

March 2024

FREE PARENT/CAREGIVER WORKSHOPS



AUTISM AND MENTAL HEALTH SERVICES FOR CHILDREN AND YOUTH

March 5 - Teaching Your Child Improved Communication

AUTISM SERVICES

Tuesday, March 5, 10:00AM - 12:00PM EST,
ONLINE - FREE with OAP #

March 5 - ASD and Puberty

AUTISM SERVICES

Tuesday, March 5, 6:00PM - 8:00PM EST
ONLINE - FREE with OAP #

March 7 - Transition to Adulthood

AUTISM SERVICES

Thursday, March 7, 6:00PM - 8:00PM EST
ONLINE - FREE with OAP #

March 19 - April 9 - Super Siblings

AUTISM SERVICES

Tuesdays, March 19- April 9, 5:00PM - 6:00PM EST
FREE with OAP# @ 31 Hyperion Court

March 19 - April 9 - Parenting Your Anxious Young Child (0-6)

MENTAL HEALTH SERVICES

Tuesdays, March 19- April 9, 7:30PM - 8:30PM EST
ONLINE - FREE

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

MENTAL HEALTH SERVICES

Wednesday, March 20, 12:00PM - 1:30PM EST
FREE Hybrid Virtual or In Person @ 31 Hyperion Court

March 20 - Kick Back, Share & Chat

AUTISM SERVICES

Wednesday, March 20, 5:30PM - 6:30PM EST
ONLINE - FREE with OAP #

March 21 - Emotional Regulation for Parenting Adolescents (11-18)

MENTAL HEALTH SERVICES

Thursday, March 21, 12:00PM - 2:00PM EST
FREE @ 31 Hyperion Court

March 21 - Will Pictures Help My Child to Communicate?

AUTISM SERVICES

Thursday, March 21, 7:00PM - 8:00PM EST
ONLINE - FREE with OAP #



Check out our online calendar
for more information

[MaltbyCentre.ca](https://www.MaltbyCentre.ca)

613.546.8535 or 1.844.855.8340

