

WORKSHOPS AND COURSES FOR CHILDREN AND TEENS

Children's Support Programs

Bob Kemp Hospice

Children grieve differently than adults. With the support of our community partners, we have access to programs to assist families with their children's grief. Camp Erin is a free weekend bereavement camp for children and teens ages 8 through 17 who are grieving the death of someone close to them.

FOR MORE INFORMATION:

please call Rachelle McGuire 905-387-2448 ext. 2206.

SNAP for Boys & Girls

Banyan



The SNAP Program is for children between the ages of 6 to 11 years who are experiencing behavioural problems at home, school, or in the community. Through both individual and group work, children & their families learn and practice self-control and problem solving.

FOR MORE INFORMATION:

Please call 905-544-7778 or visit www.banyanccs.org. 7778.

Child Trauma & Abuse Counselling

Catholic Family Services

Have your children experienced or been exposed to domestic violence? Individual counselling is available to help them process and understand their feelings and experiences. Services are available for children ages 5-18, and require an assessment to determine readiness.

TO REGISTER:

please call 905-527-3823 ext. 257. An intake counsellor will return your call and complete a referral.

kNOw Fear 8-12yrs

Ron Joyce Children's Health Centre



First Session PARENTS ONLY ORIENTATION. Group will focus on identifying worries/fears, and how to deal with them in a positive way. This is an educational group based on the CBT model, it is not intended for therapy or treatment. 6 weekly sessions.

DATE: January 8, 2018

TIME: 3:30 pm to 4:45 pm

LOCATION: Ron Joyce Children's 325 Wellington St. N., Hamilton or

DATE: February 21, 2018

TIME: 3:30 pm to 4:45 pm

LOCATION: Ron Joyce Children's 325 Wellington St. N., Hamilton or

DATE: April 16, 2018

TIME: 3:30 pm to 4:45 pm

LOCATION: Ron Joyce Children's 325 Wellington St. N., Hamilton or

DATE: May 16, 2018

TIME: 3:30 pm to 3:45 pm

LOCATION: Ron Joyce Children's 325 Wellington St. N., Hamilton or

DATE: July 11, 2018

TIME: 12:30 pm to 1:45 pm

LOCATION: Ron Joyce Children's 325 Wellington St. N., Hamilton

TO REGISTER CALL:

905-521-2100 ext. 74147 or online www.mchcommunityed.ca. This course may have a waitlist.

Grub Club

North Hamilton Community Health Centre

A summer program open to North end students ages 6-12 interested in learning to cook, garden and try new ways of being active. Children will learn to prepare healthy meals and snacks, explore physical activity and creativity and learn more about nutrition and healthy living.

TO REGISTER:

call 905-532-6611 ext. 3006.

CHOICES

John Howard Society

This program is a cognitive-behaviour based program for youth ages 12-17 which focuses on important social skills and the cost and consequences of making positive/negative decisions. Provides youth with day-to-day practical skills.

FOR MORE INFORMATION:

please contact Abby Flinders at 905-522-4446 ext. 250 for registration.

CHOICES in Anger

John Howard Society

The goal of the program is for youth to recognize their anger, identify triggers, learn to communicate more effectively & make better decisions in the future. Delivery methods include: group discussions, written exercises, movie clips, role plays, and skills practicing.

FOR MORE INFORMATION:

please contact Julia Danesi to complete an intake. jdanesi@jhshamilton.on.ca 905-522-4446 ext. 226.

Sibteens - Opening Hearts

Sibteens is a support program for teenagers aged 13-17 who have siblings with special needs. It's an opportunity to get together, share experiences and have fun.

FOR MORE INFORMATION:

visit www.openinghearts.ca/sibteens.

Sibshops - Opening Hearts

Opening Hearts Sibshops is an exciting program for 8-13 year old brothers and sisters of children with special needs. At Sibshops kids will make new friends, share experiences, eat lunch, play games and have fun! Sibshops are free. Sessions take place 2nd Saturday of each month.

FOR MORE INFORMATION:

visit www.openinghearts.ca.

WORKSHOPS AND COURSES FOR ADULTS

Self-Esteem

Women's Centre of Hamilton

Identify and build upon your unique gifts and abilities by learning how to understand and believe in the wonderful person that you are! (5 sessions)

DATE: January 23, 2018

TIME: 2:00 pm to 4:00 pm

LOCATION: Women's Centre of Hamilton

100 Main St. E., Suite 205 Hamilton

TO REGISTER CALL:

905-522-0127 or email

womenscentre@intervalhousehamilton.org

Women's Wellness

Women's Centre of Hamilton

Have you experienced abuse in your relationship? Learn about the impacts and build a support network with other women. Telling our story can help you on our healing journey. Topics include shame, guilt, anger, self-esteem, healthy relationships, boundaries & more. (10 weeks on Thursdays).

DATE: January 18, 2018

TIME: 6:00 pm to 8:00 pm

LOCATION: Women's Centre of Hamilton

100 Main St. E., Suite 205 Hamilton

TO REGISTER:

call 905-522-0127.

Coping with Grief and Loss

The Cattel Centre

These open groups offers adults who are grieving a confidential, comfortable, caring and supportive atmosphere in which to share about their loss with others. These groups run every Tuesday from Sept-June.

TIME: 9:30 am to 11:30 am

LOCATION: 5 Main St., Dundas

FOR MORE INFORMATION:

call Beverley at 905-512-6995 or email beverleyg60@gmail.com.

New Choices

New Choices is a program for women (pregnant or parenting young children) who have concerns regarding substance use. Support around addictions, parenting, life skills and health and wellness are provided. Food vouchers, bus tickets and childcare available.

FOR MORE INFORMATION ABOUT:

schedules and program information please call 905-522-5556.

My Journey to Self

Women's Centre of Hamilton

This 10 week activity-based group will support women in discovering their own inner strengths, resiliency and self-efficacy. The focus is an introspective journey to finding out who you are and who you want to be through the use of games, art and guided imagery.

DATE: January 18, 2018

TIME: 10:00 am to 12:00 pm

LOCATION: Women's Centre of Hamilton

100 Main St. E., Suite 205 Hamilton

TO REGISTER CALL:

905-522-0127 or email

womenscentre@intervalhousehamilton.org

Women Getting Work

Women's Centre of Hamilton

Holistic and individualized supports for women re-entering the workplace. Re-define & build upon your strengths, skills and confidence. Flexible Monday-Friday.

DATE: January 3, 2018

TIME: 9:00 am to 4:00 pm

LOCATION: Women's Centre of Hamilton

100 Main St. E., Suite 205 Hamilton

TO REGISTER CALL:

905-522-0127 or email

womenscentre@intervalhousehamilton.org.

Express Yourself

Women's Centre of Hamilton

Reclaim your inner voice! Learn how to communicate assertively and with confidence. Define your boundaries, channel your anger into meaningful ways, and deal with challenging life situations effectively. (6 sessions)

DATE: January 22, 2018

TIME: 2:00 pm to 4:00 pm

LOCATION: Women's Centre of Hamilton

100 Main St. E., Suite 205 Hamilton

TO REGISTER CALL:

905-522-0127 or email

womenscentre@intervalhousehamilton.org

Rebuilding a Healthy Me

Women's Centre of Hamilton

Having an awareness of your mind, body, spirit connection can help manage your emotions. Explore tools and strategies to help achieve emotional wellness. (6 sessions) Mountain Location

DATE: January 17, 2018

TIME: 6:00 pm to 8:00 pm

LOCATION: Women's Centre of Hamilton

100 Main St. E., Suite 205 Hamilton

TO REGISTER CALL:

905-522-0127 or email

womenscentre@intervalhousehamilton.org

Bets Off

Alcohol, Drug & Gambling Services

An on-going support group to help people with gambling concerns maintain abstinence from gambling. Group support and relapse prevention strategies are used.

PLEASE CALL:

905 546-3606 ext. 2856 to see if this group is right for you.

WORKSHOPS AND PROGRAMS FOR ADULTS

Mental Wellness Toolkit: Freedom to Be

North Hamilton Community Health Centre

A community-based interactive free group that meets weekly for 7 weeks and introduces a new tool for developing your mindfulness and meditation skills each week. Breakfast is served at 9am and the group gets started formally at 9:30am.

TIME: 9:00 am to 11:30 am

LOCATION: North Hamilton Community Health Centre
438 Hughson St. N., Hamilton

PLEASE CALL:

905-523-6611 ext. 2014 to register.

Mental Wellness Toolkit: Mind over Mood

North Hamilton Community Health Centre

A community-based interactive free group that meets weekly for 12 weeks and introduces a new tool for self-managing depression and low mood each week. Breakfast is served at 9am and the group gets started formally at 9:30am.

TIME: 9:00 am to 11:30 am

LOCATION: North Hamilton Community Health Centre
438 Hughson St. N., Hamilton

PLEASE CALL:

905-523-6611 ext. 2014 to register.

Mental Wellness Toolkit: Break Free

North Hamilton Community Health Centre

A community-based interactive free group that meets weekly for 9 weeks and introduces a new tool for self-managing anxiety and chronic worrying each week. Breakfast is served at 9am and the group gets started formally at 9:30am.

TIME: 9:00 am to 11:30 am

LOCATION: North Hamilton Community Health Centre
438 Hughson St. N., Hamilton

PLEASE CALL:

905-523-6611 ext. 2014 to register.

Mental Wellness Toolkit: Mind over Body

North Hamilton Community Health Centre

A community-based interactive free group that meets weekly for 12 weeks and introduces a new tool for self-managing chronic pain each week. Breakfast is served at 9am and the group gets started formally at 9:30am.

TIME: 9:00 am to 11:30 am

LOCATION: North Hamilton Community Health Centre
438 Hughson St. N., Hamilton

PLEASE CALL:

to confirm start dates or to join our mailing list for new programs, 905-523-6611 ext. 2014.

Trauma & Abuse Counselling

Catholic Family Services

Healing from the impacts of abuse can be a journey. Confidential, individual counselling is available to women aged 16+ who have survived abuse and are seeking support in the process of recognizing and working through the impacts of these experiences.

TO REGISTER:

please call 905-527-3823 ext. 257. An intake worker will return your call and complete a referral.

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The Secret of change is to focus all of your energy, not on fighting the old, but on building the new.

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Socrates