

# May 2024

## FREE PARENT/CAREGIVER

# WORKSHOPS



## AUTISM AND MENTAL HEALTH SERVICES FOR CHILDREN AND YOUTH

### May 1 - Playful Beginnings Playgroup

#### AUTISM SERVICES

Wednesday, May 1, 9:30AM - 11:30AM EST  
FREE with OAP # @ Robert Meek Centre - 559 Bagot St. 2nd Floor

### May 1 - June 19 - COPE

#### MENTAL HEALTH SERVICES

Wednesdays, May 1 - June 19, 10:00AM - 12:00PM EST,  
ONLINE - FREE

### May 2 - Why Use Visual Supports

#### AUTISM SERVICES

Thursday, May 2, 6:00PM - 7:00PM EST  
ONLINE - FREE with OAP #

### May 8 - Transition Through the Day

#### AUTISM SERVICES

Wednesday, May 8, 6:00PM - 8:00PM EST  
ONLINE - FREE with OAP #

### May 10 - Introduction to Neurodiversity

#### AUTISM SERVICES

Friday, May 10, 12:00PM - 1:00PM EST  
ONLINE - FREE with OAP #

### May 10 - June 7 - Nurturing Touch

#### MENTAL HEALTH SERVICES

Fridays, May 10 - June 7, 1:00PM - 2:30PM EST  
FREE @ 31 Hyperion Court

### May 13 - What is ABA?

#### AUTISM SERVICES

Monday, May 13, 12:00PM - 1:00PM EST  
ONLINE - FREE with OAP #

### May 15 - Playful Beginnings Playgroup

#### AUTISM SERVICES

Wednesday, May 15, 9:30AM - 11:30AM EST  
FREE with OAP # @ Robert Meek Centre - 559 Bagot St. 2nd Floor

### May 15 - Emotional Regulation for Parenting Young Children (0-6)

#### MENTAL HEALTH SERVICES

Wednesday, May 15, 12:00PM - 1:30PM EST  
FREE - HYBRID ONLINE or In Person @ 31 Hyperion Court

### May 16 - Reading Between the Lines - What Is Not Being Said

#### AUTISM SERVICES

Thursdays, May 16, 10:00AM - 12:00PM EST  
ONLINE - FREE with OAP #

### May 16 - Top Tips for Improving Behaviours

#### MENTAL HEALTH SERVICES

Thursday, May 16, 5:30PM - 7:30PM EST  
FREE @ 31 Hyperion Court

### May 22 - Kick Back, Share & Chat

#### AUTISM SERVICES

Wednesday, May 22, 5:30PM - 6:30PM EST  
ONLINE - FREE with OAP #

### May 23 - Introduction to Neurodiversity

#### AUTISM SERVICES

Thursday, May 23, 6:00PM - 7:00PM EST  
ONLINE - FREE with OAP #

### May 23 - Emotional Regulation for Parenting Adolescents

#### MENTAL HEALTH SERVICES

Thursday, May 23, 6:00PM - 8:00PM EST  
FREE @ 31 Hyperion Court

### May 28 - June 18 - Parenting Your Anxious Young Child (0-6)

#### MENTAL HEALTH SERVICES

Tuesdays, May 28 - June 18, 12:00PM - 1:00PM EST  
FREE - HYBRID ONLINE or In Person @ 31 Hyperion Court

### May 28 - Virtual Teen Hangout

#### AUTISM SERVICES

Tuesday, May 28, 4:30PM - 5:30PM EST  
ONLINE - FREE with OAP #

### May 29 - Playful Beginnings Playgroup

#### AUTISM SERVICES

Wednesday, May 29, 9:30AM - 11:30AM EST  
FREE with OAP # @ Robert Meek Centre - 559 Bagot St. 2nd Floor

### May 29 - Teaching Your Child Toileting Skills

#### AUTISM SERVICES

Wednesday, May 29, 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



# June 2024

## FREE PARENT/CAREGIVER

# WORKSHOPS



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

**June 4 - ASD and Puberty**

**AUTISM SERVICES**

Tuesday, June 4, 10:00AM - 12:00AM EST

ONLINE - FREE with OAP #

**June 5 - Transition to Kindergarten**

**MENTAL HEALTH SERVICES**

Wednesday, June 5, 12:00PM - 1:30PM EST,

FREE - HYBRID ONLINE or In Person @ 31 Hyperion Court

**June 5 - Transition to Kindergarten**

**MENTAL HEALTH SERVICES**

Wednesday, June 5, 7:30PM - 9:00PM EST,

ONLINE - FREE

**June 11 - Top Tips for Improving Behaviours**

**MENTAL HEALTH SERVICES**

Tuesday, June 11, 10:00AM - 12:00PM EST

FREE @ 31 Hyperion Court

**June 11 - Introduction to Neurodiversity**

**AUTISM SERVICES**

Tuesday, June 11, 6:00PM - 7:00PM EST

ONLINE - FREE with OAP #

**June 12 - Playful Beginnings Playgroup**

**AUTISM SERVICES**

Wednesday, June 12, 9:30AM - 11:30AM EST

FREE with OAP # @ Robert Meek Centre - 559 Bagot St.

2nd Floor

**June 12 - Autism Services at Maltby Centre**

**AUTISM SERVICES**

Wednesday, June 12, 12:00PM - 1:00PM EST

ONLINE - FREE with OAP #

**June 12 - Emotional Regulation for Parenting Young Children (0-6)**

**MENTAL HEALTH SERVICES**

Wednesday, June 12, 7:30PM - 9:00PM EST

ONLINE - FREE

**June 18 - Introduction to Neurodiversity**

**AUTISM SERVICES**

Tuesday, June 18, 12:00PM - 1:00PM EST

ONLINE - FREE with OAP #

**June 19 - How to Improve My Child's/Youth's Social Skills**

**AUTISM SERVICES**

Wednesday, June 19, 6:00PM - 7:00PM EST

ONLINE - FREE with OAP #

**June 20 - Kick Back, Share & Chat**

**AUTISM SERVICES**

Thursday, June 20, 5:30PM - 6:30PM EST

FREE with OAP # @ 31 Hyperion Court

**June 26 - Playful Beginnings Playgroup**

**AUTISM SERVICES**

Wednesday, June 26, 9:30AM - 11:30AM EST

FREE with OAP # @ Robert Meek Centre - 559 Bagot St.

2nd Floor



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