

May 2023

PARENT/CAREGIVER WORKSHOPS



AUTISM AND MENTAL HEALTH SERVICES FOR CHILDREN AND YOUTH

May 1 - Effective Communication & Consequences

MENTAL HEALTH SERVICES

Monday, May 1, 6:00PM – 7:30PM EST
ONLINE – FREE

May 6 - All of the Feels: Managing Big Emotions

MENTAL HEALTH SERVICES

Saturday, May 6, 9:00AM - 3:00PM
FREE @ 1004 Art Duffy Road, Sharbot Lake

May 9 - Autism Services at Maltby Centre

AUTISM SERVICES

Tuesday, May 9, 6:00PM – 7:00PM EST
ONLINE – FREE with OAP #

May 11 - How to Improve My Child's Social Skills

AUTISM SERVICES

Thursdays, May 11, 10:00AM – 11:00AM EST
ONLINE – FREE with OAP #

May 13 - Incentives & Positive Reinforcement

MENTAL HEALTH SERVICES

Saturday, May 13 10:00AM – 12:00PM PM EST
FREE @ 31 Hyperion Court, Kingston

May 13 - Parenting Through Divorce/Separation

MENTAL HEALTH SERVICES

Saturday, May 13 1:30PM – 3:30PM PM EST
FREE @ 31 Hyperion Court, Kingston

May 16 - Teaching My Child Toileting Skills

AUTISM SERVICES

Tuesday, May 16, 7:00PM – 8:00PM PM EST
ONLINE – FREE with OAP #

May 17 - Emotional Regulation for Parenting Young Children

MENTAL HEALTH SERVICES

Wednesday, May 17, 1:00PM – 2:30PM PM EST
ONLINE – FREE

May 18 - Accessing Respite Services

AUTISM SERVICES

Thursday, May 18, 6:00PM – 7:00PM EST
ONLINE – FREE with OAP #

May 24 - Transition to Adulthood

AUTISM SERVICES

Wednesday, May 24, 6:00PM – 8:00PM EST
ONLINE – FREE with OAP #

May 27 - Playgroup Time!

AUTISM SERVICES

Saturday, May 27, 9:00AM – 10:30AM EST
FREE with OAP # @ 31 Hyperion Court, Kingston

May 27 - Parenting Your Anxious Child (7+)

MENTAL HEALTH SERVICES

Saturday, May 27, 9:00AM – 3:00PM EST
FREE @ 31 Hyperion Court, Kingston

May 30 - Virtual Teen Hangout

AUTISM SERVICES

Tuesday, May 30, 4:00PM – 5:00PM PM EST
ONLINE – FREE with OAP #

May 31 - Growing Together in the Early Years: Teach & Talk

AUTISM SERVICES

Wednesday, May 31, 10:00AM – 12:00PM PM EST
ONLINE – FREE with OAP #

May 31 - Kick Back, Share and Chat: Autism Service Parent Group

AUTISM SERVICES

Wednesday, May 31, 6:30PM – 7:30PM PM EST
ONLINE – FREE with OAP #



Check out our online calendar
for more information

MaltbyCentre.ca

613.546.8535 or 1.844.855.8340