

January 2024

FREE PARENT/CAREGIVER

WORKSHOPS



AUTISM AND MENTAL HEALTH SERVICES FOR CHILDREN AND YOUTH

Every Wednesday January 13 - 27 - Caregiver Support Group

MENTAL HEALTH SERVICES

Wednesdays, January 13 - 27, 6:30PM - 7:30PM EST
FREE @ 31 Hyperion Court

January 9 - Autism Services at Maltby Centre

AUTISM SERVICES

Tuesday, January 9, 6:00PM - 7:00PM EST
ONLINE - FREE with OAP #

January 11 & 18 - Parenting Your Anxious Child

MENTAL HEALTH SERVICES

Thursday, January 11 & 18, 4:30PM - 7:30PM EST
FREE @ 31 Hyperion Court

January 11 - Coping with Challenging Behaviours

AUTISM SERVICES

Thursday, January 11, 6:00PM - 7:00PM EST
ONLINE - FREE with OAP #

January 15 - Making Connections

AUTISM SERVICES

Monday, January 15, 9:30AM - 12:00PM EST
ONLINE - FREE with OAP #

January 17 - How to Improve My Child's Social Skills

AUTISM SERVICES

Wednesday, January 17, 10:00AM - 11:00AM EST
ONLINE - FREE with OAP #

January 17 - Emotional Regulation for Parenting Young Children

MENTAL HEALTH SERVICES

Wednesdays, January 17, 12:00PM - 1:30PM EST
HYBRID (VIRTUAL & IN-PERSON @ 31 Hyperion Court) - FREE

January 17 - Top Tips for Improving Behaviours

MENTAL HEALTH SERVICES

Wednesdays, January 17, 12:00PM - 2:00PM EST
FREE @ 31 Hyperion Court

January 17 - What's Important to Know about ADHD

MENTAL HEALTH SERVICES

Wednesday, January 17, 5:30PM - 7:00PM EST
ONLINE - FREE

January 22 - Funding for children and Youth with Autism Spectrum Disorder

AUTISM SERVICES

Monday, January 22, 1:00PM - 3:00PM EST
ONLINE - FREE with OAP #

January 22 - Kick Back, Share & Chat

AUTISM SERVICES

Monday, January 22, 5:30PM - 6:30PM EST
ONLINE - FREE with OAP #

January 25 - Transitions Through the Day

AUTISM SERVICES

Thursday, January 25, 6:00PM - 8:00PM EST
ONLINE - FREE with OAP #

January 31 - What is ABA?

AUTISM SERVICES

Wednesdays, January 31, 12:00PM - 1:00PM EST
ONLINE - FREE with OAP #



Check out our online calendar
for more information

MaltbyCentre.ca

613.546.8535 or 1.844.855.8340

