



Mental Health **Workshops & Groups** March 2024



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MENTAL HEALTH GROUPS & WORKSHOPS

Group Registration:

Please email reception@maltbycentre.ca for more information about how to register for our Mental Health Groups.

Workshop Registration:

Please see our website at [Maltbycentre.ca/workshop-calendar](https://maltbycentre.ca/workshop-calendar) for more information and to self register for our Mental Health Workshops.

Online Workshops & Groups

All virtual Mental Health Groups will be held over Microsoft TEAMS. You will receive a link to the session a few days ahead of time to the email address you provided when registering.

Beverages & Snacks

Please note, typically we only provide water.

*All Maltby Centre locations are **Peanut and Tree Nut Free**. Please keep this in mind when packing snacks.





SNAP® BOYS & SNAP® GIRLS

What is SNAP®?

SNAP®, which stands for **STOP NOW AND PLAN**, is an evidence-based, cognitive-behavioural model powered by the minds at Child Development Institute (CDI). SNAP® helps troubled children and their parents learn how to effectively manage their emotions and 'keep problems small'.

Who should attend SNAP®?

Boys and girls **ages 6-11** experiencing serious behavioural problems at home, at school, with persons in authority, and in the community are referred to these programs.

Presenting problems may include:

- Difficult family relationships
- Physically aggressive behaviour
- Angry outbursts
- Verbally aggressive or defiant behaviour
- Lacks self-control and problem solving skills
- Has difficulty making and maintaining healthy relationships
- Stealing
- Bullies others
- Vandalizes or damages property



To refer a child please call the Intake department at the Maltby Centre 613-546-8535 ext. 9 or click the get in touch button at the top of our website and fill out a request form.

This program is free of charge.

Parenting Your Anxious Young Child Ages 0-6

4 Week Virtual Parenting Group

**Each Tuesday
March 19 - April 9, 2024
7:30PM - 8:30PM**

Understand more about:

- ❖ How anxiety develops
- ❖ How to teach your child to face their fears
- ❖ How to use rewards to increase your child's bravery
- ❖ How to use effective parenting strategies
- ❖ How to help your child become more independent

Space is limited.

To register please contact jprior@maltbycentre.ca



MENTAL HEALTH WORKSHOP CALENDAR MARCH 2024

March 19 – Emotional Regulation for Parenting Adolescents (11-18)

Tuesday, March 19, 1:00PM - 3:00PM EST

FREE @ 31 Hyperion Court

March 20 – Emotional Regulation for Parenting Young Children (0-6)

Wednesday, March 20, 12:00PM - 1:30PM EST

FREE Hybrid Virtual or In Person @ 31 Hyperion Court

MENTAL HEALTH WORKSHOP DESCRIPTIONS



Emotional Regulation for Parenting Young Children 0 - 6

This workshop for parents of children 0 – 6 is designed to:

- Teach relationship-based approaches and strategies to manage intense emotions
- Help caregivers understand the connection between development and emotional regulation
- Explore how caregivers can support their young children with emotional regulation



Emotional Regulation for Parenting Adolescents

This workshop for parents of adolescents 11 – 18 is designed to:

- Teach about adolescent development
- Help caregivers understand how your emotional regulation as parents impacts your adolescent
- Explore how to support your adolescent through communication they understand

FAMILY ADVISORY COMMITTEE

Become involved in your community

We are actively looking for new members who have an interest in Child and Youth Mental Health and Autism Services.

Come assist us with:

- ✓ Recommendations for quality improvement initiatives
- ✓ Providing feedback on policies and procedures
- ✓ Sharing invaluable personal experiences/stories



Contact for Detail at :



www.maltbycentre.com



fac@maltbycentre.ca





Thank
You



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613-546-8535



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