



Mental Health Workshops & Groups May & June 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.





POWERED BY THE MINDS AT
CHILD DEVELOPMENT INSTITUTE

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.

Nurturing Touch Baby Massage Classes

For more information
or to register, call or
email Tabitha:
tmacinnis@maltbycentre.ca
613-484-6775

FREE



Benefits:

- Stimulation (physical and developmental)
- Relaxation
- Promotes relationship and bonding with your baby



WHO: Primary caregivers/Parents (both are welcome to attend) with baby (or babies) **3 to 6 months old**

WHEN: Fridays, 1pm–2:30pm, May 10 to June 7th
(5 weeks total)

WHERE: The Maltby Centre, 31 Hyperion Court, Suite 100

COPE

THE COMMUNITY PARENT EDUCATION PROGRAM

What is it?

An educational group for parents of children ages 6 - 12 with challenging behaviours. It is 8 Sessions total

It is designed to:

- improve on existing parenting skills
- build problem solving skills
- improve relationships and family functioning
- develop supportive personal networks
- increase knowledge of local resources

Wednesdays

May 1 - June 19, 2024

10AM - 12PM

Virtual Series

To Register please email:
reception@maltbycentre.ca



MENTAL HEALTH WORKSHOP CALENDAR MAY & JUNE 2024

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

Wednesday, May 15, 12:00PM - 1:30PM EST

FREE - HYBRID ONLINE or In Person @ 31 Hyperion Court

May 16 – Top Tips for Improving Behaviours

Thursday, May 16, 5:30PM - 7:30PM EST

FREE @ 31 Hyperion Court

May 23 – Emotional Regulation for Parenting Adolescents

Thursday, May 23, 6:00PM - 8:00PM EST,

FREE @ 31 Hyperion Court

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

Tuesdays, May 28 - June 18, 12:00PM – 1:00PM EST

FREE - HYBRID ONLINE or In Person @ 31 Hyperion Court

June 5 - Transition to Kindergarten

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

FREE - HYBRID ONLINE or In Person @ 31 Hyperion Court

June 5 - Transition to Kindergarten

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

ONLINE – FREE

June 11 – Top Tips for Improving Behaviours

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

FREE @ 31 Hyperion Court

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

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

ONLINE – FREE

MENTAL HEALTH WORKSHOP DESCRIPTIONS

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

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

MENTAL HEALTH WORKSHOP DESCRIPTIONS

Parenting Your Anxious Young Child (0-6)

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

- 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

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

MENTAL HEALTH WORKSHOP DESCRIPTIONS

Top Tips for Improving Behaviours

This workshop for parents of children 0 – 18 is designed to give you 10 tips to help manage your children’s behaviour. We will review a variety of tools and strategies and provide examples of how these can be implemented at home.

Transition to Kindergarten

This workshop for parents of children 3-5 is designed to support children to have a positive, emotionally healthy transition to school.

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**



31 Hyperion Court,
Kingston, ON, K7K 7G3



maltbycentre.ca



613-546-8535



reception@maltbycentre.ca