



Mental Health **Workshops & Groups** April 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.

MENTAL HEALTH WORKSHOP CALENDAR APRIL 2024

April 17 – Emotional Regulation for Parenting Young Children (0-6)

Wednesday, April 17, 7:30PM - 9:00PM EST
ONLINE – FREE

April 18 & April 25 - Parenting Your Anxious Child (7+)

Thursdays April 18 & April 25, 10:00AM - 1:00PM EST
FREE @ 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

Parenting Your Anxious Child (7+)

This workshop for parents of children 7 – 18 is designed to:

- Explore what anxiety is and how it could impact your children/youth
- Teach parenting strategies to help support your children/youth manage anxiety

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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