



# MALTBY CENTRE SERVICES

Community Partner Information



# Maltby Centre

WE ARE HERE TO SUPPORT YOU

Dear Community Partner,

Maltby Centre is pleased to share this guide with you, which provides an overview of how we support children, youth, young adults, and their families as they begin services with us.

As the lead agency for child and youth mental health services and the leading provider of autism services in Kingston, Frontenac, Lennox & Addington, we are proud to work alongside dedicated community partners like you to strengthen the network of care in our region.

For over 25 years, Maltby Centre has been committed to providing evidence-based, family-centered services. We deliver supports in a variety of settings – at our Maltby campuses, in homes, in schools, and in other community locations – ensuring services are accessible and responsive to the unique needs of each family.

This guide is designed to help you inform caregivers about our services, understand their journey with Maltby Centre and the resources available to them. We value the important role community partners play in supporting families, and we look forward to continuing our collaboration to ensure children, youth, and families have access to the services and supports they need to thrive.

Thank you for your ongoing partnership and commitment to our shared community.

Warm regards,  
The Maltby Team  
[reception@maltbycentre.ca](mailto:reception@maltbycentre.ca)  
613-546-8535

# Maltby Centre

## MENTAL HEALTH SERVICES



### LOCATIONS

**Kingston** - 31 Hyperion Court

**Napanee** - 99 Advance Ave

**Sydenham** - 2876 Campbell Road

**Sharbot Lake** - 1004 Art Duffy Road, R.R. #1

**Northbrook** - 12497A Highway 41

**Virtual** - Phone & Video Conference



### WHO IS IT FOR?

This free service is available to children and youth (0-24 years), caregivers and families from communities in KFL&A.

### WHAT TO EXPECT?

In the first meeting child/youth and/or caregiver will meet with a registered therapist to explore any behavioural or mental health concerns. They discuss ways to use shared knowledge, strengths and skills to manage, as well work together to determine new ideas and next steps.

### CONNECT NOW

Children, youth, or their caregivers are invited to make a referral to Maltby Center by clicking the QR code. Referrals are triaged and then followed up with by emailing an appointment date/time.



## Walk - In Clinic



Clinic runs from 10am to last appointment at 4:45pm.

**Kingston** - Every Tuesday at 31 Hyperion Court

**Napanee** - Alternating Wednesdays at 99 Advance Ave

**Sydenham** - Alternating Wednesdays at 2876

Campbell Road

**Sharbot Lake** - 1<sup>st</sup> Wed of the month from 5PM - 7PM  
at 1005 Medical Centre Rd.



For more information, call 613-546-8535



To see our full Walk-In schedule,  
visit [maltbycentre.ca](http://maltbycentre.ca)



# Maltby Centre

## AUTISM SERVICES



### LOCATIONS

**Kingston** - 31 Hyperion Court

**Napanee** - 99 Advance Ave

**Sydenham** - 2876 Campbell Road

**Sharbot Lake** - 1004 Art Duffy Road, R.R. #1

**Northbrook** - 12497A Highway 41

**Virtual** - Phone & Video Conference



### WHO IS IT FOR?

This service is available to children and youth (0-18 years), caregivers and families within Ontario.

### WHAT CAN I EXPECT?

- Behavioural Services: Applied Behaviour Analysis services offered in our centre or in the community
- Project ImPACT
- Psychotherapy
- Foundational Supports: parent education workshops and coaching
- Skills Groups: a variety of skill-building groups for all ages groups
- Some services are free, check with us

### CONNECT NOW

Children, youth, or their caregivers are invited to make a referral to Maltby Center by clicking the QR code. Referrals are triaged and then followed up with by emailing an appointment date/time.



# Autism & AccessOAP Resource Day

Maltby Centre is supporting families to connect with the AccessOAP team! We are now hosting resource clinics with the OAP Regional Service Network Specialist (RSNS) at our Hyperion Court location. This service is free to all who require assistance with the OAP. Please contact the Maltby Centre to book your appointment now and get support with navigating the OAP, reconciling your OAP funding and finding services and supports!

## Supporting Families with:

- Registering for OAP
- Finding care coordinator info
- Portal problems (adding a child, adding a delegate, etc.)
- Lost OAP number
- Locked out of account
- Reconciliation of funds



## How to Register :

Email [autism@maltbycentre.ca](mailto:autism@maltbycentre.ca) or call us at 613-546-8535 x9.

Please provide us with :

- Your name
- Preferred way to meet (in person or virtual)
- Phone number and email address
- Reason for appointment

## More information



# Maltby Centre

## RESPITE SERVICES



### WHO IS IT FOR?

Children and youth aged 2-21 presenting with developmental disabilities, neurodiverse conditions (including but not limited to Autism Spectrum Disorder, ADHD, and sensory processing differences), or mental health challenges (i.e. anxiety and depression).

### KEY FEATURES

- **Personalized Support**
- **Structured Activities**
- **Social Interactions**
- **Family Support**
- **Trained Staff**

### WHAT CAN I EXPECT?

Maltby Centre's Respite Services provide temporary, supportive care for children aged 2 to 21 with developmental, neurodiverse, and/or mental health needs. Designed to offer relief to families and caregivers, this program ensures that children are cared for in a safe, nurturing, and structured environment while promoting positive experiences.

- Operates 7 days a week between the hours of 7:00 am to 9:00 PM.
- Services are provided in centre (31 Hyperion Court), in-home, and/or in the community

### CONNECT NOW

Reach out to [autism@maltbycentre.ca](mailto:autism@maltbycentre.ca)



# Maltby Centre

## WORKSHOPS AND GROUPS



### CHILD/YOUTH GROUPS

Groups include:

- SNAP - Behaviour
- Go Zen - Anxiety
- Under Pressure - Anxiety
- Affirm - 2SLGBTQIA+
- Siblings and ASD
- and more



### CAREGIVER WORKSHOPS

Topics include:

- Circle of Security
- Anxiety
- Depression
- Emotional Regulation
- Social Skills
- and More

### AUTISM WORKSHOPS

Topics include:

- Social Skills
- Toileting Skills
- Play Skills
- ABA strategies/skills
- and more

### WORKSHOP/GROUP CALENDAR

Check out what we are currently offering by clicking the QR code. Registration information will be included with the workshop/group information.



# Maltby Centre

## PROFESSIONAL DEVELOPMENT



Maltby Centre offers professional development opportunities for community partners. These speaking engagements are very flexible and include a variety of topics.

## TOPICS

- What is Maltby - How can we help
- Student Mental Health in the Classroom
- Emotional Regulation
- Anxiety
- Depression
- Grief/Loss - Compassion
- and More

## REACH OUT TODAY!

Do you want Maltby Centre at your next event? Click on the QR code to fill out a request form and our team will be in touch.



# *Contact Us*



[www.maltbycentre.ca](http://www.maltbycentre.ca)



613-546-8535



[reception@maltbycentre.ca](mailto:reception@maltbycentre.ca)

