



Huron-Perth
Children's Aid Society

CHILD & CAREGIVER PROGRAMS

Winter & Spring 2025

Community Engagement & Prevention Programming is free and made possible with funding from the City of Stratford. We offer a variety of caregiver support and education options starting with the early years and continuing throughout a child's developmental stages.

MONTH OF MINDFULNESS - STRATFORD

Join us with your children ages 0-6 for mindfulness resources, caregiver tips and a fun sensory craft each week. Offered in partnership with EarlyON YMCA of Three Rivers. **DROP IN - No registration required.**

Date & Time:

January 8th, 15th, 22nd & 29th

10:00AM - 11:30AM

Location:

200 Britannia St, Stratford

Community Room

MINDFULLY PARENTING

This 6-week program focuses on a mindful approach to discipline without yelling, shame, blame or pain. We will help you gain a deeper understanding of yourself as a parent, your triggers and how to manage them. Learn how to connect with your children in simple, playful ways to help give your children what they need.

Date & Time:

Thursdays

January 16th, 23rd & 30th

February 6th, 13th & 20th

1:00PM - 3:00PM

Location:

This is a virtual program

COFFEE & CONVERSATION - EXETER

Please join us at the Connection Centre in Exeter for Coffee & Conversation. Feel free to bring your children, along with any questions you have about their development. Light snacks and card games will be available. **DROP IN - No registration required.**

Date & Time:

Thursdays - January 16th to March 6th

10:00AM - 11:30AM

Location:

Connection Centre - Exeter Pentecostal Tabernacle

70670 London Rd

PARENTING A CHILD WITH ASD

A two-hour workshop offered in partnership with Anchor Rehabilitation to discuss: the needs of children with ASD, parenting strategies, ways to take care of yourself as a caregiver and services and supports available in the community.

Date & Time:

January 22nd **6:30PM - 8:30PM OR**

June 5th **1:00PM - 3:00PM**

Location:

This is a virtual program

MIGHTY MEALS - STRATFORD

This program is for caregivers and children. Families receive meal kits and join for some tips on food prep. If you are unable to attend in person, a link to a meal prep video can be shared and you can join virtually. If needed, we can arrange to get the meal kit to you! **Registration for this program is limited.**

Date & Time:

Tuesdays

February 4th, 11th, 18th, 25th

10:00AM - 11:30AM

Location:

Bard of Avon and Franklin Drive

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SAFE CHILDREN.
CONFIDENT YOUTH.
RESILIENT ADULTS.

*To advocate for and protect children's rights;
to support and strengthen families;
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Use the QR code to fill out a registration form, or call us at 519-271-5290 and request to speak to a Community Engagement & Prevention staff member.

CHILD & CAREGIVER PROGRAMS

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MY CHILD DOESN'T WANT TO ATTEND SCHOOL

As caregivers, we all want the best for our children, and education plays a crucial role in shaping their future. Attending school not only enhances academic performance but also fosters social skills, resilience, and self-discipline. However, sometimes attending school is difficult or not possible for our youth. This workshop will focus on promoting a successful return to school, as well as shifting our expectations when it comes to our children and youth attending and participating at school.

Date & Time:

February 12th

6:30PM - 8:30PM

Location:

This is a virtual program

SMALL WONDERS - EXETER

This interactive program is free for all caregivers and children ages 0-4. We have a play area and weekly discussion topics for caregivers to learn more about their child's development. Topics include: Purposeful Play, Speech & Language Development, Oral Hygiene, Developmental Milestones, Early Literacy, and Infant Nutrition. Offered in partnership with Huron EarlyON.

Date & Time:

Tuesdays - Dates to be confirmed

February 4th - March 4th

10:00AM - 11:30AM

Location:

The Exeter Lions Youth Centre

125 John Street W.

THE BASICS OF MANAGING CHALLENGING BEHAVIOUR

This workshop is designed for caregivers and provides a comprehensive introduction to the basics of understanding and managing challenging behaviours. Participants will explore the ABC's of behaviour, which include Antecedent's, Behaviour's, and Consequence's, forming the foundation for understanding behavioural patterns.

The workshop will introduce participants to the four primary functions of behaviour: attention, escape, access to tangibles, and automatic reinforcement. Additionally, participants will learn a variety of general positive support strategies suitable for everyday living. These include strategies such as the use of visual schedules to provide structure and predictability, and the implementation of first/then language to encourage task completion. Furthermore, caregivers will be taught the benefits of positive reinforcement to strengthen desirable behaviours.

This interactive workshop aims to equip caregivers with practical tools and strategies to effectively manage challenging behaviours, ultimately fostering a more positive and supportive environment.

Date & Time:

Part 1: March 5th

Part 2: March 19th

6:30PM - 8:30PM

Location:

This is a virtual program

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CHILD & CAREGIVER PROGRAMS

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LOOKING WITHIN

A 4-week program inspired by the book *Good Inside* by Dr. Becky Kennedy. Join us for this in person and interactive program for caregivers. We will discuss healthy boundaries, starting with ourselves, and how happiness is not always the goal. Concrete strategies to help our children with different presenting behaviours and for better connection will be shared. Participants will receive a copy of the book *Good Inside*. Child minding is available in partnership with EarlyON Listowel. Register with the QR code or through KeyON.

Date & Time:

March 17th, 19th, 24th, 27th
9:30AM - 11:30AM

Location:

955 Binning Street W, Listowel
EarlyON Listowel

MIGHTY MEALS - GODERICH

This program is for caregivers and children. Families receive meal kits and join for some tips on food prep. If you are unable to attend in person, a link to a meal prep video can be shared and you can join virtually. If needed, we can arrange to get the meal kit to you! **Registration for this program is limited.**

Date & Time:

Thursdays
March 20th, 27th, April 3rd, & 10th
11:00AM - 12:30PM

Location:

Kinsmen Centre
185 Keays St. Goderich

WELL-ROUNDED WORKSHOP

Join us for a virtual workshop to discuss self-care strategies and techniques. Learn about stress, its impacts on health and some ways to remain grounded and present with your child.

Date & Time:

March 27th
1:00PM - 3:00PM

Location:

This is a virtual program

BEHAVIOUR AT ITS BEST

A 4-week virtual educational program focused on behaviour management and relationship building.

Discussion topics include:

- Understanding the relationship between the caregiver and child
- Repairing the relationship
- Understanding emerging behaviours
- Managing emotional regulation

Date & Time:

Wednesdays
March 26th
April 2nd, 9th, 16th
6:30PM - 8:30PM

Location:

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CHILD & CAREGIVER PROGRAMS

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SMALL WONDERS - BABY TIME- MILVERTON

An exciting 6-week interactive learning program for infants/toddlers and their caregivers. This program assists caregivers with learning positive role modelling, behaviour strategies and interaction ideas with weekly guest speakers. Developmental screening is available. In partnership with Early ON/Perth Care for Kids. **No program on Statutory Holidays.**

Date & Time:

Mondays
March 31st - May 5th

9:30AM - 11:30AM

Location:

Perth East Public Library - Milverton

CIRCLE OF SECURITY

At times all parents feel lost about what our children might need from us. Imagine what it would feel like if you were able to make sense of what your child was really asking from you. The Circle of Security Parenting program is based on decades of research about how secure Parent-Child relationships can be supported and strengthened. In this 8 week in person program, facilitators will work with parents and caregivers to:

- Understand their child's emotional world by learning to read emotional needs
- Support their child's ability to successfully manage emotions
- Enhance the development of their child's self esteem
- Honor the innate wisdom and desire for their child to be secure

Join us for this program offered with EarlyON in Listowel and EarlyON St. Marys.

Childminding is available on site. Young children can remain in the program room with parents while older children can participate in activities in an adjacent room. **No program on Statutory Holidays.**

Date & Time:

Listowel - Tuesdays
April 1st, 8th, 15th, 22nd & 29th
May 6th & 13th

9:30AM-11:30AM

Date & Time:

St. Marys - Mondays
April 28th - June 16th

6:30PM - 8:30PM

Location:

955 Binning Street W, Listowel
EarlyON Listowel - Tremaine Playroom

Location:

Pyramid Recreation Centre
EarlyON St. Marys

KINDER COOKERS - EXETER

A caregiver and preschooler program at the Connection Centre. Join for simple and quick snack recipes that you can make with your preschoolers! Ingredients are provided for you to make and provide a morning snack for your child(ren).

Date & Time:

April 3rd, 10th, 17th & 24th
10:00AM - 11:00AM

Location:

Connection Centre - Exeter Pentecostal Tabernacle
70670 London Rd

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CHILD & CAREGIVER PROGRAMS

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DREAM BIG: UNLOCK THE SECRETS TO SLEEP SUCCESS

Join us for an engaging and informative workshop designed to equip parents and caregivers with effective strategies to support children facing bedtime and sleep routine challenges. This workshop focuses on fostering healthy sleep hygiene practices that can transform your child's sleep experience and overall well-being. During this session, we will explore understanding sleep hygiene, identifying sleep challenges, creating a positive bedtime routine, environmental adjustments, tech-free zones, communicating with your child, as well as the importance of consistency.

This interactive workshop will include discussing scenarios, opportunities for discussion, and a Q&A session for personalized suggestions. By the end of the workshop, you'll leave with a toolkit of actionable strategies to enhance your child's sleep hygiene and overall quality of life.

Come prepared to learn, share, and transform bedtime battles into peaceful slumber! We look forward to helping your family pave the way to better nights and brighter days.

Date & Time:

April 23rd

6:30PM - 8:30PM

Location:

This is a virtual program

ONLINE SAFETY WORKSHOP FOR YOUTH

An interactive PD Day workshop for youth ages 8 to 13 years in partnership with Victims Services Huron Perth is being offered. The rates of internet child sexual exploitation continue to rise. The best defense against online predators is education which helps youth identify the risks and how to reach out for help if something happens. The workshop will cover: social media and dangers that exist; ways predators approach youth; and what to do if youth are worried about a situation for themselves or their friends. A pizza lunch and interactive games will follow the workshop.

Spots are limited so please call and ask to speak to a Community Engagement & Prevention staff for registration.

Date & Time:

May 2nd

10:30AM - 1:00PM

Location:

Bard of Avon Community Room

FOR THE SAKE OF MY KIDS (CO-PARENTING)

A 4-week program linked to separation and the impact it has on children and youth today. This group offers insight on how children and youth process separation of their caregivers and the ways negative dialogue between parents can impact self-esteem and self-worth. During separation, many family members are impacted but who often gets overlooked are our children. Group members will learn a variety of personal coping methods to better prepare themselves for the journey ahead as a single parent as well as helpful tools to create a positive as a co-parent.

Date & Time:

Session A: May 7th, 14th, 21st & 28th

1:00PM - 3:00PM

Session B: May 8th, 15th, 22nd & 29th

6:30PM - 8:30PM

Location:

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KIDS CLUB HEDGEHOGS & SLOTHS

A free afterschool kids club program for children ages 4-8 and 9-13 years with snacks and interactive games. Priority is given to children living in or near the locations below.

Call and speak to a Community Engagement & Prevention staff to register.

Date & Time:

September 2024 to June 2025

3:30PM - 5:00PM

No program on Statutory Holidays

Location:

BOA Community Room

39 Borden St
Stratford

Mondays (4-8 years)

Tuesdays (9-13 years)

Yours, Mine & Ours

37 Franklin Dr
Stratford

Wednesdays (4-8 years)

Thursdays (9-13 years)

PRESCHOOL PROGRAM

A newer program started this Fall on Monday mornings at the BOA 39 Borden St. in Stratford. Attend with your child or drop off for play-based learning, and story time.

Space is limited, so please call a Community Engagement & Prevention staff to reserve a spot!

Date & Time:

September 2024 to June 2025

Mondays

11:00AM - 1:00PM - BOA Community Room

No program on Statutory Holidays

Location:

Bard of Avon (BOA Community Room)

39 Borden St, Stratford

COMMUNITY CLOSET & DROP IN

Drop in to access some clothing, or for support or assistance with connection to other community resources. We take donations too!

Date & Time:

Fridays

10:00AM to 2:00PM

or by appointment

Location:

Yours, Mine & Ours Community Centre

37 Franklin Drive, Stratford

TODDLER TIME

Drop in Caregiver and Toddler/Preschool Program for children under the age of 5. Come and check out the interactive play stations and sensory crafts in a small group setting.

Date & Time:

Mondays January 13th - June 23rd

10:00AM - 12:00PM

No program on Statutory Holidays

Location:

Yours, Mine and Ours

37 Franklin Drive, Stratford

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SERVICES SUPPORTED BY HPCAS

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THE WELL YOUTH HUB - EXETER

Drop into The Well Youth Hub for social time and support. It is a safe and inclusive space with free snacks and activities available for youth ages 12 - 25.

No registration required!

Date & Time:

Thursdays 3:00PM - 7:00PM

Location:

Exeter Public Library

STRATFORD YOUTH HUB

Come check out the new Stratford Youth Hub (YMCA) at the Burnside Agriplex! A safe space to hang out with onsite support available for youth. **No registration required!**

Date & Time:

Wednesdays 3:00PM - 6:00PM

Location:

Burnside Agriplex
Mccarthy Rd.

KIDS KITCHEN CONNECTIONS - STRATFORD

Come check out the 6 - 8 week programs for children and youth that are interactive and provide kitchen skills while creating community connections. Programs are run by The Local with support from a Community Engagement & Prevention staff. Please call 519-271-5290 for more information and program dates.

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