Huron-Perth Children's Aid Society

CHILD & CAREGIVER PROGRAMS

FALL 2026

Community Engagement & Prevention programs are free. We offer caregiver support and education from the early years through all stages of a child's development.

COOKING & FOOD-BASED PROGRAMS

KINDER COOKERS

A fun 4-week caregiver-and-child program for ages 0–6. Enjoy simple hands-on snack recipes with all ingredients provided. Each session supports early learning skills, creativity, and connection while you cook together. Space is limited, so please pre-register.

STRATFORD

The Commons *at Huron-Perth CAS*
639 Lorne Ave E, Stratford

Tuesday Aug 25 — 10 AM – 11:30 AM

The Local Community Food Centre
612 Erie St, Stratford

Thursday Sep 17 — 1:30 PM – 3 PM

Thursday Oct 29 — 1:30 PM – 3PM

Thursday Nov 26 — 1:30 PM – 3 PM

Thursday Dec 17 — 1:30 PM – 3 PM

In partnership with
EarlyON YMCA of Three Rivers

MITCHELL

Mitchell Arena
185 Wellington St, Mitchell

Fridays Oct 2 - Oct 23

9:30 AM – 10:30 AM or 10:30 AM – 11:30 AM

In partnership with
EarlyON Perth Care for Kids

LISTOWEL

Access Centre
198 Main St W, Listowel

Mondays Oct 19 - Nov 23 — 9:30 AM - 11:00 AM

In partnership with
EarlyON

FREE PROGRAMS ACROSS HURON & PERTH COUNTY

COOKING & FOOD-BASED PROGRAMS

MIGHTY MEALS

A free 4-week program for individuals or families to build confidence in the kitchen while receiving meal kits and easy recipes to try at home. Learn practical food prep tips and enjoy cooking together as a family.

LISTOWEL

Tuesdays Nov 3 - Nov 24

Access Centre
198 Main St W, Listowel

10 AM – 11:30 AM

ST. MARYS

Wednesdays Oct 7 - Oct 28

Stonetown Co-op
728 Queen St E, St. Marys

11:30 AM – 2:00PM

GODERICH (For the residents of 211 Gibbons St)

Thursdays Nov 5 - Nov 26

Community Room
211 Gibbons St, Goderich

10:30 AM – 11:30 AM

KIDS KITCHEN CONNECTIONS

Join this free after-school cooking program where children and youth build kitchen skills while making new friends and strengthening community connections.

Wednesdays Oct 7 - Nov 4

The Local Community Food Centre
612 Erie St, Stratford

4 PM – 6:30 PM

PROGRAMS FOR CHILDREN & FAMILIES

SMALL WONDERS – MILVERTON

Join us for a fun caregiver-and-child program featuring play-and-learn activities and weekly guest speakers highlighting free family resources. Offered in partnership with EarlyON Perth Care for Kids.

Wednesdays Sep 23 - Oct 28

Perth East Public Library
19 Mill St, Milverton

9:30 AM – 11:30 AM

PROGRAMS FOR CHILDREN & FAMILIES

MONTH OF MINDFULNESS

Join us with your children ages 0–6 for mindfulness activities, caregiver tips, and a fun sensory craft each week. **Drop in** - no registration required.

SEBRINGVILLE

Tuesdays Oct 6 - Oct 27

Sebringville Community Centre
302 Huron Rd, Sebringville

9:30 AM – 11:30 AM

WINGHAM

Thursdays Oct 1 - Oct 29

EarlyON Child & Family Centre
271 Frances St, Wingham

1 PM – 2:30 PM

TODDLER/PRESCHOOL DROP-IN

A welcoming space for caregivers and children under six to play, learn, and connect. Monday sessions also include Maamawi Mashkawiizii – Inner Strength Together, grounded in First Nations, Inuit and Métis approaches through songs, stories, traditional teachings, and play.

STRATFORD

Mondays Sep 14 - Dec 14*
***Excluding Oct 12**

Yours, Mine, Ours
37 Franklin Dr, Stratford

10 AM – 12 PM

Thursdays Sep 17 - Dec 17

Yours, Mine, Ours
37 Franklin Dr, Stratford

10 AM – 12 PM

PARENTING & CAREGIVER PROGRAMS

THE BASICS OF MANAGING CHALLENGING BEHAVIOUR *(VIRTUAL)*

A two-session virtual workshop for caregivers to build foundational skills in understanding challenging behaviour. Learn about the ABCs and functions of behaviour while exploring practical strategies to support positive routines at home.

Wednesdays Sep 23 & 30

This is a virtual program

6:30 PM – 8:30 PM

PARENTING & CAREGIVER PROGRAMS

LOOKING WITHIN: A PARENTING GROUP *(VIRTUAL)*

A 4-week virtual caregiver program inspired by Good Inside by Dr. Becky Kennedy. Explore healthy boundaries, strategies for supporting challenging behaviours, and ways to build stronger connections with your child. Each participant receives a copy of the book.

Wednesdays Nov 18 - Dec 9 | **This is a virtual program** | 6:30 PM – 8 PM

PARENTING THROUGH A MINDFUL LENS *(VIRTUAL)*

A six-week virtual parenting program that introduces a mindful approach to parenting and discipline. Learn to understand your triggers, manage them effectively, and strengthen your relationship with your child.

Mondays Nov 2 - Dec 14 | **This is a virtual program** | 1 PM – 3 PM

CIRCLE OF SECURITY

An eight-week caregiver program that strengthens parent-child relationships while helping you better understand and respond to your child's emotional needs. Children's activities provided by EarlyON YMCA of Three Rivers. Register via the QR code or KeyON.

Tuesdays Oct 6 - Nov 24 | **YMCA of Three Rivers**
204 Downie St, Stratford | 9:30 AM – 11 AM

SAFECARE

A free, evidence-based home visiting program supporting caregivers of childern under six. Learn practical strategies for child health, home safety, and positive parent-child interactions through one-on-one sessions tailored to your family's needs.

Call (519) 271-5290 for more information or to register

PARENT/CAREGIVER SUPPORT GROUP (Coming Soon)

Interested in joining a future parent/caregiver support group? Reach out to our Community Engagement & Prevention team and we'll add you to our interest list.

COMMUNITY DROP-INS & SUPPORT

COFFEE & CONVERSATION - EXETER

Drop in each week for coffee, conversation, and connection with Community Engagement & Prevention staff. Learn about local resources, receive support navigating services, and stay afterward for the free Community Lunch.

Thursdays Sep 10 - Dec 17

Exeter Connection Centre
70670 London Road, South Huron

10 AM – 11:30 AM

COMMUNITY CLOSET & DROP-IN

Access free clothing, receive support from staff, or connect with community resources. Donations are always welcome. Call (519) 271-5290 for an appointment or drop-in.

Fridays Sep 14 - Dec 18

Yours, Mine, Ours
37 Franklin Dr, Stratford

10 AM – 1 PM

CHILDREN'S CLOTHING SWAP

Refresh your child's wardrobe by swapping gently used clothing with other local families. Bring what you can, take what you need, and connect with other caregives in your community.

Tuesday Oct 20

Britannia Street Community Room
200 Britannia St, Stratford

1 PM – 3 PM

SCHOOL SNACK PROGRAM

Families living in the Franklin Drive area can register to receive a weekly bag of healthy snacks and breakfast foods through Yours, Mine, Ours. Call or drop in to learn more.

For more information or to register: (519) 271-5290

COMMUNITY DROP-INS & SUPPORT

COMMUNITY SUPPORT & FOOD DROP-IN

Drop in for coffee, conversation, support, and fresh food items. Offered in partnership with the Huron Food Distribution Centre and The Local Access Market.

Wednesdays	**Britannia Street Community Room** 200 Britannia St, Stratford	9:30 AM – 10:30 AM
Wednesdays	**Bard of Avon Community Room** 39 Borden St, Stratford	9:30 AM – 11 AM
Wednesdays	**St. Marys Stonetown Co-op** 728 Queen St E, St. Marys	9:30 AM – 10:30 AM
Fridays	**Yours, Mine, Ours** 37 Franklin Dr, Stratford	10 AM – 12 PM

CHILDREN'S PROGRAMS

KIDS AFTERSCHOOL CLUBS

Free after-school clubs with snacks, games, and activities for children ages 4-13. Priority is given to families living near Bard of Avon, Franklin Drive, and Britannia Street.

Mondays	**Bard of Avon Community Room** 39 Borden St, Stratford	3:30PM – 5PM
Tuesdays	**Britannia Street Community Room** 200 Britannia St, Stratford	3:30PM – 5PM
Wednesdays	**Yours, Mine, Ours** 37 Franklin Dr, Stratford	3:30PM – 5PM
Thursdays	**Yours, Mine, Ours** 37 Franklin Dr, Stratford	3:30PM – 5PM

YOUTH PROGRAMS

WELL YOUTH HUBS

Drop in for a welcoming space where youth ages 12-25 can enjoy free snacks, activities, connection, and support. No referral or appointment required.

LISTOWEL

Mondays

Access Centre
198 Main St W, Listowel

11 AM – 6 PM

GODERICH

Tuesdays

Kinsmen Centre
185 Keays St, Goderich

11 AM – 6 PM

EXETER

Thursdays

Access Centre
377 Main St, Exeter

11 AM – 6 PM

STRATFORD

COMING SOON

Follow

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INSTAGRAM | FACEBOOK

THEWELLCC.CA

For programming updates and special events

THE WELL YOUTH HUB

REGISTER FOR PROGRAMS

SCAN THE QR CODE TO REGISTER FOR ANY UPCOMING PROGRAMS

If you have any questions, please reach out to us at:

CommunityEngagementTeam@h-pcas.ca

519-271-5290

Register Online