

# September 2023

## FREE PARENT/CAREGIVER

# WORKSHOPS



### AUTISM AND MENTAL HEALTH SERVICES FOR CHILDREN AND YOUTH

#### Every Wednesday - Caregiver Support Group MENTAL HEALTH SERVICES

Wednesdays, September 6 - 27, 6:30PM - 7:30PM EST  
FREE @ 31 Hyperion Court

#### September 8 - October 13 - Make the Connection MENTAL HEALTH SERVICES

Fridays, September 8 - October 13, 10:00AM - 11:30AM  
FREE @ 31 Hyperion Court

#### September 11 - October 2 - Intro to ABA AUTISM SERVICES

Mondays, September 11 - October 2, 10:00AM - 12:00PM EST  
ONLINE - FREE with OAP #

#### September 14 & 21 - Parenting Your Anxious Child (7+) MENTAL HEALTH SERVICES

Thursday, September 14 & 21, 5:00PM - 8:00PM EST  
FREE @ 31 Hyperion Court

#### September 19 - Responding Versus Reacting MENTAL HEALTH SERVICES

Tuesday, September 19, 12:30PM - 2:30PM EST  
FREE @ 31 Hyperion Court

#### September 19 - October 10 - Siblings & Autism AUTISM SERVICES

Tuesdays, September 19 - October 10, 5:00PM - 6:00PM EST  
FREE with OAP # @ 31 Hyperion Court

#### September 20 - Reading Between the Lines - What is Not Being Said AUTISM SERVICES

Wednesday, September 20, 6:00PM - 8:00PM  
ONLINE - FREE with OAP #

#### September 26 - Virtual Teen Hangout AUTISM SERVICES

Tuesday, September 26, 4:00PM - 5:00PM EST  
ONLINE - FREE with OAP #

#### September 26 - November 7 - COPE Kingston MENTAL HEALTH SERVICES

Tuesdays, September 26 - November 7, 6:30PM - 8:30PM EST  
FREE @ 31 Hyperion Court

#### September 27 - Emotional Regulation for Parenting Young Children 0 - 6 MENTAL HEALTH SERVICES

Wednesday, September 27, 1:00PM - 2:30PM EST  
ONLINE - FREE

#### September 27 - What's Important to Know About ADHD MENTAL HEALTH SERVICES

Wednesday, September 27, 1:00PM - 2:30PM EST  
ONLINE - FREE

#### September 27 - Kick Back, Share and Chat: Autism Service Parent Group AUTISM SERVICES

Wednesday, September 27, 5:30PM - 6:30PM PM EST  
ONLINE - FREE with OAP #

#### July 27 - Why Use Visual Supports AUTISM SERVICES

Thursday, June 29, 10:00AM - 11:00AM EST  
ONLINE - FREE with OAP #

#### September 28 - Supporting Youth with Depression, Suicidal Thoughts and Self-Harm MENTAL HEALTH SERVICES

Thursday, September 28, 5:30PM - 7:30PM EST  
FREE @ 31 Hyperion Court



Check out our online calendar  
for more information

**MaltbyCentre.ca**

613.546.8535 or 1.844.855.8340