

CONNECT with others, LEARN some new strategies and
ENGAGE in meaningful discussions



Introducing a series of free community workshops for parents & caregivers supporting a child/youth impacted by mental health challenges

This series will provide parents and caregivers with more knowledge & skills to add to their toolbox

REGISTER NOW!

Tuesday October 10th, 2017

Self Care for Caregivers

6:30p.m. – 8:30p.m.

Visit our various stations and experience ways to support yourself so you can continue to support others.

Tuesday November 14th, 2017

World Café of Services

6:30p.m. – 8:30p.m.

We welcome the following collection of community partners sharing information on their services and supports.

- ADAPT
- Financial Assistance with Registered Disability Savings Program (RDSP)
- Halton Fetal Alcohol Spectrum Disorder
- Nelson Youth Centres
- Positive Space Network
- TEACH
- YAY (Youth Aiding Youth at ROCK)
- Woodview Mental Health and Autism Services

Tuesday December 5th, 2017

Looking beyond the behaviour

6:30p.m. – 8:30p.m.

Develop a toolbox of strategies and approaches to help children develop emotional strength & to help parents/caregivers understand what may be driving children's behaviour.

Presenters: Sonia Holden and Maureen London

Sonia Holden is employed as a consultant in the CFOSP program at ROCK, providing services to families and staff of licensed childcare and school age programs. This workshop is open to families whose children attend licensed childcare and school age programs offered in their child's school; as well as the staff who work in those facilities.

Tuesday January 23rd, 2018

FASD Awareness

6:30p.m. – 8:30p.m.

Presenters: Halton FASD Resource Team

This 2-hour Awareness presentation will provide participants with education about how parental exposure to alcohol affects the brain and how FASD impacts behaviour and functioning.

Tuesday February 20th, 2018

Active Parenting

6:30p.m. – 8:30p.m.

Presenters: HFFF Family Advisory Committee

This 2-hour workshop is an overview of the Active Parenting 5 week course. It is intended to assist parent(s)/ guardian(s) of teens to understand developmental changes in teens' bodies and minds, communicate effectively, learn about teen goals so you can successfully redirect their behaviour, and explore and encourage nonviolent conflict resolution inside the home and out.

All events held at
Hugh Foster Hall -
141 King Street, Milton

All materials, light snack & refreshments provided
at all workshops.

Please indicate if you need transportation or childcare:
www.haltonfamiliesforfamilies.com/events/w-rsvp/

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