



Huron-Perth  
Children's Aid Society

# CHILD & CAREGIVER PROGRAMS

## Fall 2024

Community Connections 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.

### LOOKING WITHIN

A **NEW** 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*. Childcare is available in partnership with EarlyON Perth Care for Kids. Register with the QR code or through KeyON.

Date & Time: September  
17th, 24th  
October 1st, 8th  
**9:30AM - 11:30AM**

Location:  
177 Frances Street, Mitchell  
**Site A - Perth Care for Kids**

### FOR THE SAKE OF MY KIDS (CO-PARENTING)

For the Sake of My Kids (Co-parenting) is 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:  
*Day Program:*  
Thursdays in September  
5th, 12th, 19th, 26th  
**1:00PM - 3:00PM**

*Evening Program:*  
Wednesdays in September  
4th, 11th, 18th, 25th  
**6:30PM - 8:30PM**

Location:  
This is a virtual program

### MONTH OF MINDFULNESS

Join us with your children ages 0-6 in Crediton at the EarlyON for mindfulness resources, caregiver tips and a fun sensory craft each week. Offered in partnership with Huron EarlyON.

Date & Time:  
Fridays in October  
4th, 11th, 18th & 25th  
**10:00AM - 11:30AM**

Location:  
38 Victoria Avenue, Crediton

**SAFE CHILDREN.**  
**CONFIDENT YOUTH.**  
**RESILIENT ADULTS.**

*To advocate for and protect children's rights;  
to support and strengthen families;  
and to be leaders for positive change  
in our community.*



Use the QR code to fill out a registration form, or call us at 519-271-5290 and request to speak to a Community Connections staff member.

# CHILD & CAREGIVER PROGRAMS

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## SAFEGUARDING OUR CHILDREN

Join us in Listowel for an in-person workshop to discuss ways we can teach children about body safety and privacy, as well as safety at school, in other homes, in the community and online. Offered in partnership with North Perth EarlyON. You can register with KeyON or with the QR code.

Date & Time:

Thursday October 3rd  
**9:30AM to 11:30AM**

Location:

1209 Tremaine Avenue  
Listowel - **EarlyON**  
**St Marys Catholic School Child & Family Centre**

## MAKING THE CONNECTION - TEENS

A virtual 6-week program to give you some helpful tools to manage some common parent-teen issues while encouraging interdependence in teens ages 13-18 years. We will provide you with some resources to help you navigate the dynamic changes of adolescence and some tools for dealing with teen communication, emotions, sexuality, and risk-taking behaviour. Facilitators will hold space for you to share and for support among participants.

Date & Time:

Tuesdays in October  
8th, 15th, 22nd, 29th  
November 5th & 12th  
**1:00PM - 3:00PM**

Location:

This is a virtual program.

## HOME ALONE COURSE PREPARE YOUR CHILD TO STAY HOME ALONE!

Is your child ready to stay at home alone? Empower your children with the confidence needed to care for themselves when home alone. This class is designed for youth ages 9+ years to provide the skills needed to look after themselves for short periods of time. Participants will learn:

- Strategies to create a safe and positive environment
- How to handle real-life situations
- Injury prevention
- Basic First Aid skills

This program is being offered in partnership with the YMCA Three Rivers. **Spots are limited so please call for registration.**

Date & Time:

Friday October 25th  
**9:30 AM - 3:00PM**

Location:

39 Borden Street, Stratford  
**Bard of Avon Community Room**

## FAMILY GROWTH

This 4-week program is interactive and will include strategies on budgeting, meal planning, managing your household and self-care. We will have a topic for each week with a take home gift. The program is in-person at the Exeter Connection Centre. Stay for a community lunch. Childcare is available upon request.

Date & Time:

Thursdays in October  
10th, 17th, 24th & 31st  
**10:00AM - 12:00PM**

Location:

70670 London Road, Exeter  
**Connection Centre**

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## 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 in partnership with the Stratford YMCA.

Childcare 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.

Date & Time:

Wednesday Evenings

October 9th, 16th, 23rd & 30th

November 6th, 13th 20th & 27th

**6:15PM-7:45PM**

Location:

639 Lorne Ave E., Stratford

**Huron-Perth Children's Aid Society - Stratford Location**

## ONLINE SAFETY WORKSHOP FOR CAREGIVERS

Join us for an informative and interactive virtual workshop on online safety with Pursuit Pathways Online and Digital Safety and Victim Services Huron Perth. The rates of internet child sexual exploitation are rising dramatically year after year. The best defense against online predators is education which helps families recognize threats when they exist and to equip them with what to do if something happens. Join us with Dave Miller and Jenn Evans as we cover a variety of topics to help caregivers navigate this journey including:

- The problem that exists when it comes to internet child exploitation.
- Online predatory tactics
- Warning signs that children may be in online danger
- Social media and the dangers that exist
- External controls and how to implement them to build a safer digital world
- Human trafficking and recognizing possible victims
- What to do if something goes wrong

There will be time for questions and information about local support available.

Date & Time:

Wednesday October 2nd

**6:30PM-8:30PM**

Location:

This is a virtual program.

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## NAVIGATING SIBLING RELATIONSHIPS WORKSHOP

A presentation and interactive discussion to consider how the needs of siblings can differ and what we can do as caregivers to encourage supportive sibling relationships and manage conflict between siblings. Offered in partnership with EarlyON with childcare/ children's activities on site. Register through KEY ON or with the QR code.

Date & Time:

Monday October 28th  
**6:00PM - 8:00PM**

Location:

317 James Street S, St. Marys  
**Pyramid Recreation Centre**

## SMALL WONDERS- BABY TIME

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.

Date & Time:

Tuesdays October  
8th, 15th, 22nd, 29th  
November  
5th & 12th  
**9:30AM - 11:30AM**

Location:

230 Britannia Street, Stratford  
**Community Room**

## MIGHTY MEALS - DUNGANNON

This program is for caregivers and children and is offered in partnership with EarlyON. Families receive meal kits and join for some tips on food prep. Take advantage of the Play & Learn activities available for your child(ren). 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:

Wednesdays in November  
6th, 13th, 20th, 27th  
**10:30AM - 11:30AM**

Location:

78 Albert Street  
**Dungannon Community Centre**

## MIGHTY MEALS - EXETER

This program is for caregivers and children. Families receive meal kits and join for some tips on food prep. Feel free to stay for a community lunch at the Connection Centre. 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 in November  
7th, 14th, 21th, 28th  
**10:30AM - 11:30AM**

Location:

70670 London Road, Exeter  
**Connection Centre**

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# CHILD & CAREGIVER PROGRAMS

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## 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:

Tuesdays November  
19th & 26th  
December 3rd & 10th  
**1:00PM - 3:00PM**

Location:

This is a virtual program

## RAISING YOUR SPIRITED CHILD

This interactive 4-week parenting group offers information and support in learning about temperamental traits in children of all ages who may present more intense, sensitive, perceptive and energetic. Information is shared and group discussions are focused on enhancing the caregiver-child relationship. Activities to soothe and help de-escalate children are provided.

Date & Time:

Tuesdays in November  
7th, 14th, 21st & 28th  
**1:00PM-3:00PM**

Location:

This is a virtual program.

## 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:

*Day Session:*  
Thursday December 5th  
**1:00PM - 3:00PM**

Location:

This is a virtual program.

## CALMING BUSY LITTLE MINDS & BODIES

A 2-session virtual workshop for parents and caregivers of children with a diagnosis or symptoms of ADHD. Learn more and consider strategies to support your child at home and school with a focus on self-regulation.

Date & Time:

Wednesdays December  
4th & 11th  
**6:30PM - 8:30PM**

Location:

This is a virtual program

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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 following locations.

**Call and speak to a Community Connections staff to register.**

Date & Time:

September 2024 to June 2025

**3:30PM - 5:00PM**

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)

**Britannia Community Room**

200 Britannia St  
Stratford

Tuesdays

## PRESCHOOL PROGRAM

A new program starting this Fall on Monday mornings at the BOA 39 Borden St and the Yours, Mine and Ours Community House at 37 Franklin Dr in Stratford. Attend with your child or drop off for play-based learning, and story time.

**Space is limited, so please call a Community Connections staff to reserve a spot!**

Date & Time:

September 2024 to June 2025

Mondays

**9:00AM - 11:00AM**

Location:

**Bard of Avon (BOA Community Room)**

39 Borden St  
Stratford

**Yours, Mine and Ours**

37 Franklin Dr  
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:

37 Franklin Drive, Stratford

**Yours, Mine & Ours Community Centre**

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