



CHILD & PARENT RESOURCE PROGRAMS

Winter & Spring 2024

RAISING YOUR SPIRITED CHILD

This interactive 4-week parenting group offers information and support in learning about temperamental traits in children of all ages who may be more intense, sensitive, perceptive, and energetic. Information is shared and group discussions are focused on enhancing the parent/caregiver-child relationship. Activities to soothe and help de-escalate children are provided.



Location:
This is a virtual program.



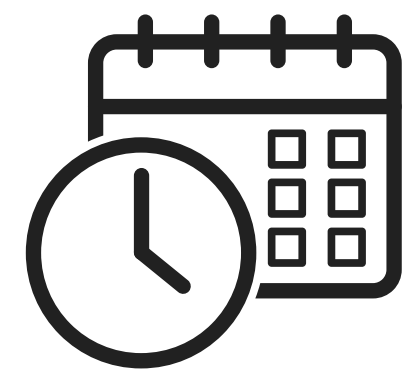
Date & Time:
Tuesdays in January
9th, 16th, 23rd, 30th
9:30AM - 11:30AM

MAKING THE CONNECTION - TEENS

A 6-week program to give you some helpful tools to manage some common parent-teen issues while encouraging interdependence in teens 13-18 years of age. We will provide you with some resources to help navigate the dynamic changes of adolescence and some tools for dealing with teen communication, emotions, sexuality, and risk-taking behaviour.



Location:
This is a virtual program.



Date & Time:
Wednesdays in Jan & Feb
10th, 17th, 24th, 31st
7th & 14th
6:30PM - 8:30PM

SCREAM FREE PARENTING

This program is for anyone who wants to enhance their relationship with their child. It provides parents and caregivers with an opportunity to reflect on their parenting through group discussions and to explore some tools and strategies for self-regulation. It is based on the book "Scream Free Parenting" by Hal Runkle.



Location:
This is a virtual program.



Date & Time:
Thursdays Jan 11th, 18th, 25th & Feb 1st
1pm - 3pm OR
Wednesdays April 17th, 24th & May 1st, 8th
6:30PM - 8:30PM

**FOR INFO,
OR TO REGISTER:**



Use the QR code above,
and fill out a registration form,
or
call us at 519-271-5290
and request to speak to a
Community Connections staff member.

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Winter & Spring 2024

MIGHTY MEALS

This program is for parents and children. Families 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! *Registration for this program is limited.*



Location:

BOA Community Room

39 Borden Street,
Stratford, ON

Yours, Mine & Ours

37 Franklin Drive,
Stratford, ON

Date & Time:

Mondays in Feb 2024:

5th, 12th, 19th, 26th

10AM - 11AM

INTRODUCTION TO THE CIRCLE OF SECURITY

Calling all Dads to join us for a 1 hour introduction to the Circle of Security. Learn more about what your child needs from you to feel safe and secure to explore and what is involved in the full Circle of Security Program.



Location:

This is a virtual program.

Date & Time:

Tuesday Feb 6th

12PM-1PM OR

Tuesday Feb 13

6:30PM - 7:30PM

WELL-ROUNDED WORKSHOP

Join us for a workshop to discuss self-care strategies and techniques. Learn about stress and its impacts on health and some ways to remain grounded and present with your child.



Location:

This is a virtual program.

Date & Time:

Wednesday Feb 21st

6:30PM - 8:30PM

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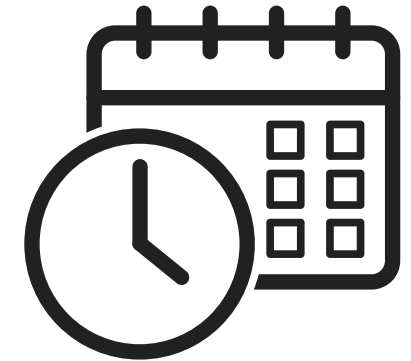
PARENTING A CHILD WITH AUTISM SPECTRUM DISORDER

A two-hour workshop offered in partnership with Anchor Rehabilitation to discuss:

- the needs of children with ASD
- parenting strategies
- ways to take care of yourself as a caregiver
- services and supports available in the community.



Location:
This is a virtual program



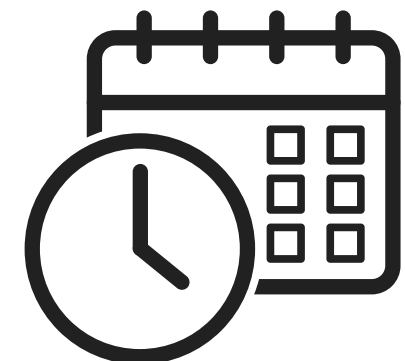
Date & Time:
Tuesday Feb 20th
1PM - 3PM OR
Wednesday June 12th
6:30PM - 8:30PM

CALMING BUSY LITTLE MINDS & BODIES

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 your child at home and school with focus and self-regulation.



Location:
This is a virtual program



Date & Time:
Wednesday Feb 28th &
Wednesday Mar 6th
6:30PM - 8:30PM

FAMILY GROWTH

This 4 week program is interactive and will include strategies on budgeting, meal planning, managing your household and self care. We will have a topic for each week with a take home gift, and plan to have a cooking session in person.



Location:
This program has both virtual and in-person sessions (Stratford)



Date & Time:
Thursday Feb 8th,
15th, 22nd, 29th
1PM - 3PM

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Winter & Spring 2024

FOR THE SAKE OF MY KIDS: SINGLE & CO-PARENTING

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.



Location:
This is a virtual program

Date & Time:
Wednesdays March 20th, 27th, April 3rd & 10th
6:30PM - 8:30PM

Thursdays March 21st, 28th, April 4th & 11th
1PM - 3PM

WELL-ROUNDED SELF CARE

Join us for an in-person 4-week program offered in partnership with Early On in Milverton. We will focus on ways to implement healthy nutrition and lifestyle habits into our busy lives. We will focus on our wellness as parents and caregivers and the impact on every day stressors so you can take steps to become the “well rounded” parent you want to be.



Location:
Milverton Library
EarlyOn Centre

Date & Time:
Tuesday March 19th, 26th
April 2nd & 9th
10AM - 12PM

BEHAVIOUR AT ITS BEST

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 & child
- Repairing the relationship
- Understanding emerging behaviours
- Managing emotional regulation



Location:
St. Mary's EarlyON Centre

Date & Time:
Tuesday Apr 16th, 23rd, 30th & May 7th
9:30AM - 11:30AM

OR

OR
Wednesday May 15th, 22nd, 29th & June 5th

Virtual

6:30PM to 8:30PM

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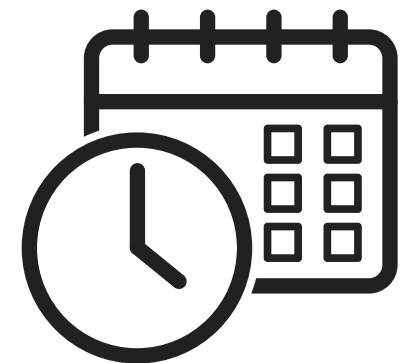
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SMALL WONDERS- BABY TIME

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 with weekly guest speakers. Developmental screening is available.



Location:
Mitchell

Date & Time:
Thursdays April 18th,
25th, May 2nd, 9th,
16th, 23rd
10AM - 12PM

PEACE YOUTH GROUP

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.



Location:
TBA

Date & Time:
TBA

MINDFULLY PARENTING

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.



Location:
This is a virtual program.



Date & Time:
Tuesday May 14th, 21st, 28th,
June 4th, 11th, 18th.
1PM- 3PM

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NAVIGATING SIBLING RELATIONSHIPS

A presentation and interactive discussion to consider how the needs of siblings can differ and what we can do as caregivers to encourage supportive sibling relationships, and manage conflict between siblings.



Location:
This is a virtual program.

Date & Time:
Monday March 18th
1:00 PM-3:00 PM OR
Wednesday June 12th
6:30PM- 8:30PM

TODDLER TIME

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



Locations:
Activity Centre - Bard of Avon
39 Borden Street,
Stratford, ON

Yours, Mine & Ours
37 Franklin Drive
Stratford, ON



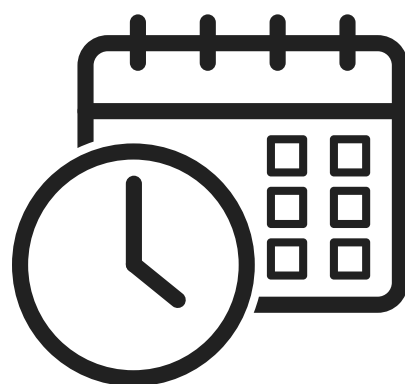
Date & Time:
Both locations:
Monday Jan 8th -
June 27
11AM-12PM

COMMUNITY CLOSET & DROP IN

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



Location:
Yours, Mine & Ours
37 Franklin Drive
Stratford, ON



Date & Time:
Fridays in 2024
10AM-2PM
or by appointment

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KIDS CLUB HEDGEHOGS & SLOTHS

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.

Call and speak to a Community Connections Staff member to register.



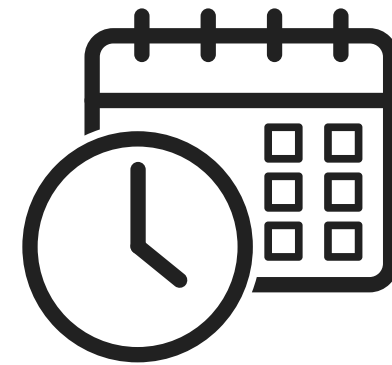
Location:

Yours, Mine & Ours

37 Franklin Drive
Stratford, ON

BOA Community Room

39 Borden Street,
Stratford, ON



Date & Time:

Franklin Dr

Wed Jan 10 – Wed June 19 (Ages 4-8)
Thurs Jan 11 – Thurs June 20 (Ages 9-14)

Borden St

Mon Jan 8 – Mon June 17 (Ages 4-8)
Tues Jan 9 – Tues June 18 (Ages 9-14)

RIDES TO LOCAL COMMUNITY MEAL & ACCESS MARKET

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.



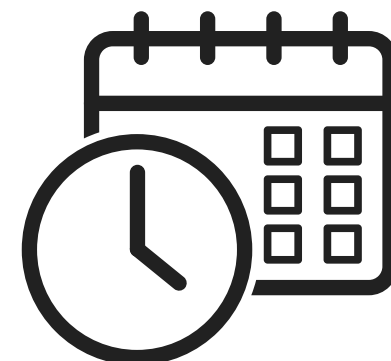
Locations:

Activity Centre - Bard of Avon

39 Borden Street,
Stratford, ON

Yours, Mine & Ours

37 Franklin Drive
Stratford, ON



Date & Time:

Mondays: **4-6PM**

Fridays: by appointment

11AM - 1PM

SAFEGUARDING OUR CHILDREN

Join us for a workshop to discuss ways we can teach children about body safety and privacy, as well as safety at school, in other homes, in the community and on-line.



Location:

Yours, Mine & Ours

37 Franklin Drive
Stratford, ON

Date & Time:

Monday January 22

1PM - 2:30PM

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