

## Fall 2023 Sessions

Program	Location	Date(s)
Circle of Security	Listowel – Early On	Mon Sept 11 – Mon Nov 13 Mornings – time TBA
Circle of Security	St Marys – Early On	Thurs Oct 12 – Thurs Nov 30 Mornings – time TBA

### Description

At times all parents feel lost about what our children might need from us. Imagine what it might feel like if you were able to make sense of what your child was really asking from you. The Circle of Security® Parenting™ program is based on decades of research about how secure Parent-Child relationships can be supported and strengthened. In this 8 week in person program, facilitators will work with parents and caregivers to:

- **Understand** their child's emotional world by learning to read emotional needs
- **Support** their child's ability to successfully manage emotions
- **Enhance** the development of their child's self esteem
- **Honor** the innate wisdom and desire for their child to be secure



Program	Location	Date(s)
For the Sake of My Kids Single & Co-parenting	Virtual	Wed Sept 6 – Wed Sept 27 6:30 p.m. – 8:30 p.m.
For the Sake of my Kids Single & Co-parenting	Virtual	Thurs Sept 7 – Thurs Sept 28 1:00 p.m. – 3:00 p.m.

### Description

For the Sake of My Kids (Single and Co-parenting) is a 4- week program linked to separation and the impact it has on children and youth today. This group offers insight on how children and youth process separation and the effects negative dialogue between parents can impact self-esteem and self-worth. During separation, many family members are impacted but who often gets overlooked are our children. Group members will learn a variety of personal coping methods to better prepare themselves for the journey ahead as a single parent as well as helpful tools to create a positive and mature relationship as a co-parent.



Program	Location	Date(s)
<b>Early Language Workshops</b> *for kin caregivers	Stratford	Tues Sept 19 and Tues Sept 26 10:00 a.m. – 12:00 p.m.

### Description

2 workshops offered in collaboration with a Small Talk practitioner to offer information to grandparents or kin providers with children under age 5 about early speech and language development. As part of the workshop, an assessment of the child's speech is offered with strategies for caregivers to help enhance development.

Program	Location	Date(s)
<b>Mindfully Parenting</b>	Virtual	Tues Sept 26 – Tues Oct 31 1:00 p.m. – 3:00 p.m.

### Description

This 6-week program focuses on a mindful approach to discipline without yelling, shame, blame or pain. We will help you gain a deeper understanding of yourself as a parent, your triggers and how to manage them. Learn how to connect with your children in simple, playful ways to help give your children what they need.

Program	Location	Date(s)
<b>Cyber-Safety Workshop</b> *For parents/caregivers	Virtual	Wed Oct 4 6:30 p.m. – 8:30 p.m.

### Description

An evening virtual session offered in collaboration with Victim Services Huron County and Stratford Police. This workshop is filled with detailed information regarding today's "digital generation" and the challenges our children and youth face. The two hours offers an abundance of information to better equip parents and caregivers to take on these new challenges that involve: social media, online safety, cyber bullying and much more.

Program	Location	Date(s)
<b>Calming Busy Little Minds &amp; Bodies</b> *Parenting a child with ADHD	Virtual	Wed Oct 4 & Wed Oct 11 6:30 p.m. – 8:30 p.m.

### Description

A two-session virtual workshop for parents and caregivers of children with a diagnosis or symptoms of ADHD. Learn more and consider strategies to support the child at home and school with focus and self-regulation.

Program	Location	Date(s)
<b>Human Trafficking Awareness</b> *anti-human trafficking workshop For parents/caregivers	Virtual	Wed Oct 11 6:30 p.m. – 8:30 p.m.

### Description

An evening virtual session offered in collaboration with Victim Service Huron County and Stratford Police. This workshop will enhance parent's and caregiver's knowledge of this growing concern in our community, provide information about red flags, strategies to help keep children and youth safe, and where to turn to for help.



Program	Location	Date(s)
<b>Choices</b> *for children ages 9-12	Stratford Yours, Mine, Ours Community Center at 37 Franklin Drive, Stratford	Wed Nov 22 – Wed Dec 13 5:30 p.m. to 7:00 p.m.

### Description

A program for children ages 9 – 12 years of age. This program is a 4-week structured program that involves dinner together and fun, yet educational activities focused on substance misuse awareness and prevention. This prevention program is offered in partnership with CMHA (Canadian Mental Health Association – Huron Perth Addiction and Mental Health Services). Youth are also welcome to attend the Franklin Kids Club from 4:00 – 5:30 and stay for this program.

Program	Location	Date(s)
<b>PEACE Youth Group</b>	TBA	TBA

### Description

This group program incorporates social and rec activities with evidence-informed content to open the dialogue with youth 12-18 years about peer pressure, seeking help, media literacy, healthy and unhealthy peer and dating relationships and healthy communication. The program will help improve communication and problem-solving skills, better enabling participants to navigate peer and social pressures. Healthy Relationships Plus Program Enhanced Content was developed by Western University Centre for School Mental Health. Dates and Location will be confirmed when referrals received.

Program	Location	Date(s)
<b>Small Wonders – Baby time</b> *caregiver and child	Stratford	Tues Nov 7 – Tues Dec 12 10:00 a.m. – 12:00 p.m.

### Description

An exciting 6-week interactive learning program for infants/toddlers and their parents. This program assists parents with learning positive role modeling, behaviour management strategies and interaction ideas.



Program	Location	Date(s)
<b>Behaviour at its Best</b>	Mitchell	Wed Oct 18 – Wed Nov 15 6:15 p.m. – 7:45 p.m.

### Description

A 4-week educational parenting program focusing behaviour management and relationship building. Offered in partnership with Early On. Childcare is available. Topics include:

- Understanding the relationship between the parent and the child
- Repairing the relationship
- Understanding emerging behaviours
- Managing emotional regulation

Program	Location	Date(s)
<b>Mighty Meals</b>	BOA Community Room at 39 Borden Street Stratford Or Yours, Mine, & Our Place at 37 Franklin Drive Stratford	Mon Nov 20 – Mon Dec 18 10:00 a.m. to 11:00 a.m.

**Description**

*This program is for parents and children. Receive meal kits and join for some tips on food prep for your family! Feel free to stay for Toddler/Preschool Programs that follow. If you are unable to attend in person, a link to a meal prep video can be shared and you can join virtually. If needed, we can make the arrangements to get the meal kit to you!*

Program	Location	Date(s)
<b>Toddler Time (BOA)</b> *caregiver and child	Activity Centre Bard of Avon 39 Borden Street Stratford	Mon Sept 11 – ongoing 11:00 a.m. – 12:00 p.m.
<b>Toddler Time (Franklin)</b> *caregiver and child	Yours, Mine, Ours Community Center at 37 Franklin Drive Stratford	Mon Sept 11 – ongoing 11:00 a.m. – 12:00 p.m.

**Description**

*Drop in Caregiver and Toddler/Preschool Program for children under five. Come and check out the interactive play stations and sensory crafts.*



Program	Location	Date(s)
<b>Community Closet &amp; Drop-In</b>	Yours, Mine, Ours Community Center at 37 Franklin Drive Stratford	Fri Sept 1 - ongoing 10:00 a.m. – 2:00 p.m. or by appointment - 519-271-5290

**Description**

*Drop in to access some clothing, to donate, or for support or assistance with connection to other community resources. We take donations too!*



<b>Program</b>	<b><u>Location</u></b>	<b><u>Date(s)</u></b>
<b>Kids Clubs (Hedgehogs and Sloths)</b>	Yours, Mine, Ours Community Center at 37 Franklin Drive Stratford Or BOA Community Room at 39 Borden Street Stratford	<u>Franklin Dr</u> Wed Sept 6 – Wed Dec 20 (Ages 4-8) Thurs Sept 7 – Thurs Dec 21 (Ages 9-14)  <u>Borden St</u> Mon Sept 11 – Mon Dec 18 (Ages 4-8) Tues Sept 12 – Tues Dec 19 (Ages 9-14)

**Description**

*A free afterschool program for children ages 4-8 & 9-14 years. Snack and interactive games. Priority is given to children and youth residing in the Avon PS and Anne Hathaway catchment areas. Tutoring is available upon request.*

<b>Program</b>	<b><u>Location</u></b>	<b><u>Date(s)</u></b>
<b>Rides to the Local Community Meal &amp; Access Market</b>	Yours, Mine, Ours Community Center at 37 Franklin Drive Stratford	Mon Sept 11 - ongoing 4:00 p.m. – 6:00 p.m. or Fri Sept 15 - ongoing 11:00 a.m. – 1:00 p.m.

**Description**

*Shop for fresh items at cost at the Local Access Market or attend the Community Meal which run at the same time. Rides can be arranged to support you attending from the Bard of Avon or Yours, Mine, Ours Community Centre. Please call for more information.*



**For more information or to register for programs, please contact – 519-271-5290 and request to speak to a Community Connections staff or use the QR code/ link to a registration form. <https://forms.office.com/r/YT353D6FZg>**

