

CHILD & CAREGIVER PROGRAMS

WINTER
SPRING
2026
JAN - JUN 2026

Community Engagement & Prevention programs are free, thanks to funding from the City of Stratford. 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.

STRATFORD

Tuesdays Jan 6 - Jan 27

 **Yours, Mine, Ours**

 10AM - 11:30AM

37 Franklin Dr, Stratford

Tuesdays Jan 27, Feb 24, Mar 31

 200 Britannia St, Stratford

 2PM - 3PM

LISTOWEL

Tuesdays Feb 3 - Feb 24

 198 Main St W, Listowel

 10AM - 11:30AM

MIGHTY MEALS – LISTOWEL

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.

Tuesdays Mar 3, 10, 24, 31

 198 Main St W, Listowel

 10:30 AM - 12PM



Ready to register? Scan the QR code on the last page.



COOKING & FOOD-BASED PROGRAMS

RAMADAN MIGHTY MEALS

A free 3-week program designed to help individuals or families prepare simple, nutritious meals for Ramadan. Receive meal kits, follow easy recipes, and learn practical prep tips to support stress-free cooking throughout the month.

Mondays Feb 23, Mar 2 & 9

198 Main St W, Listowel

10AM - 11AM

KIDS KITCHEN CONNECTIONS – STRATFORD

Join this free 6-week program for children and youth to learn kitchen skills while building community connections. Offered by The Local with support from Community Engagement & Prevention staff. Call 519-271-5290 for dates and details.

Dates and location to be announced



WORKSHOPS FOR PARENTS & CAREGIVERS

THE BASICS OF MANAGING CHALLENGING BEHAVIOUR (VIRTUAL)

A 2-session virtual workshop for caregivers to build foundational skills in understanding and managing challenging behaviour. Learn the ABCs and functions of behaviour along with simple, effective tools to support cooperation and positive routines at home.

Wednesdays Feb 11 & 18

This is a virtual program

6:30PM - 8:30PM

NAVIGATING SIBLING RELATIONSHIPS: A CAREGIVER WORKSHOP

A supportive workshop for caregivers to explore sibling dynamics, learn strategies to reduce rivalry, and strengthen cooperation between children. Gain practical tools for communication, emotional regulation, and building positive sibling bonds. Childminding available.

Monday Feb 23

Pyramid Recreation Centre
317 James St S, St.Marys

6PM - 7:30PM



Ready to register? Scan the QR code on the last page.



WORKSHOPS FOR PARENTS & CAREGIVERS

CIRCLE OF SECURITY

A weekly in-person caregiver program for those raising children ages 0–12. Learn practical tools to understand children's emotional needs and strengthen secure, supportive relationships. Childminding available.

MITCHELL

Wednesdays Jan 7 - Feb 25

Mitchell Arena – 185 Wellington St

10AM - 11:30AM

*In partnership with Perth Care for Kids

ST MARYS

Thursdays Mar 5 - Apr 16

Pyramid Recreation Centre – 317 James St S.

12:30PM - 2:30PM

*In partnership with EarlyON St.Marys

STRATFORD

Dates TBD

YMCA Stratford

TBD

*In partnership with YMCA of Three Rivers

LISTOWEL

Tuesdays Apr 7 - May 19

St.Mary's Catholic School –

1209 Tremaine Ave S.

10AM - 11:30AM

*In partnership with North Perth EarlyON

POTTY TRAINING STRATEGIES FOR CAREGIVERS OF YOUNG CHILDREN (VIRTUAL)

A practical virtual workshop for caregivers of young children, including those with ASD. Learn key potty training strategies, manage common challenges, and explore ASD-friendly supports like visual schedules and sensory considerations. Two date options available.

Thursday Apr 23

This is a virtual program

1PM - 3PM

or

Thursday May 19

This is a virtual program

6:30PM - 8PM



Ready to register? Scan the QR code on the last page.



WORKSHOPS FOR PARENTS & CAREGIVERS

SMALL WONDERS – CLINTON

Join us for a fun caregiver-and-child program featuring play-and-learn activities and weekly guest speakers on free local family resources, offered in partnership with Huron EarlyON. Guest speakers to be announced!

Tuesdays Feb 3 - Feb 24**Clinton Child & Family Centre**

77722 London Rd Unit D, Clinton



10AM - 11:30AM

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.

Thursdays Feb 5 - Feb 26**This is a virtual program**

1PM - 2:30PM

ZOONGAN ININI: STRONG MEN'S PROGRAM

A 6-week Indigenous-focused program for fathers and male caregivers to build self-care, emotional regulation, and advocacy skills. Rooted in cultural teachings, this circle offers a supportive space for connection. Open to men of all ages. Self-referrals welcome.

Tuesdays Feb 10 - Mar 17

200 Britannia St, Stratford



10AM - 12PM

MINDFULLY PARENTING (VIRTUAL)

A 6-week virtual program that introduces a mindful approach to parenting and discipline. Learn to understand your triggers, manage them effectively, and strengthen connection with your children through simple, playful strategies.

Wednesdays Apr 1 - May 6**This is a virtual program**

6:30PM - 8PM



Ready to register? Scan the QR code on the last page.



WORKSHOPS FOR PARENTS & CAREGIVERS

CALMING BUSY LITTLE MINDS AND BODIES (VIRTUAL)

A 2-session virtual workshop for caregivers of children with ADHD or ADHD-like symptoms. Learn about ADHD, explore practical strategies for focus and self-regulation, and build tools to create a calmer, more supportive home and school environment.

Tuesdays Jun 2 & Jun 9

 **This is a virtual program**

 **6:30PM - 8PM**



COMMUNITY DROP-INS & SUPPORT

COFFEE & CONVERSATION – EXETER

Join us at the Exeter Connection Centre for a weekly drop-in to chat with Community Engagement & Prevention staff and neighbours. Each week features a discussion topic, support, and referrals to community resources. Stay after for a free Community Lunch.

Thursdays Jan 15 - Jun 11

 **Exeter Connections Centre**
70670 London Road

 **10AM - 11:30AM**

COMMUNITY CLOSET & DROP IN

Access free clothing or connect with staff for support and referrals. Donations welcome.

Fridays Jan 9 - Jun

 **Yours, Mine & Ours**
37 Franklin Dr, Stratford

 **10AM - 1PM**

COMMUNITY SUPPORT

Drop in for connection, support, and fresh produce at one of our Stratford locations.

Mondays

 **Yours, Mine & Ours – 37 Franklin Dr**

 **9:30AM - 10:30AM**

 **Bard of Avon – 39 Borden Street**

 **Community Room – 200 Britannia Street**



Ready to register? Scan the QR code on the last page.



WORKSHOPS FOR PARENTS & CAREGIVERS

TODDLER/PRESCHOOL DROP-IN

A welcoming space for caregivers and children under 6 to explore interactive play stations, sensory crafts, and connect with supportive staff and other families.

Mondays

Bard of Avon (39 Borden St)

10:30AM - 12PM

Yours, Mine & Ours (37 Franklin Dr)



CHILDREN'S PROGRAMS

KIDS CLUB: HEDGEHOGS AND SLOTHS

Free afterschool club with snacks and interactive games for ages 4–8 and 9–13. Priority for families near Bard of Avon, Franklin Dr, and Britannia St. Call to register.

Mondays Jan 12 - Jun 15

Mondays

Bard of Avon

3:30PM - 5PM

39 Borden St, Stratford

Tuesdays

Yours, Mine & Ours

3:30PM - 5PM

37 Franklin Dr, Stratford

Wednesdays: ages 9–13

Thursdays: ages 4–8

Wednesdays

200 Britannia St, Stratford

3:30PM - 5PM

MAAMAWI MASHKAWIZII: INNER STRENGTH TOGETHER

An infant and toddler program grounded in First Nations, Inuit, and Métis approaches. Families connect through songs, stories, traditional teachings, and play-based activities that honour culture, community, and the sacredness of every child. Open to all families.

April - Sept 2026 - More details TBA



Ready to register? Scan the QR code on the last page.



YOUTH PROGRAMS

YOUTH WELLNESS HUBS

Drop in for a safe, welcoming space for youth 12-25 with free snacks, activities, and support.

LISTOWEL 198 Main St W **Mondays**

11AM - 6PM

GODERICH 185 Keays St **Tuesdays**

11AM - 6PM

EXETER 377 Main St **Thursdays**

11AM - 6PM

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](#)

