

CHILD & CAREGIVER PROGRAMS

**FALL
2025**

SEPT - DEC 2025

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 four-week fun and interactive caregiver and preschooler program. Join for simple and quick snack recipes that you can make with your preschoolers! Ingredients are provided for you to make and provide morning snack for your child(ren).

STRATFORD

Wednesdays Sept 10 - Oct 1

 **Yours, Mine, Ours Community Centre**
37 Franklin Drive

 10AM - 11AM

EXETER

Thursdays Nov 27 - Dec 18

 **Connection Centre - Exeter Pentecostal Tabernacle**
70670 London Rd

 10AM - 11AM

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.

EXETER

Thursdays Oct 30 - Nov 20

 **Community Rooms** - 146 Sanders St

 1PM - 2:30PM

DUNGANNON **In partnership with Huron EarlyON*

Wednesdays Nov 5 - Nov 26

 **Dungannon Community Centre**
78 Albert Street

 10AM - 11:30AM



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



COOKING & FOOD-BASED PROGRAMS

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

CIRCLE OF SECURITY – LISTOWEL

A supportive in-person program to help caregivers strengthen secure relationships with their children. Learn to understand and respond to your child's emotional needs, support their ability to manage emotions, and build their confidence.

**Childminding available. In partnership with North Perth EarlyON.*

Tuesdays Sept 9 - Oct 21



North Perth EarlyON Tremaine
 1209 Tremaine Ave



10AM - 11:30AM

DREAM BIG: UNLOCK THE SECRETS TO SLEEP SUCCESS (VIRTUAL)

An interactive workshop for caregivers focused on helping children develop healthy bedtime routines and sleep habits. Learn practical strategies for creating a consistent sleep environment, reducing tech use before bed, and supporting your child's emotional needs at night.

Wednesday Oct 8



This is a virtual program



6:30PM - 8:30PM

NAVIGATING THE DIGITAL MAZE: SUPPORTING KIDS THROUGH TECH ADDICTION (VIRTUAL)

A virtual workshop for caregivers to learn the signs and impacts of tech addiction in youth, and how to support healthier screen habits and well-being. Offered in partnership with CMHA.

Wednesday Oct 15



This is a virtual program



6:30PM - 8PM



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



WORKSHOPS FOR PARENTS & CAREGIVERS

MONTH OF MINDFULNESS

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

GODERICH

Wednesdays Oct 1 - 29

 **EarlyON Child & Family Centre** – 260 Eldon St.

 9AM - 11AM

**In partnership with Huron EarlyON*

STRATFORD

Wednesdays Nov 5 - 26

 **Anne Hathaway Public School** – 77 Bruce St.

 10AM - 12PM

**In partnership with EarlyON/ YMCA of Three Rivers*

MILVERTON

Wednesdays Oct 1 - 29

 **Milverton Public Library**

 9AM - 12PM

**In partnership with Perth Care for Kids/EarlyON*

EXETER

Tuesdays Nov 4, 18, 25, Dec 2

 **EarlyON Child & Family Centre (Lion's Centre)**
125 John St W

 9:30AM - 11:30AM

**In partnership with Huron EarlyON*

MY CHILD DOESN'T WANT TO GO TO SCHOOL (VIRTUAL)

This workshop supports caregivers in helping children return to school, exploring practical strategies and adjusting expectations when attendance is challenging.

Thursday Oct 23

 **This is a virtual program**

 6:30PM - 8:30PM

**In partnership with Avon Maitland and Huron Perth Catholic school boards*

SMALL WONDERS – BABY TIME

An exciting 6-week interactive learning program for infants/toddlers aged 0-5 and their caregivers. We have a play area and weekly discussion topics with some guest speakers. Weekly take-home activities are provided. Developmental screening is available.

Mondays Nov 3 - Dec 8

 **Mitchell Arena** – 185 Wellington St

 9AM - 12PM

**In partnership with Perth Care for Kids*



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



WORKSHOPS FOR PARENTS & CAREGIVERS

BEHAVIOUR AT ITS BEST (VIRTUAL)

A 4-week virtual program for caregivers on managing behaviour and strengthening relationships, including emotional regulation and understanding emerging behaviours.

Wednesdays Nov 26 - Dec 17

 **This is a virtual program**

 **6:30PM - 8:30PM**



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 Oct 2 - Dec 18

 **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

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

 **10AM - 2PM**

COMMUNITY SUPPORT

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

Mondays

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

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

 **Bard of Avon** – 39 Borden Street

 **Community Room** – 300 Britannia Street



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



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.

Sept 2025 – June 2026

 3:30PM - 5PM

 **Bard of Avon** (39 Borden St)

Mondays: ages 4–8

Tuesdays: ages 9–13

 **Yours, Mine & Ours** (37 Franklin Dr)

Wednesdays: ages 4–8

Thursdays: ages 9–13

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

 10:30AM - 12PM

 **Bard of Avon** (39 Borden St)

 **Yours, Mine & Ours** (37 Franklin Dr)



YOUTH PROGRAMS

MONEY MATTERS - LISTOWEL

A free 4-week workshop empowering youth to make smart financial choices. Learn about budgeting, saving, credit, and healthy spending habits to feel confident with your money.

Dates and location to be announced

STRONG CONNECTIONS - LISTOWEL

A group program for youth 12+ combining social activities with discussions on peer pressure, healthy relationships, media literacy, and communication skills. Supports youth in navigating peer and social pressures.

Contact us to express interest and receive updates.



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.

STRATFORD	 Stratford Agriplex	 Mon-Fri	3PM - 7PM
LISTOWEL	 TBD	 Mondays	3PM - 7PM
GODERICH	 185 Keays St	 Tuesdays	3PM - 7PM
EXETER	 377 Main St	 Thursdays	3PM - 7PM

REGISTER FOR PROGRAMS

SCAN THE QR CODE OR CLICK THE LINK BELOW
TO REGISTER FOR ANY UPCOMING PROGRAMS

 [Register Online](#)



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

 CommunityEngagementTeam@h-pcas.ca

 519-271-5290