playtherapy

Calming Big Emotions (Online)

Ron Joyce Children's Health Centre

This workshop supports participants in understanding and managing the emotional waves that their child or youth experiences. Calming skills, strategies and techniques are provided to reduce emotional stress.

DATES/TIME:

May 26, 2026 at 5:30 PM - 6:30 PM

July 14, 2026 at 12:00 PM - 1:00 PM

To register:

Visit the [Community Education Registration Link](#)

Helping Your Child with Organization and Focus (Online)

Ron Joyce Children's Health Centre

This workshop is designed to teach participants practical strategies and skills that are focused on helping their child or youth develop essential tools that are needed to support them with tasks such as, time management, daily routines, habits, and overall daily life.

DATES/TIME:

June 4, 2026 at 10:00 AM - 11:00 PM

August 31, 2026 at 12:00 PM - 1:00 PM

To register:

Visit the [Community Education Registration Link](#)

Family Support Program

John Howard Society of Hamilton, Burlington and Area

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

For more information:

Contact Ana Cunha at acunha@jhshba.ca or call 289-260-6905

WORKSHOPS AND COURSES FOR PARENTS/CAREGIVERS OF CHILDREN AND TEENS

Listen to Understand: The Power of Validation (Online)

Ron Joyce Children's Health Centre

This workshop explores the powerful tool of validation that will assist participants in connecting with their child or youth, as well as diffuse difficult or challenging behaviour. Validation is an essential tool for the parenting toolbox and we will help you get started with how to use this skill effectively.

DATES/TIME:

June 18, 2026 at 12:30 PM - 1:30 PM

OR

August 18, 2026 at 12:00 PM - 1:00 PM

To register:

Visit the [Community Education Registration Link](#)

Peaceful Practices at Home (Online)

Ron Joyce Children's Health Centre

Peaceful parenting tips, strategies and techniques are promoted to help create a peaceful home environment for children and youth. Participants are given useful resources with mindfulness being highlighted.

DATES/TIMES:

June 30, 2026 at 5:30 PM - 6:30 PM

August 6, 2026 at 12:00 PM - 1:00 PM

To register:

Visit the [Community Education Registration Link](#)

Young Parent Programs

Good Shepherd, Regina's Place

The following is a list of Young Parent Programs offered:

- **Transitional Housing Program** up to 2 years while working on education, independent living, life and parenting skills. 22 & under/ Prenatal 7months
- **Play & Learn Drop In** with children's activities, snacks and literacy fun every Monday and Wednesday from 2-4 PM
- **School Program** in partnership with HWCDSB for Young Moms & Dads who are 18 to 25 yrs. Free child minding included for infants and toddlers
- **Let's Cook** where Young Moms & Dads come together to prepare, cook and share dinner together. Every Monday starting at 5:00 PM
- **Baking Program** where Young Moms & Dads can learn baking skills. 2 Wednesdays a month starting at 6:00 PM

For detailed information on all programs or to register call today: [905-549-4276](tel:905-549-4276) office hours are 9 AM to 11 PM Mon-Fri and 10 AM to 11 PM on weekends.

Parent Connections

McMaster Children's Hospital Autism Program

Connect with other parents and caregivers who have a child/youth with autism and share similar experiences to you, whether you are the parent/caregiver of a child who has received a new diagnosis or who may be focusing on the development of their child/youth's social and life skills or have a youth transitioning into adult services.

These sessions are facilitated by a Family Service Coordinator in collaboration with clinicians from the McMaster Children's Hospital Autism Program.

To learn more or register: Please contact a Family Service Coordinator at [905-521-2100](tel:905-521-2100) ext. 78972 or email autismprogram@hsc.ca

Parenting Strategies: What Works When You Need It (Online)

Ron Joyce Children's Health Centre

We welcome participants to this 2 part workshop designed to enhance parenting skills and expand the parenting toolbox. We will explore the driving force behind child/youth behaviours, and focus on positive parenting techniques such as emotion coaching and validation. A variety of practical strategies and actionable insights will be reviewed to help participants create a nurturing and structured environment for their child's growth and well-being.

DATES/TIME:

May 7, 2026 & May 14, 2026 at 10:00 AM - 11:00 AM

To register:

Visit the [Community Education Registration Link](#)

WORKSHOPS AND COURSES FOR PARENTS/CAREGIVERS OF CHILDREN AND TEENS

Parents for Children's Mental Health (PCMH)

Children's Mental Health Ontario

Are you feeling overwhelmed caring for a child or youth living with mental health challenges? You are not alone! Parents for Children's Mental Health offers support and information through informal monthly meetings, an electronic newsletter or by phone or email. No registration or membership required.

DATES (Hamilton Chapter): Monthly meetings are held on the first Wednesday of each month.

TIME: 7:00pm - 8:30pm

LOCATION: All meetings are currently being held online.

To register: Contact hamilton@pcmh.ca or visit our website and click on the Hamilton Chapter link to sign up online.

Website: <https://www.family.cmho.org/find-a-peer-support-chapter/>

YourSpace Hamilton: Online Sessions and Resources for Families and Youth

Lynwood Charlton Centre

YourSpace is an Online space for youth and families looking for mental health information and supports in Hamilton, Ontario.

YourSpace has FREE live Online sessions for youth and families, archived videos, helpful links, information about local resources and more!

For more information:

Visit www.YourSpaceHamilton.ca to register for upcoming sessions or view archived recordings.

Email engage@lynwoodcharlton.ca
Call [905-389-1361](tel:905-389-1361) ext. 254

Understanding ADHD (Online)

Ron Joyce Children's Health Centre

This is an introductory workshop that explores common behaviours and characteristics of ADHD in children and youth. Whether your child is diagnosed with ADHD, or it is suspected, practical tips and tools will be provided to support participants on their parenting journey.

DATES/TIME:

May 4, 2026 at 12:00 PM - 1:00 PM

July 2, 2026 at 10:00 AM - 11:00 AM

To register:

Visit the [Community Education Registration Link](#)

Emotions in Motion (Online)

Ron Joyce Children's Health Centre

This introductory workshop focuses on understanding and responding to big emotions in children and youth. Participants will be provided practical strategies and resources to add to their parenting toolkit.

DATES/TIME:

June 2, 2026 at 12:00 PM - 1:00 PM

August 27, 2026 at 10:00 AM - 11:00 AM

To register:

Visit the [Community Education Registration Link](#)

The ABCs on OCD

St. Joseph's Hospital

A 4 week family educational series on obsessive-compulsive disorder (OCD) in children and adolescents.

Week 1: An overview of OCD

Week 2: A review of family accommodation and OCD

Week 3: A review of medication and cognitive behavioural therapy treatment options for OCD

Week 4: Helpful strategies to manage OCD at home and school settings.

For dates, times and to register:

Please call [905-522-1155](tel:905-522-1155) ext. 35373.

Understanding Sibling Conflict(Online)

Ron Joyce Children's Health Centre

This workshop will identify the dynamics of sibling relationships, common causes of conflict and practical strategies for creating positive interactions. Participants will learn effective communication techniques, the importance of setting boundaries, and ways to encourage co-operation and empathy amongst siblings.

DATES/TIMES:

May 7, 2026 at 12:00 PM - 1:00 PM

July 15, 2026 at 12:00 PM - 1:00 PM

To register:

Visit the [Community Education Registration Link](#)

WORKSHOPS AND COURSES FOR PARENTS/CAREGIVERS OF CHILDREN AND TEENS

Helping Your Child and Youth with Organization and Focus (Online)

Ron Joyce Children's Health Centre

This workshop is designed to teach participants practical strategies and skills that are focused on helping their child or youth develop essential tools that are needed to support them with tasks such as, time management, daily routines, habits, and overall daily life.

DATES/TIMES:

June 4, 2026 at 10:00 AM - 11:00 AM
August 31, 2026 at 12:00 PM - 1:00 PM

To register:

Visit the [Community Education Registration Link](#)

Acceptance and Commitment Therapy Workshop

Ron Joyce Children's Health Centre

This 4-week group is for caregivers of children aged 0-18 years who have physical or developmental needs, live in the Hamilton Area, and are registered with the Ron Joyce Children's Health Centre. The focus of the group is to reduce the isolation of caregivers, promote acceptance of difficult thoughts and feelings, improve relationships and connect more meaningfully to the things we value in life.

Session 1. What is ACT?

Session 2. Values and Goal setting

Session 3. Self-Compassion Session

4. Mindfulness

DATE/TIME: To be determined

To Register: Visit the [Community Education Registration Link](#)

McMaster Children's Hospital Autism Program

Ron Joyce Children's Health Centre

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

[View the Spring/Summer Autism](#)

[Service Guide](#)

Co-Parenting Through Divorce & Separation (Online)

Ron Joyce Children's Health Centre

This workshop explores how children may experience separation and divorce of their parents/ primary caregivers. Topics focus on building a collaborative shared parenting relationship across households, while supporting the needs of the child/ children involved.

DATES/TIMES:

May 19, 2026 at 5:30 PM - 6:30 PM

July 23, 2026 at 12:00 PM - 1:00 PM

To register:

Visit the [Community Education Registration Link](#)

Understanding Anxiety in Children and Youth

Ron Joyce Children's Health Centre

This workshop is designed as an introduction to understanding, recognizing and supporting anxiety in children and youth. Participants will gain an understanding of anxiety symptoms, triggers and types, along with some practical strategies and tools to help reduce anxious thoughts, feelings and behaviour.

*Please note that this introductory workshop can be complimented by the 3 session Parenting Your Anxious Child workshop, also offered through Community Education Service.

DATES/TIMES:

June 4, 2026 at 1:00 PM - 2:00 PM

August 4, 2026 at 12:00 PM - 1:00 PM

To register:

Visit the [Community Education Registration Link](#)

WORKSHOPS AND COURSES FOR PARENTS/CAREGIVERS OF CHILDREN AND TEENS

Parenting Your ADHD Child(Online)

Ron Joyce Children's Health Centre

Join us for this 3 session workshop that is designed to help participants support their ADHD child. We will explore the underlying causes of ADHD behaviours, the emotional dysregulation they experience, and discover practical strategies to support their child's needs. This series gives a comprehensive understanding of ADHD and effective tools to build a supportive and nurturing environment.

DATES/TIME:

May 25, 2026

June 1, 2026

June 8, 2026

at 12:00 PM - 1:00 PM

OR

July 16, 2026

July 23, 2026

July 30, 2026

at 10:00 AM - 11:00 AM

To register:

Visit the [Community Education Registration Link](#)

Supporting my Child & Teen on Their Mental Health Journey (Online)

Ron Joyce Children's Health Centre

This workshop invites participants to learn about their child or youth's mental health journey and how they can best support them. We will explore topics to help gain insight into the stigma and effects of mental health, while developing a deeper understanding of the types of supports available.

DATES/TIMES:

May 7, 2026 12:00 PM - 1:00 PM

To register:

Visit the [Community Education Registration Link](#)

Building Connection: Navigating Tough Talks With Children & Youth

Ron Joyce Children's Health Centre

Re-building connection and strengthening the parent-child relationship is discussed with participants in this workshop. Strategies to work together and promote collaboration, open communication and co-operation is highlighted.

DATES/TIME:

May 28, 2026 at 10:00 AM - 11:00 AM

July 27, 2026 at 12:00 PM - 1:00 PM

To register:

Visit the [Community Education Registration Link](#)

Young Parent Family Navigator

Good Shepherd, Regina's Place

Are you under 25 and expecting or raising a child? The Family Navigator is here to help-at no cost to you! We work side-by-side with each young parent to create a personal plan that empowers and connects you to the right people and programs in your community. Let's create a road map based on your unique goals today! Whether you need help with housing, childcare, education, parenting, mental health support, basic needs or more, we've got your back

For more information:

Contact Alicia at (289) 659-3857

Solo Parenting

Ron Joyce Children's Health Centre

This workshop is designed to support solo caregivers by offering practical strategies for navigating the unique challenges of parenting on your own. Together we will explore ways to manage caregiver stress, support children through big emotions, build healthy routines, and strengthen connections within the family.

DATES/TIMES:

June 23, 2026 at 1:00 PM - 2:00 PM

To register:

Visit the [Community Education Registration Link](#)

WORKSHOPS AND COURSES FOR
PARENTS/CAREGIVERS OF CHILDREN AND TEENS

Family Resource Centre

Ron Joyce Children's Health Centre
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 the community. It has hundreds of books 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

Contact Information:
Call: 905-521-2100 ext. 77243
Email: frc@hhsc.ca

I'm Shy (Online)

Ron Joyce Children's Health Centre
The workshop introduces participants to issues and concerns related to shyness, avoidant conversation behaviours, or possible concerns with Selective Mutism. Strategies, supports and resources will be discussed and provided.

DATES/TIME:
May 6, 2026 at 12:00 PM - 1:00 PM

OR
July 16, 2026 at 1:00 PM - 2:00 PM

To register:
Visit the [Community Education Registration Link](#)

Brief Quick Access Service - Mental Health Walk-In Clinic

Child & Adolescent Services
Public Health Services
Healthy Families Division
Child and Adolescent Services Brief Quick Access Service offers single session therapy and three session counselling and is intended for infants, children, and youth under 18 years of age, and their families, experiencing low to moderate mental health concerns. This could include feelings of anxiety, depression and/or social, emotional, or behavioural concerns such as separation anxiety, difficulty dealing with emotions, or attending school/daycare.

Services are confidential and free, and delivered by qualified therapists with a minimum of a master's degree in social work or psychotherapy. Some families find that a single session is all they need gain new perspectives on their situation, and build a plan of how they can move forward.

For a referral to our Brief Quick Access Service check our website for scheduled clinic times and walk-in at a site that is convenient for you, or contact our centralized access program Access and System Navigation for a referral

LOCATION: Our walk-in clinic operates at our downtown clinic location, as well as in community-based locations. To see our walk-in and community walk-in clinic location schedules, or for more information please visit [Child and Adolescent Services](#) 100 Main St. E., Suite 220. Phone: 905-546-2424 x3678

REFERRAL INFORMATION: Self referrals for our Brief Quick Access Service are accepted by visiting our walk-in site at a scheduled time or, through our Access and System Navigation partners at Lynwood Charlton Centre. For more information visit our website [Child and Adolescent Services](#)

Supporting Impulsive Children and Youth (Online)

Ron Joyce Children's Health Centre
This workshop supports participants in understanding impulsivity in children and youth. Strategies, techniques, and communication tools are provided to help their child/ youth in developing self-control, independence, and task completion.

DATES/TIMES:
June 10, 2026 at 12:00 PM - 1:00 PM
August 25, 2026 at 12:00 PM - 1:00 PM

To register:
Visit the [Community Education Registration Link](#)

Managing Big Behaviours (Online)

Ron Joyce Children's Health Centre
This workshop will explore the underlying causes of big behaviours, while providing practical strategies to address and de-escalate these situations. Participants will learn tips for setting clear expectations using positive re-enforcement and implementing natural and logical consequences. This workshop aims to help participants with the tools and confidence needed to support their children's emotional regulation and promote a calmer home environment.

DATES/TIME:
May 12, 2026 at 5:30 PM - 6:30 PM

July 20, 2026 at 12:00 PM - 1:00 PM

To register: Visit the [Community Education Registration Link](#)

WORKSHOPS AND COURSES FOR
PARENTS/CAREGIVERS OF CHILDREN AND TEENS

Managing School Refusal (Online)

Ron Joyce Children's Health Centre
This workshop offers participants essential insights into school refusal behaviours, helping them identify the signs and understand underlying causes such as anxiety, bullying, or academic pressures. Participants will learn practical strategies and tools to support their child or youth through effective communication, creating a home-school partnership, and implementing gradual exposure techniques.

DATES/TIME:
May 21, 2026 at 10:00 AM - 11:00 AM
August 13, 2026 at 12:00 PM - 1:00 PM

To register: Visit the [Community Education Registration Link](#)

Advocating for Your Child (Online)

Ron Joyce Children's Health Centre
A workshop for participants designed to improve communication with your child's school, day care or community supports. Reduce struggles, conflicts, and promote working as a team for a more positive and collaborative relationship is highlighted and encouraged.

DATES/TIME:
June 3, 2026 at 12:00 PM - 1:00 PM
August 15, 2026 at 10:00 AM - 11:00 AM

To register: Visit the [Community Education Registration Link](#)

Supporting My Child/ Youth with Grief/ Loss (Online)

Ron Joyce Children's Health Centre
This workshop is designed for participants who are supporting children and youth experiencing grief and loss. This session will explore the unique ways children and youth process grief, providing insight into their emotional and behavioural responses. Participants will learn about the concept of "riding the wave" of grief, which emphasizes learning and navigating the ups, downs and triggers of the grieving process. The workshop will offer practical strategies for providing emotional support, fostering open communication, and creating a safe space for expression.

DATES/TIME:
May 20, 2026 at 12:00 PM - 1:00 PM
July 22, 2026 at 10:00 AM - 11:00 AM

To register: Visit the [Community Education Registration Link](#)

Calm In Their Storm: Restoring You While Supporting Them (Online)

Ron Joyce Children's Health Centre
This workshop is designed to help participants develop a practical balance between the stresses of parenting while prioritizing self-care. Strategies will focus on self-compassion, the importance of boundaries, support systems and seeking help when needed. By the end of the session, participants will have tools to achieve a healthier balance between care-giving responsibilities and their own self-care needs.

DATES/TIME:
June 25, 2026 at 10:00 AM - 11:00 AM
August 13, 2026 at 10:00 AM - 1:30 AM

To register: Visit the [Community Education Registration Link](#)

Finding the Balance Through Parental Self-Care (Online)

Ron Joyce Children's Health Centre
This 2-part workshop is designed to help participants find balance through effective self-care strategies. Topics covered include understanding parental burn-out, exploring self-care and identifying the roadblocks that can get in the way. Participants will take a closer look at how to prioritize their own needs so they can maintain a healthier, more balanced lifestyle.

DATES/TIME:
June 11, 2026
June 18, 2026
at 12:00 PM - 1:00 PM

OR
August 5, 2026
August 12, 2026
at 12:00 PM - 1:00 PM

To register:
Visit the [Community Education Registration Link](#)

WORKSHOPS AND COURSES FOR PARENTS/CAREGIVERS OF CHILDREN AND TEENS

Smart Media: From Scrolling to Supporting (Online)

Ron Joyce Children's Health Centre
This two-part workshop series explores the positive and negative impacts of social media on children & youth. We will discuss the appeal of certain platforms and delve into the emotional, behavioural, physical health, and academic indicators of social media overuse and concern. Strategies for healthy media use will be provided to participants, such as healthy boundaries, open communication with your child and youth, monitoring and support, as well providing additional resources.

DATES/TIME:
June 17, 2026 at 12:00 PM - 1:00 PM
August 6, 2026 at 10:00 AM - 11:00 AM

To register: Visit the [Community Education Registration Link](#)

Family Night

Kemp Care Network
Family Nights provide an opportunity for these families to meet others who have experienced loss, supported through group facilitation from KCN trained staff and volunteers.

DATES/TIME:
Check out our website for specific dates and times

<https://kempcarenetwork.org/program/family-nights/>

Parent/Caregivers of Grieving Children

Kemp Care Network

When a child is grieving, it can be hard to know what is "normal", what to say, and how much support they need.

Our child life specialist provides individualized consultation sessions, to provide you with a supportive space to share your concerns, ask difficult questions, and receive clear, developmentally informed guidance. You'll leave with concrete tools, empowering you to respond with confidence and compassion to navigate ongoing grief.

Eligibility: Parents of children ages 0-17

Contact: Laura Jin, MSc, CCLS at childgriefsupport@kempcarenetwork.org

Young Parent Program

Banyan Community Services

The Young Parent Program offers individualized, ongoing navigation support to pregnant and parenting youth and their children in the Hamilton area. Using a collaborative approach, the program helps reduce barriers and supports parents in developing skills, building resilience, and increasing self-efficacy. This is achieved through coordinated access to community-based services based on the individual's needs.

Support includes navigating services related to health, education, parenting, life skills, budgeting and housing and more. The program is open to parents aged 25 and younger. The program's hours of services are Monday to Friday, 8:30 am to 4:30pm. The program is closed on weekends and statutory holidays.

To refer yourself or a client, please email YPPreferrals@banyancs.org or call 289-246-9064.

WORKSHOPS AND COURSES FOR YOUNG CAREGIVERS

Young Caregivers Association

Young Caregivers Association

We provide FREE social recreation and clinical programming to 5-25 year olds who are in a care giving role at home. They might be supporting a parent, sibling or grandparent due to a chronic illness, intellectual or physical disability, mental health, addictions or a socio-economic factor. They help through physical, personal, emotional or financial supports. We serve Niagara, Hamilton, Haldimand, Norfolk and Brant in person and virtually throughout Canada.

For more information:

[Please visit the website here.](#)

WORKSHOPS AND COURSES FOR CHILDREN AND TEENS

CHOICES: Cognitive Skills for Youth at Risk

John Howard Society of Hamilton, Burlington and Area

Choices is an interactive eight session program designed for both males and females 12-17 years of age. Choices is offered on a weekly basis, both on and off site, and each session is sixty-minutes long. The goal of the program is to provide youth with practical skills that will assist them in making better choices at home, school and with their peers. This program is open to community referrals.

For more information about the Program; contact choices@jhshba.ca

Adapted Recreation

City of Hamilton

The City of Hamilton is committed to ensuring the rights of individuals with disabilities and/or with special needs. Adapted recreation is available at many centres through the use of activity modifications and assistive technology. Equitable access will be provided to support persons and individuals with assisted devices or animals.

Persons requiring assistance or accommodation at a City facility are encouraged to complete an Individual Accommodations Form to communicate their needs. Forms can be obtained at your local centre.

For more information:

[Please visit the website here.](#)

CHOICES in Anger

John Howard Society of Hamilton, Burlington and Area

The Choices in Anger Program is a cognitive skills based program for youth 12 – 17 years who have interpersonal problems as a result of their aggressive behaviour. The program consists of eight sixty-minute sessions designed to help youth identify their personal aggression patterns, explore alternatives and develop a plan of action to improve how the young person responds to stressful situations. The program is divided into the five components of Anger, Communication, Triggers, Choice Points and Problem Solving.

This program is open to community referrals

For more information about the Program; contact choices@jhshba.ca

Trans Femme Peer Support Groups (Youth ages 16-30)

Compass Community Health

Compass is currently running a peer support program for Trans Feminine identified folks. Many trans spaces are dominated by Trans masculine folks, while Trans Feminine folks have a set of concerns unique to them. At our meetings we discuss transition, employment opportunities, transphobia and related issues, as well as working to build a community of trans sisters. Compass offers a meeting once monthly for youth (age 16 – 30) and for adults (31 +), as well as an intergenerational meeting to bring them together.

To register:

Email: TFIntake@compassch.org

The SURE Program (Self Understanding and Regulation of Emotions)

Banyan Community Services

The SURE Program aims to address emotional and behavioural issues among young people aged 11-15 who face barriers in developing strong emotional and social skills, which can have an impact on relationships with family, teachers and members of their peer group. SURE achieves this by teaching emotional regulation, problemsolving, and assertive communication skills to the young person and their parent(s)/primary caregiver within a group setting.

For more information:

<https://banyancommunityservices.org/what-we-do/family-services/youth-aged-11-15-program-sure/>

Program inquiries can be made through our web page as well (Referrals Section).

WORKSHOPS AND COURSES FOR CHILDREN AND TEENS

Crisis Services

Reach Out Centre for Kids (ROCK) ROCK's 24/7 Crisis Line provides immediate support for children and youth, their parents/caregivers, and community members.

ROCK'S confidential Crisis Line is available 24/7: [905-878-9785](tel:905-878-9785).

Mood Walks

Child & Adolescent Services, Public Health Services, Healthy Families Division

Mood Walks is offered in collaboration with the Canadian Mental Health Association (CMHA), and created in partnership with Hike Ontario and Conservation Ontario. Mood Walks is intended to promote physical activity in nature, or "green exercise," to improve both physical and mental health. No formal mental health diagnosis is required and the program is facilitated by a minimum of two clinicians who lead participants on nature walks where social connections, mindfulness and physical activity are combined to help alleviate mental health concerns. Target age group 13 – 17 years of age

LOCATION: : Locations are chosen based on time of year and are usually located on local trails and hiking areas. Location yet to be determined.

REFERRAL INFORMATION: Referrals are made through Access and System Navigation For more information visit our website [Child & Adolescent Services | City of Hamilton](#)

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

Mission Services of Hamilton-Inasmuch House & Good Shepherd

The L.E.A.F. program provides early intervention group supports for children who have witnessed abuse, by offering opportunities to share their feelings regarding the abuse and violence they have witnessed, in a creative and supportive environment.

Eligibility: Children, 18 years and younger, who have witnessed women abuse in their homes; and mothers 16 years and older, whose children have witnessed abuse.

For more information:

Call Mission Services at [905-529-8149](tel:905-529-8149) or Good Shepherd at [905-523-866](tel:905-523-866) ext. 4237

The Burger Box

Kemp Care Network

The burger box is a free resource for families who have experienced the death of a family member or close friend. It is customizable with resources specific to the loss. There is also a how to book for parents written by our Supportive Care Team Target age 3-17 years.

Visit the website [here](#) for more information or to register to receive a box.

Free Children and Teen

Programming

Hamilton Public Library (HPL)

HPL's What's Happening Program Guide is currently published monthly.

Please check the online Events Calendar for a daily listing of HPL events and programs.

[Click here for the What's Happening Guide](#)

Kids Help Phone

Kids Help Phone is Canada's only 24/7 e-mental health service offering free, confidential support to young people. Over 100 languages available.

Need Help Now?

Start a confidential conversation with a real person you can trust.

CALL: [1-800-668-6868](tel:1-800-668-6868)

TEXT: [686868](tel:686868)

VISIT: www.kidshelpphone.ca

Youth Programs (Ages 13-25)

Living Rock Youth Resources

Living Rock offers the following programs for youth ages 13-25:

- FREE meals 7 days a week
- Hamilton's only youth food bank
- Youth access laundry room Monday-Friday 9am-5pm
- Access to showers and hygiene products

- Educational assessments & support
- Prenatal & parenting support
- Life-skill groups (i.e. anger management, budgeting)
- Employment training & placements
- Computer and WIFI access
- Food Service Training
- Recreation opportunities & YMCA
- Crisis Support
- Chaplaincy
- Life-Skill & Work Readiness
- Drop-in Program

For more information, visit www.livingrock.ca

WORKSHOPS AND COURSES FOR CHILDREN AND TEENS

Danielle's Place

Reach Out Centre for Kids (ROCK) Danielle's Place offers a range of groups for female-identifying and non-binary youth ages 8-16. These groups support individuals who have been identified as being at risk of an eating disorder diagnosis and may be struggling with low self-esteem, body image concerns, dieting behaviors, over exercise, negative self-talk, etc.

For more information:

Visit <http://www.daniellesplace.org/>

Email daniellesplace@rockonline.ca

or call [289-266-0036](tel:289-266-0036).

LGBT Youth Line

LGBT Youth Line is a Queer, Trans, Two-Spirit youth-led organization that affirms and support the experiences of youth 29 years old and under. Get in touch with a peer support volunteer from Sunday to

Friday, 4pm to 9:30pm

Text: 4 PM- 9:30 PM at,647-694-4275

Chat: 4 PM – 9:30 PM – Click the Chat button at the top of [the page](#)

E-mail: askus@youthline.ca

Trans Lifeline

Trans Lifeline is a non-profit dedicated to the wellbeing of transgender people. They run a hotline staffed by transgender people for transgender people. Trans Lifeline volunteers are ready to respond to whatever support needs members of our community might have.

Call [1-877-330-6366](tel:1-877-330-6366) from 1 PM- 9 PM

One Stop Talk - Free Mental Health Support

One Stop Talk

One Stop Talk offers children, youth, and their families immediate access to free mental health supports when and how they need them. The program provides single-session counseling support, and ensures direct referral to additional services when needed. Services are provided through an integrated network of infant, child, and youth mental health agencies across Ontario.

You will receive:

- Counseling from experienced clinicians from across the province
- In-the-moment access to counseling, no appointment needed
- Access to One Stop Talk after hours and on weekends
- A plan for you to take with you after the session that you co-create
- Direct connection to services in your community within the same visit, as needed
- The opportunity to self-select service when it's right for you

Who can contact One Stop Talk?

- Children and youth within 18 years of age
- Parents and caregivers of children and youth within 18 years of age

Hours: Connect with the clinicians (hours in EST)

Monday to Friday from 12 PM to 8 PM Saturdays from 12 PM to 4 PM No appointments required.

To connect with a clinician:

Visit www.onestoptalk.ca or call [1-855-416-8255](tel:1-855-416-8255)

Black Youth Helpline

Available daily from 9 a.m. to 10 p.m., our helpline serves as the point of contact for calls to our professional services from youth, families, and a variety of youth-serving stakeholders. Service in French and other languages are available upon request.

Call [1-833-294-8650](tel:1-833-294-8650)

Hope for Wellness Helpline

The Hope for Wellness Help Line offers immediate help to all Indigenous people across Canada. It is available 24 hours a day, 7 days a week to offer counselling and crisis intervention.

Call [1-855-242-3310](tel:1-855-242-3310)

Chat <https://www.hopeforwellness.ca/>

WORKSHOPS AND COURSES FOR CHILDREN AND TEENS

Tween Talk

Ron Joyce Children's Health Centre

This 8-week group is for children ages 11-13 years old who have a diagnosed Intellectual Disability or Global Developmental Delay and live in the Hamilton area. The focus of the group is to promote social skills.

Topics include:

- Introducing yourself
- Starting a conversation
- Keeping a conversation going
- Making related comments
- Dealing with bullies
- Dealing with frustration

Participation in the group will be determined through a screening process after registration.

DATES/TIME:

To Be Determined

To register: [Visit the Community Education Registration Link](#)

Teen Talk

Ron Joyce Children's Health Centre

This 8-week group is for teens ages 13-15 years old who have a diagnosed Intellectual Disability or Global Developmental Delay and live in the Hamilton area. The focus of the group is to promote social skills.

Topics include:

- Conversation
- Choosing Friends
- Managing emotions
- Bullying
- Romantic relationships
- Online Safety

Participation in the group will be determined through a screening process after registration.

DATES/TIME:

To Be Determined

To register: Visit the [Community Education Registration Link](#)

Teen Talk 2

Ron Joyce Children's Health Centre

This 8-week group is for teens ages 16-17 years old who have a diagnosed Intellectual Disability or Global Developmental Delay and live in the Hamilton area. The focus of the group is to promote social skills.

Topics include:

- Conversation
- Choosing Friends
- Managing emotions
- Bullying
- Romantic relationships
- Online Safety

Participation in the group will be determined through a screening process.

DATES/TIME:

To Be Determined

To register: Visit the [Community Education Registration Link](#)

Anticipatory Grief Support for Children and Families

Kemp Care Network

When a child or youth is facing the expected death of someone they love, grief often begins long before the loss itself.

Changes in routines, medical uncertainty, symptom changes, and emotional shifts within the family can create confusion, fear, and unanswered questions.

Our child life specialist provides developmentally-informed support for both children and caregivers during a life-limiting illness.

We work alongside families to:

- Help caregivers find language for difficult conversations
- Offer age appropriate explanations about illness and expected changes
- Support children in expressing feelings through play, conversation, and art

Eligibility Information: Children and youth ages 6-17

Contact: Laura Jin, MSc, CCLS at childgriefsupport@kempcarenetwork.org

WORKSHOPS AND COURSES FOR ADULTS

Mobile Cancer Screening Coach

Hamilton Niagara Haldimand Brant Regional Cancer Program

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

Eligibility for screening is based on age, sex, personal and family health histories. Drop-ins welcome.

For more information:

Call [905-975-4467](tel:905-975-4467)

or [1-855-338-3131](tel:1-855-338-3131) for more info or to book an appointment.

Visit hnhbscreenforlife.ca for Coach schedule.

Online Parent Support Groups

Families for Addiction Recovery

We provide a safe virtual space where those concerned about a loved-one's substance use can discuss practical strategies, find support, and share resources and information that worked for them. Participation in the Groups is free and no registration is required.

Monthly Meetings:

1st and 3rd Monday @ 7:00 – 8:30pm

1st and 3rd Tuesday @ 12:00 – 1:30pm

To register:

Visit www.farcana.org/family-support/we-can-help/parent-support-group/

Trans ID Clinics

Compass Community Health

Need help changing your name and/or gender marker? Our trans ID clinics run on the third Thursday of every month from 5-7pm. Virtual, telephone and in-person options.

For more information:

Call the Hamilton Community Legal Clinic ([905-527-4572](tel:905-527-4572)) to book an appointment.

System Navigation and Information

ConnexOntario

ConnexOntario provides service information for people experiencing problems with gambling, drugs, alcohol, or mental health. Helpful, supportive system navigation specialists answer all calls, emails or web chat requests 24/7. Our referral service is free and confidential.

We can:

- provide contact information for mental health and addictions services or supports that meet the caller's specific needs
- listen, offer support and provide strategies to help people meet their goals
- provide basic education about gambling, drugs, alcohol, or mental health problems.

For more information:

ConnexOntario accepts clientele via the telephone, email, and web chat. No walk-ins please.

Call: [1-866-931-8971](tel:1-866-931-8971)

Email or Chat: <https://connexontario.ca/>

Adult Day Wellness

Kemp Care Network

Please note: Due to Covid-19 all programs are being offered virtually or via telephone.

DATE/TIME: Adult Day Hospice Program Wednesdays 10am – 2 pm

Every Wednesday, our great room is filled with conversation, laughter, games, storytelling, and a three-course homemade meal. This is a space for you to be yourself in a caring and compassionate home-like setting. At Day Program you will find rest and relaxation, supportive relationships, therapeutic value, and even just plain fun!

The focus is on affirming life and living it to the fullest. Our program is coordinated and staffed by a palliative care specialist and supported by our trained hospice volunteer team. We look forward to meeting you!

Here's a sample itinerary:

10am - 12pm: Games, art and conversations

12pm - 1pm: Homemade meal

1pm - 2pm: Therapeutic activities (storytelling, music, massage, etc.)

This program is community funded and available at no cost to individuals residing in Greater Hamilton who are living with a serious illness.

For more information:

For any questions regarding our Adult Day Wellness, please [contact here](#)

WORKSHOPS AND COURSES FOR ADULTS

Volunteer Visiting

Kemp Care Network

Our specially trained volunteers offer social and emotional support to individuals and families living with a life-threatening illness in Greater Hamilton. Support is provided through phone and video chat.

These programs offer companionship, respite for caregivers, connect to palliative resources, and/or outings for four hours a week for adults and two hours a week for children.

To register:

Visit <https://kempcarenetwork.org/program/volunteer-visiting/>

Grow Well

Compass Community Health

Grow Well is a unique horticultural therapy program that combines organic greenhouse growing practices and Mental Wellness exercises. Participants grow organic produce, herbs and plants while learning mindfulness techniques through a series of fun, interactive experiences in Compass' Community Greenhouse. Grow Well typically is offered throughout the spring and autumn seasons.

For more information/to register:
Contact: Leah Janzen 905-523-6611 ext. 3006, ljanzen@compassch.org

Free Adult Programming

Hamilton Public Library (HPL)

HPL's What's Happening Program Guide is currently published monthly.

Please check the online Events Calendar for a daily listing of HPL events and programs.

[Click here for the What's Happening Guide](#)

PLEO

A non-profit family support organization for parents and caregivers whose children (up to age 25) are dealing with mental health and/or addiction challenges. PLEO offers several support groups across Ontario, as well as a confidential telephone helpline, and an extensive library of resources.

For more information: Visit www.pleo.on.ca

New Choices Program

Salvation Army, Grace Haven

A community day treatment program for women who are pregnant or mothering young children and have substance addictions. Women attend once a week with their children. Provides the opportunity to access addiction and parenting services based on individual needs. Childcare is available for participants while they are at the program.

For more information:
Please call (905)-522-5556 or email info@gracehavenhamilton.org

Smartphone Basics for Adults

Hamilton Literacy Council

Do you have a smartphone? (Android or iPhone). Learn how to get the best from your device:

- Send and receive emails and texts
- Take photographs - send them to family and friends
- Set up appointments and reminders
- Access or download apps
- Keep all your information safe

DATE(S)/TIMES: New classes start every 5 weeks (Classes are half days, once a week for 5 weeks)

LOCATION: The Hamilton Literacy Council (YWCA Building 3rd Floor, 75 McNab St South and 550 Fennell Ave E Suite 202 (Fenworth Plaza)

To register:
Call 905-529-9907 or
Email info@hamiltonreads.ca
<https://hamiltonreads.ca/>

(Re)Entering the Workforce

Hamilton Literacy Council

Are you planning to enter/re-enter the job market?

- What job opportunities are available?
- Do I have the necessary skills?
- Do I need to retrain?
- Where can I get help?

LOCATION: The Hamilton Literacy Council 550 Fennell Ave E Suite 202 (Fenworth Plaza)

To register:
Call 905-529-9907 or
Email info@hamiltonreads.ca
<https://hamiltonreads.ca/>

WORKSHOPS AND COURSES FOR ADULTS

211 Ontario

211 is an award winning helpline and website that provides information on and referrals to Ontario's community, social, health-related and government services. Free, confidential, available 24/7, 150+ languages.

Ask about:

- Health Services and Supports
- Financial and Social Assistance
- Housing and Utility Help
- Children and Youth Services
- Food Assistance and Meal Programs
- Seniors' Services and Home Care
- Government Program Assistance
- Parenting and Family Programs
- Newcomer Services
- Volunteer Organizations
- and much more

CALL: 2-1-1

VISIT: www.211ontario.ca

Senior Cyber Fraud Prevention Education Program

Compass Community Health

For more information or to register, contact Christine 905-523-6611 (ext. 2059) or csorbara@compassch.org.

Suntrac Wellness and Addiction Treatment Program

Mission Services

Suntrac Wellness & Addiction Treatment Program incorporates best practices in the treatment of substance use. We serve individuals 19 and older in Hamilton and the surrounding area.

If you want to make a referral to Suntrac, or if you would like more information about our programs, please call 905-528-0389.

Emergency Food Program

Good Shepherd Venture Centre

The Good Shepherd Venture Centre Emergency Food Program is a dignified, efficient and safe space where emergency food and clothing is easily accessible for clients. If you have questions about the food & clothing program, please call us at 905.972.9485.

Due to high call volumes, we have a general voicemail mailbox. Please leave a message and someone will get back to you within 24 hours. All new registrations must sign up in person. Registration hours are Monday to Friday, 8:30 am – 10:00 a.m. and 12:30 p.m.- 1:30 p.m.

Grocery and program hours are Monday to Friday, 9:00 am to 2:45 pm. Doors open at 8:30 a.m.

Located at:
Good Shepherd Venture Centre 155 Cannon Street East
Hamilton ON L8L 2A5

Seniors Community Kitchen

Compass Community Health

This program is for senior residents and clients who wish to learn about nutrition, increase skills and participate in an exciting luncheon to develop friendships and socialize. Senior's Kitchen also offers special guests about topics that interest participants. The program takes place on the 3rd Wednesday of every month from 11:30am to 2:00pm at Compass Community Health (438 Hughson St. N in the Community Kitchen).

To register:
For more information or to register, contact: Leah Janzen 905-523-6611 ext. 3006 or ljanzen@compassch.org

Trans Femme Peer Support Groups (Adults 31+)

Compass Community Health

Compass is currently running a peer support program for Trans Feminine identified folks. Many trans spaces are dominated by Trans masculine folks, while Trans Feminine folks have a set of concerns unique to them. At our meetings we discuss transition, employment opportunities, transphobia and related issues, as well as working to build a community of trans sisters. Compass offers a meeting once monthly for youth (age 16 – 30) and for adults (31+, as well as an intergenerational meeting to bring them together.

To register:
Please email TFIntake@compassch.org

Grief Support Groups

Turner Family Funeral Home

Weekly Grief Support Groups are offered to anyone experiencing the death of a loved one and is in need of support. We provide a safe space for individuals to come and share with others, with the assurance that they are not alone.

There is no cost for these groups and no registration is required. A copy of the brochure can be found on the funeral home [website](#).

LOCATION/DATE& TIME:
September - June on Tuesdays at either 9:30 AM OR 7:00 PM
Held at the Cattel Centre, 45 Main Street, Dundas. The website has the specific dates.

For more information, contact Grief Counselor - Beverley Yates 905-512-6995, beverlyg60@gmail.com; Turner Family Funeral Home 905-628-6412 www.turnerfamilyfuneralhome.ca

WORKSHOPS AND COURSES FOR ADULTS

Computer Basics for Adults

Hamilton Literacy Council

Learn the very basics, from how to turn on a computer, or wake it up to opening a program and getting on the internet.

DATE(s)/TIMES: New classes start every 10 weeks (Classes are half days, once a week for 10 weeks)
Evening classes are also available at our Fennell location

LOCATION: The Hamilton Literacy Council (YWCA Building) 3rd Floor, 75 McNab St South and 550 Fennell Ave E Suite 202 (Fenworth Plaza)

To register:
Call 905-529-9907 or
Email info@hamiltonreads.ca <https://hamiltonreads.ca/>

Fun With iPads

Hamilton Literacy Council

Learn how to get the best from your iPad
-Communicate with family and friends

-Explore the internet
-Watch your favourite shows
-Join online book clubs, play games
-Find programs/resources available in the community

DATE(s)/TIMES: New classes start every 8 weeks (Classes are half days, once a week)

LOCATION: The Hamilton Literacy Council (YWCA Building) 3rd Floor, 75 McNab St South and 550 Fennell Ave E Suite 202 (Fenworth Plaza)

To register:
Call 905-529-9907 or
Email info@hamiltonreads.ca <https://hamiltonreads.ca/>

Family Court Motion to Change Information Session

AXIS Family Mediation Inc. and Legal Aid Ontario

Do you need to change your Final Family Court Order? At this free one-time session, learn how to fill out the necessary documents, see examples, and gain insight into other services and options.

DATE(s)/TIMES: New classes start every 8 weeks (Classes are half days, once a week)

LOCATION: Monthly on Zoom from 12:00 PM-2 PM

FOR MORE INFORMATION: For more information, the monthly date, and to register, email alicia@axisfamilymediation.com

Mandatory Information Program (MIP)

AXIS Family Mediation Inc.

Mandatory for those in court, but for those just querying or starting the separation process can take the program as information. The MIP covers the effects of separation and divorce on adults and children, alternatives to litigation, family law issues, the family court process, and local resources. Free and 2 hours.

DATE(s)/TIMES: Weekly Tuesdays at 5:30 PM., Wednesdays at 2 PM, and Thursdays at 10 AM

LOCATION: On Zoom

FOR MORE INFORMATION: For more information, and to register, email mip@axisfamilymediation.com or visit <https://axisfamilymediation.com/mandatory-information-program/>

WORKSHOPS AND COURSES FOR INDIGENOUS COMMUNITIES

Gladue Writer Program/ Gladue Aftercare

Ontario Native Women's Association (ONWA)

First-ever Gladue program for Indigenous women by Indigenous women. Provides supports, advocacy, and ensures Indigenous women's voices are heard throughout the justice process, including aftercare supports.

For more information visit <https://www.onwa.ca/services>

Babaamendam - Trauma Informed Care Program

Ontario Native Women's Association (ONWA)

Creates safe spaces for Indigenous women who wish to exit oppressive and violent situations, and provides trauma-informed, culturally grounded supports.

For more information visit <https://www.onwa.ca/services>

Indigenous Healthy Babies Healthy Children (HBHC)

Ontario Native Women's Association (ONWA)

Assists Indigenous families in supporting the healthy development of their children 0-6 through home visiting, service coordination, cultural support, and referrals.

For more information visit <https://www.onwa.ca/services>

Maamawi (All Together) Parenting Program

Ontario Native Women's Association (ONWA)

Combines traditional and cultural teachings with modern parenting practices to support Indigenous mothers and their families.

For more information visit <https://www.onwa.ca/services>

Indigenous Registration Administrator

Ontario Native Women's Association (ONWA)

Provides support with applications, facilitation, and renewals for individuals registered or seeking registration under the Indian Act.

For more information visit <https://www.onwa.ca/services>

Nihdawin (Hamilton- Based Supports)

Ontario Native Women's Association (ONWA)

While the core Nihdawin program is Thunder Bay-based, local supports focus on helping Indigenous individuals at risk of homelessness or experiencing housing instability through referrals, connection to services, and community-based supports.

For more information visit <https://www.onwa.ca/services>

Cultural Programming and Workshops

Ontario Native Women's Association (ONWA)

Includes beading circles, traditional craft sessions, land-based activities, and cultural teachings to promote identity, wellness, and connection.

For more information visit <https://www.onwa.ca/services>

WORKSHOPS/COURSES for Expectant Parents: Prenatal Courses

- 1 Welcome Baby Prenatal Nutrition Program
- 1 Online Prenatal Program
- 1 Breastfeeding Support Services
- 1 Health Connections Information Line
- 1 Baby Love

ATELIERS, CLASSES et CENTRES de JEUX disponibles en Français

- 2 Cours post-natal en yoga
- 2 Programme Canadien de Nutrition Périnatale (PCNP)
- 2 Habiletés parentales
- 2 Programme Bon Début
- 2 Parlons de nos nourrissons

WORKSHOPS/COURSES for Parents/Caregivers of Children 0-12 years

- 3 Treasuring Your Toddler, Taming Their Tantrums
- 3 Practical Parenting
- 3 Ready, Set, Smile! Creating Meaningful People Games With Your Toddler at Home
- 3 EarlyON Centres
- 3 Kindergarten Prep Workshop
- 4 Toileting Readiness and Skill Enhancement Workshop
- 4 Hamilton FASD Resource Team
- 4 Sleep Problems, and Developing Healthy Habits
- 4 Building Emotional Resilience in Children & Youth
- 4 Understanding the Mysteries of Children's Behaviour Workshop 4
- Why Little Kids Worry
- 5 SNAP Program
- 5 Tantrums vs. Meltdowns
- 5 Mental Health Learning Hub
- 5 Social Skills for Success
- 5 Routines for Success
- 6 SLP Hotline
- 6 Early Words
- 6 Executive Functions Made Simple: What Caregivers Need to Know
- 6 Relax and Regulate
- 6 Parenting Your Anxious Child
- 7 Group Theraplay Ages 2 to 6 Years
- 7 Calming Big Emotions
- 7 Helping Your Child with Organization and Focus
- 7 Family Support Program

WORKSHOPS/COURSES for Parents/Caregivers of Children and Teens

- 8 Listen to Understand: The Power of Validation
- 8 Peaceful Practices at Home
- 8 Young Parent Programs
- 8 Parent Connections
- 8 Parenting Strategies: What Works When You Need It
- 9 Parents for Children's Mental Health (PCMH)
- 9 Your Space Hamilton: Online Sessions and Resources for Families and Youth
- 9 Understanding ADHD
- 9 Emotions in Motion
- 9 The ABCs on OCD
- 9 Understanding Sibling Conflict
- 10 Helping Your Child and Youth with Organization and Focus
- 10 Acceptance and Commitment Therapy Workshop
- 10 McMaster Children's Hospital Autism Program
- 10 Co-Parenting Through Divorce & Separation
- 10 Understanding Anxiety in Children and Youth
- 11 Parenting Your ADHD Child
- 11 Supporting My Child and Teen on Their Mental Health Journey
- 11 Building Connection: Navigating Tough Talks with Children & Teens
- 11 Young Parent Family Navigator
- 11 Solo Parenting
- 12 Family Resource Centre
- 12 I'm Shy

12 Brief Quick Access Service -Mental Health Walk-In Clinic

12 Supporting Impulsive Children and Youth

12 Managing Big Behaviours

13 Managing School Refusal

13 Advocating for Your Child

13 Supporting My Child/Youth with Grief/Loss

13 Calm In Their Storm: Restoring You While Supporting Them

13 Finding the Balance Through Parental Self-Care

14 Smart Media: From Scrolling to Supporting

14 Family Night

14 Parent/Caregivers of Grieving Children

14 Young Parent Program

WORKSHOPS/COURSES for Young Caregivers

14 Young Caregivers Association

WORKSHOPS/COURSES for Children and Teens

15 CHOICES: Cognitive Skills For Youth At Risk

15 Adapted Recreation

15 CHOICES in Anger

15 Trans Femme Peer Support Groups (Youth ages 16-30)

15 The SURE Program (Self Understanding and Regulation of Emotions)

16 Crisis Services

16 Mood Walks

16 LEAF Group (Learning Effective Anti-Violence in Families) Program

16 The Burger Box

16 Free Children and Teen Programming

16 Kids Help Phone

16 Youth Programs (Ages 13-25)

17 Danielle's Place

17 LGBT Youth Line

17 Trans Lifeline

17 One Stop Talk - Free Mental Health Support

17 Black Youth Helpline

17 Hope for Wellness Helpline

18 Tween Talk

18 Teen Talk

18 Teen Talk 2

18 Anticipatory Grief Support for Children and Families **WORKSHOPS/**

COURSES for Adults

19 Mobile Cancer Screening Coach

19 Online Parent Support Group

19 Trans ID Clinics

19 System Navigation and Information

19 Adult Day Wellness

20 Volunteer Visiting

20 Grow Well

20 Free Adult Programming

20 PLEO

20 New Choices Program

20 Smartphone Basics for Adults

20 (Re)Entering the Workforce

21 211 Ontario

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23 Maamawi (All Together) Parenting Program

23 Indigenous Registration Administrator

23 Nihdawin (Hamilton-Based Supports)

23 Cultural Programming and Workshops

Autism Program Service Guide

Offering services for autistic children and youth and their families such as groups, parent/caregiver workshops, family events, services in Applied Behaviour Analysis (ABA), Speech and Language (S-LP), Occupational Therapy (OT), Mental Health, and more!

Scan the QR code to view our latest Service Guide and register by calling **905-521-2100 ext. 78972** or email autismprogram@hhsc.ca





Newcomers in Hamilton Services Directory

A free, reliable source of information
designed for newcomers

A central hub
with **over 15**
sections listed
including:

- Employment
- Food Banks
- Healthcare
- Housing
- Language
- Settlement Services
- Volunteering & More!

The website is translated
into **7 different languages:**



Visit NewcomersInHamilton.ca

hamiltonimmigration.ca

immigration.partnership@hamilton.ca

Hamilton Immigration Partnership Council



Access and System Navigation (ASN)

For Child and Youth Mental Health
Services in Hamilton

Access Mental Health Supports for Children and Youth (0-18)

Access and System
Navigation (ASN) at Lynwood
Charlton Centre is the single
point of access to child and
youth mental health services
in Hamilton. If your child or
youth needs mental health
support, we're here to help.

Get the right mental
health care for your
child at the right time,
in the right place,
at no cost.



Make a Referral

Phone: [905-389-1361](tel:905-389-1361)

Email: asn@lynwoodcharlton.ca

Web: lynwoodcharlton.ca/referrals

Lynwood Charlton Centre
Lead Agency for Child and
Youth Mental Health
526 Upper Paradise Road
Hamilton, ON



Free • Confidential • 24/7 • 150+ Languages



Need Support? Call 211.



**Mental
Health**



**Housing /
Shelter**



Health



**Food
Security**



**Income /
Financial**

211's team of trained Service Navigators is here to listen and connect anyone going through a challenging time with free, confidential referrals to community supports.

Your Access Point for Adult Developmental Services.

Developmental Services Ontario (DSO) is the access point for adult developmental services funded by the Ministry of Children, Community and Social Services (MCCSS) in Ontario.

The DSO Hamilton-Niagara Region (DSOHNR) supports people with a confirmed developmental or intellectual disability living in Hamilton, Niagara, Haldimand-Norfolk, Brant, Six Nations of the Grand River First Nation, and Mississaugas of the Credit First Nation.

You can apply for services as early as age 16 but services do not start until age 18 for people who are confirmed eligible.



Developmental Services Ontario

Hamilton-Niagara Region

Contact us: info@dsohnr.ca | 1-877-376-4674 |

[Contact Us – Developmental Services Ontario](#)

Your Contact to Services for Children and youth.

Contact Hamilton can help. We are your first point of contact if you need assistance from agencies that support children, youth and families with behavioural emotional and developmental concerns.

We will provide information about services in Hamilton, identify the services that can respond to your family's needs and make referrals.



For Children's and Developmental Services
pour les services a l'enfance et a l'adaptation

Call us at **905.570.8888**



Growing Together
A Community Education Guide for Parents, Youth and Children

FAMILY RESOURCE CENTRE

Looking for more information about difficulties your child or teen is experiencing?

Visit the Family Resource Centre at the Ron Joyce Children's Health Centre located at 325 Wellington St. N, Hamilton, Ontario.

We circulate books and pamphlets on a variety of topics.

For more information, [please visit our website.](#)

Email frc@hhsc.ca or call 905.521.2100 ext. 77243



PARENT
EDUCATION
COURSES
WORKSHOPS
GROUPS

ALL
COURSES
FREE!

