

Parent Link

2026 | Autumn

A Community approach to Parenting and Caregiver Programs, offering **FREE** parenting classes to parents or caregivers of children aged 0 to 16.

519-257-KIDS (5437)

WWW.RCC.HDGH.ORG/PARENTING-CAREGIVER-PROGRAMS

A collaborative partner
project led by Hôtel-Dieu
Grace Healthcare



HÔTEL-DIEU
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HEALTHCARE

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Windsor &
Essex
County





Welcome to Parent Link

Parent Link is a community education guide for parents, caregivers, families, children and youth listing courses, groups, and workshops available in Windsor-Essex.

Offered by a variety of local community agencies, the courses and services published in this guide are designed to share new skills to better meet the challenges facing today's families. Please direct any questions about a particular courses to the agency contact in the program description.

Parents/Caregivers of Children 0-6 years	2
---	----------

Parents/Caregivers of Children 0-12 years	12
--	-----------

Parents/Caregivers of Children 6-12 years	13
--	-----------

Parents/Caregivers of Children 6-16 years	14
--	-----------

Specialized Programs	15
----------------------	-----------

Peer Support Groups	16
---------------------	-----------

Children & Youth Mental Health Information & Support	17
--	-----------

Course Index	18
--------------	-----------

Courses, groups, and workshops for Parents/Caregivers of Children 0-6 years

Know & Grow Talks: School

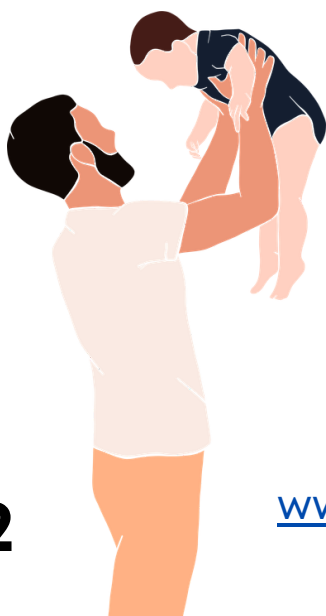
A group for parents and caregivers of children starting school. It provides a relaxed and friendly space to discuss getting ready for school, share helpful tips, and build confidence in supporting your child through a smooth and positive transition to school.

- Tuesday, September 29, 6:00-7:30 pm
 - *In person at Children First*
 - [Register here.](#)
- Thursday, October 1, 10:00-11:30 am.
 - *In person at Erie Migration District School, 1620 Jasperson Dr., Kingsville*
 - [Register here.](#)
- Thursday, October 8, 6:00-7:30 pm
 - *Virtual - [Register here.](#)*

Know & Grow Talks: Toileting Skills

Join other parents and caregivers to talk about helping little ones learn toileting skills. This welcoming get-together offers simple tips, shared experiences, and encouragement to make the process feel easier and more positive for everyone. It's a relaxed space to connect, ask questions, and support your child.

- Thursday, September 17, 6:00-7:30 pm
 - *Virtual - [Register here.](#)*
- Tuesday, September 22, 6:00-7:30 pm
 - *In person at Children's First*
 - [Register here.](#)
- Thursday, September 24, 10:00-11:30 am
 - *In person at Erie Migration District School, 1620 Jasperson Dr., Kingsville*
 - [Register here.](#)



Children First

105-2565 Ouellette Ave., Windsor
519-250-1850

www.children-first.ca/groups-for-parents



Courses, groups, and workshops for Parents/Caregivers of Children 0-6 years

Fun Friends & Adult Resilience

A program for children ages 4–6 and their parents/caregivers. It helps kids manage feelings, cope with stress, solve problems, and build healthy relationships through fun, practical strategies for both children and adults.

- Wednesdays, September 16 - November 4
 - 6:00-7:30 pm
 - *In person at Children First*
 - [Register here.](#)
- Saturdays, November 7 - November 28
 - 9:00 am - 12:00 pm
 - *In person at Connections EarlyON, 795 Giles Blvd. E., Windsor*
 - [Register here.](#)

Circle of Security™ - 8 week group

Discover how to build a deeper, supportive relationship with your child. Learn to understand their emotions, boost their self-esteem, and create a secure and lasting connection that nurtures growth.

- Saturdays, September 12 - October 31
 - 9:30-11:00 am
 - *Virtual* - [Register here.](#)
- Tuesdays, October 6 - November 24
 - 10:00-11:30 am
 - *Virtual* - [Register here.](#)
- Thursdays, September 17 - November 5
 - 6:00-7:30 pm
 - *In person at Children First*
 - [Register here.](#)
- Mondays, October 19 - December 7
 - 6:00-7:30 pm
 - *In person at Essex Public School, 72 Brien Ave. E., Essex*
 - [Register here.](#)

Dads Matter Circle of Security

- Tuesdays, September 22 - November 10
 - 6:00-7:30 pm
 - *In person at Children First*
 - [Register here.](#)

Children First

105-2565 Ouellette Ave., Windsor
519-250-1850_

www.children-first.ca/groups-for-parents

 **Children
First**



Courses, groups, and workshops for Parents/Caregivers of Children 0-6 years

In person programs *Childcare available*

B.A.B.Y. Group (Bright, Active Babies and You)

Facilitated group for parents, caregivers, and their infants (0-18 months). Offers social time with other parents, guest speakers, and information on parenting and child development.

- Wednesdays, 1:00-3:00 pm

Healthy Together™ - 7 week group

A program that engages the entire family in addressing nutrition, money management, moving more, and family connections. These sessions will feature an outdoor play component for the children.

- Mondays, September 14 - November 2
 - 9:30-11:30 am

Circle of Security™ - 8 week group

This parenting group focuses on relationship tools that provide parents and caregivers with a way of understanding their child and their behaviours. In partnership with Children First.

- Tuesdays, September 15 - November 3
 - 9:30-11:30 am

Kids Have Stress Too!® - 6 week group

An evidence-based program that gives parents and caregivers practical tools and engaging activities to help children manage stress, build resilience and thrive socially and emotionally.

- Thursdays, September 17 - October 22
 - 9:30-11:30 am

Nobody's Perfect™ - 8 week group

Connect with other parents of young children to share ideas, questions, and concerns about parenting. Learn positive parenting strategies while exploring child development, safety, health, and behaviour.

- Thursdays, October 29 - December 17
 - 9:30-11:30 am

Parenting Connections - 6 week group

This group provides parents and caregivers opportunities to share and discuss their parenting experiences, ideas, questions, solutions and successes with one another.

- Tuesdays, November 10 - December 15
 - 9:30-11:30 am

Infant Massage - 5 week group

Provides loving connection between baby and parent.

- Tuesdays, November 17 - December 15
 - 1:30-3:00 pm

Connections EarlyON

795 Giles Blvd. E., Windsor

519-252-9696

EON.connections@connectwithus.ca



Courses, groups, and workshops for Parents/Caregivers of Children 0-6 years

EarlyON Windsor Essex

Parent Talk - *virtual programs*

[Register here.](#)

Separation Anxiety

Learn how to support your child through separation anxiety with confidence. This virtual session offers practical strategies to ease transitions, build security, and encourage independence.

- Wednesday, September 16, 1:30-2:15 pm

Screen Time

Explore healthy approaches to managing screen time for young children. This virtual session provides practical tips for setting limits, creating balance, and encouraging positive family routines.

- Wednesday, October 14, 1:30-2:15 pm

Tantrums

Learn how to understand and respond to tantrums in a positive way. This virtual session offers strategies to support emotional regulation, reduce challenging behaviours, and strengthen parent-child connections.

- Wednesday, November 4, 1:30-2:15 pm

Brock EarlyON

3312 Sandwich St., Windsor

Fire Prevention Week: Visit with Windsor Fire & Rescue Services

Join us during Fire Prevention Week for a special visit from Windsor Fire & Rescue Services. Children and families will have the opportunity to see a fire truck, meet firefighters, and learn important fire safety tips.

- Thursday, October 8, 9:30-11:30 am

Triple P Tip Sheet Talk – Disobedience

Learn why young children test limits and explore positive strategies to encourage cooperation, set clear expectations, and support healthy development. Join us to get great information and for a chance to win one of our giveaways!

- Wednesday, September 9, 10:00 am

Our Lady of Perpetual Help (OLPH) EarlyON

775 Capitol St., Windsor

Fire Prevention Week: Visit with Windsor Fire & Rescue Services

Join us during Fire Prevention Week for a special visit from Windsor Fire & Rescue Services. Children and families will have the opportunity to see a fire truck, meet firefighters, and learn important fire safety tips.

- Wednesday, October 7, 10:00 am - 12:00 pm

Municipally Operated
EarlyON Child and Family Centres
www.earlyonwindsor.essex.ca



Courses, groups, and workshops for Parents/Caregivers of Children 0-6 years

Dougall EarlyON

811 Dougall Ave., Windsor
519-971-9332

Fire Prevention Week: Visit with Windsor Fire & Rescue Services

Join us during Fire Prevention Week for a special visit from Windsor Fire & Rescue Services. Children and families will have the opportunity to see a fire truck, meet firefighters, and learn important fire safety tips.

- Thursday, October 8, 10:00 am - 12:00 pm

Dinner for Breakfast with Dad!

Join us for a special evening program for dads and male caregivers! Enjoy a shared snack, participate in a fun S.T.E.A.M. (Science, Technology, Engineering, Art, and Math) activity, and end the evening together with group circle time.

- Thursday, November 12, 5:30-7:00 pm
 - *Spaces are limited and pre-registration is required*

St. Pius EarlyON

644 Lacasse Blvd, Tecumseh
519-735-1524

Songs and Rhymes - 4 week program

Learn new songs and rhymes that support early language development and bonding. For families with infants 0 to 18 months.

- Mondays, October 5 - 26, 1:00-2:30 pm
 - *Spaces are limited and pre-registration is required*

Erie Migration EarlyON

1620 Jasperson Dr., Kingsville
519-255-3200 x23130

Songs and Rhymes - 4 week program

Learn new songs and rhymes that support early language development and bonding. For families with infants 0 to 18 months.

- Fridays, October 2 - 23, 10:30 am - 12:00 pm
 - *Spaces are limited and pre-registration is required*

Infant Massage - 5 week program

Provides a loving connection between parent and baby starting early in life, supporting the strengthening of this attachment as your baby grows. For families with infants 0 to 18 months.

- Tuesdays, November 3 - December 1
 - *Spaces are limited and pre-registration is required*

Sacred Heart EarlyON

200 Kenwood Blvd., LaSalle ON
(519)734-7961

Infant Massage - 5 week program

Provides a loving connection between parent and baby starting early in life, supporting the strengthening of this attachment as your baby grows. For families with infants 0 to 18 months.

- Wednesdays, September 9 - October 14
 - 2:00-3:30 pm (No session September 30 due to EarlyON closure)
 - *Spaces are limited and pre-registration is required*

Municipally Operated
EarlyON Child and Family Centres
www.earlyonwindsorsex.ca



Courses, groups, and workshops for Parents/Caregivers of Children 0-6 years

Glengarry EarlyON

495 Glengarry Ave. Windsor
(519) 258-9874

What's Cooking? – 4 week program

Parents and children (2.5 – 6 years) cook together while learning about healthy eating using Canada's Food Guide. Parents become "sous chefs" alongside their little ones, creating fun, nutritious meals and building lifelong healthy habits in the kitchen.

- Fridays, September 25 - October 16
 - 10:00-11:00 am

All Around Art – 4 week program

Parents and their children (2.5-6 years) explore creativity together. Parents actively participate alongside their child, supporting artistic expression and discovery through hands-on activities.

- Wednesdays, October 28 - November 25
 - 10:00-11:00 am

Talbot Trail EarlyON

4000 DuCharme St., Windsor

Fire Prevention Week: Visit with Windsor Fire & Rescue Services

Join us during Fire Prevention Week for a special visit from Windsor Fire & Rescue Services. Children and families will have the opportunity to see a fire truck, meet firefighters, and learn important fire safety tips.

- Wednesday, October 7, 10:00 am - 12:00 pm

Lakeshore EarlyON

376 I.C. Roy Dr., Emeryville

Triple P Tip Sheet Talk – Bedtime Problems

Discover practical ways to make bedtime easier for your child. Learn strategies to create consistent routines, encourage independent sleep, and support healthy bedtime habits. Join us to get great information and for a chance to win one of our giveaways!

- Thursday, September 10, 10:30 am

Triple P Tip Sheet Talk – Toilet Training

Explore how to recognize signs of readiness and support your child's toilet training success. Learn simple, positive strategies to build confidence and independence. Join us to get great information and for a chance to win one of our giveaways!

- Thursday, September 24, 10:30 am

Triple P Tip Sheet Talk – Mealtime Problems

Turn mealtimes into a more positive experience for the whole family. Learn effective strategies to manage common mealtime challenges and encourage healthy eating habits. Join us to get great information and for a chance to win one of our giveaways!

- Thursday, October 8, 10:30 am

Municipally Operated
EarlyON Child and Family Centres
www.earlyonwindsorsex.ca



Courses, groups, and workshops for Parents/Caregivers of Children 0-6 years

Princess Elizabeth EarlyON
5399 Raymond Ave. Windsor
(519) 946-2993

Fire Prevention Week: Visit with Windsor Fire & Rescue Services

Join us during Fire Prevention Week for a special visit from Windsor Fire & Rescue Services. Children and families will have the opportunity to see a fire truck, meet firefighters, and learn fire safety tips.

- Tuesday, October 6, 9:30-11:30 am

Infant Massage - 5 week program

Provides a loving connection between parent and baby starting early in life, supporting the strengthening of this attachment as your baby grows. For families with infants 0 to 18 months.

- Thursdays, October 1 - 29, 1:00-2:30 pm
 - *Spaces are limited and pre-registration is required*

Evening Program for Dads & Male Caregivers

Enjoy a shared snack, participate in a fun S.T.E.A.M. (Science, Technology, Engineering, Art, and Math) activity, and end the evening together with group circle time.

- Thursday, November 19, 5:30-7:00 pm
 - *Spaces are limited and pre-registration is required*

All Around Art- 4 week program

Parents and their children (2.5-6 years) explore creativity together. Parents actively participate alongside their child, supporting artistic expression and discovery through hands-on activities.

- Tuesdays, September 15 - October 6
 - 1:00-2:30 pm

Lassaline EarlyON
3145 Wildwood Dr. Windsor
(519) 739-3751

Fire Prevention Week: Visit with Windsor Fire & Rescue Services

Join us during Fire Prevention Week for a special visit from Windsor Fire & Rescue Services. Children and families will have the opportunity to see a fire truck, meet firefighters, and learn fire safety tips.

- Tuesday, October 6, 9:30-11:30 am

Dinner for Breakfast with Dad!

Join us for a special evening program for dads and male caregivers! Enjoy a shared snack, participate in a fun S.T.E.A.M. (Science, Technology, Engineering, Art, and Math) activity, and end the evening together with group circle time.

- Tuesday, October 20, 5:30-7:00 pm
 - *Spaces are limited and pre-registration is required*

Municipally Operated
EarlyON Child and Family Centres
www.earlyonwindsorsex.ca



Courses, groups, and workshops for Parents/Caregivers of Children 0-6 years

Métis Nation of Ontario

145-600 Tecumseh Rd. E., Windsor

519-948-9908 ext. 13

chantalp@metisnation.org

Métis Healthy Babies Healthy Children

Reach out for personalized services and engaging workshops, with guidance rooted in Métis culture. Our program is designed to help parents and caregivers feel supported, so you and your little ones can thrive.

Play, Learn, Grow: Child Development Through Play

Join us to learn how children grow, develop, and learn through everyday experiences. Explore developmental milestones, the importance of play, and simple ways to support your child's learning and development through daily routines and activities at home. Parents and caregivers will leave with practical ideas to help their child thrive.

- Tuesday, October 20

Windsor-Essex County Health Unit

1005 Ouellette Ave., Windsor, N9A 4J8

519-258-2146 ext. 1350

wechu.org/parents

Healthy Babies Healthy Children (HBHC)

A free, voluntary home visiting program that supports pregnant individuals and families with children from birth until school age. Public Health Nurses provide information, guidance, and connections to community resources on topics such as child development, parenting, infant feeding, prenatal and postpartum care, family well-being, and more. Families receive personalized support to help children get the best possible start in life.

- *Call to learn more or determine eligibility*

Canadian Mental Health Association

1400 Windsor Ave., Windsor

519-255-7440

Enjoy Your Baby - virtual, 5 week program

A group-based mental health promotion course based on Cognitive Behavioural Therapy (CBT) principles that provide support and training skills to maintain wellness and cope with low mood, stress and anxiety in the year after the birth of a child.

- Tuesdays, September 8 – 29, 1:30-3:30 pm
- Thursday October 1, 1:30-3:30 pm
 - [Register here.](#)

Courses, groups, and workshops for Parents/Caregivers of Children 0-6 years

Create a Visual Schedule

Create calmer, more predictable days at home. You will create simple visuals to help children understand what comes next—reducing stress and support smoother transitions throughout the day. *Materials available in: English and French.*

- Thursday, September 10, 10:00 am
 - Maryvale, Cabin 5 - 3640 Wells St., Windsor
 - [Register](#)
- Wednesday, September 16, 10:00 am
 - Franco Sol Ste. Edmond, 1880 Totten St., Windsor
 - [Register](#)
- Wednesday, September 16, 10:00 am
 - Franco Sol Ste. Therese, 5305 Tecumseh Rd. E., Windsor
 - [Register](#)

Coffee Talk: Keeping Your Child Healthy

Caregivers will gather to chat about ways to keep children healthy. Topics may include eating well, general health, caring for a sick child, giving medicine, immunizations and common concerns. *Materials available in: English, French, Arabic, Tamil, Farsi, Hindi, Vietnamese, Traditional Chinese, Simplified Chinese, Spanish, Punjabi.*

- Thursday, October 8, 10:00 am
 - Maryvale, Cabin 5 - 3640 Wells St., Windsor
 - [Register](#)
- Wednesday, October 21, 10:00 am
 - Franco Sol Ste. Edmond, 1880 Totten St., Windsor
 - [Register](#)
- Wednesday, October 28, 10:00 am
 - Franco Sol Ste. Therese, 5305 Tecumseh Rd. E., Windsor
 - [Register](#)

Ready, Set, Go! Windsor

Cabin 5 - 3640 Wells St., Windsor

519-977-9407

www.readysetgowindsor.org



Courses, groups, and workshops for Parents/Caregivers of Children 0-6 years

Coffee Talk: Helping Children Learn to Behave

Caregivers will gather to chat about helping children learn how to behave. Topics may include making it easy, ways to guide behaviour, reasonable rules, and staying calm and connected. *Materials available in: English, French, Arabic, Tamil, Farsi, Hindi, Vietnamese, Traditional Chinese, Simplified Chinese, Spanish, Punjabi.*

- Thursday, November 12, 10:00 am
 - Maryvale, Cabin 5 - 3640 Wells St., Windsor
 - [Register](#)
- Wednesday, November 18, 10:00 am
 - Franco Sol Ste. Edmond, 1880 Totten St., Windsor
 - [Register](#)
- Wednesday, November 25, 10:00 am
 - Franco Sol Ste. Therese, 5305 Tecumseh Rd. E., Windsor
 - [Register](#)

Coffee Talk: Injury Prevention and First Aid

Caregivers will gather to chat about ways to keep children safe. Topics may include making your home safe, adults' role in keeping children safe, choosing safe products, outdoor safety, first aid, and food safety. *Materials available in: English, French, Arabic, Tamil, Farsi, Hindi, Vietnamese, Traditional Chinese, Simplified Chinese, Spanish, Punjabi.*

- Thursday, December 10, 10:00 am
 - Maryvale, Cabin 5 - 3640 Wells St., Windsor
 - [Register](#)
- Wednesday, December 16, 10:00 am
 - Franco Sol Ste. Edmond, 1880 Totten St., Windsor
 - [Register](#)
- Wednesday, December 23, 10:00 am
 - Franco Sol Ste. Therese, 5305 Tecumseh Rd. E., Windsor
 - [Register](#)

Ready, Set, Go! Windsor

Cabin 5 - 3640 Wells St., Windsor

519-977-9407

www.readysetgowindsor.org



Courses, groups, and workshops for Parents/Caregivers of Children 0-12 years

Community Parenting Classes Coordinated by RCC - virtual programs

Triple P Seminar Series

Attend one, two, or all three sessions

The Power of Positive Parenting

Discover simple strategies to encourage positive behaviour and create a calmer home.

- Tuesday, October 20, 6:00-8:00 pm

Raising Confident, Competent Children

Learn how to help your child build confidence, problem-solving skills and important life skills.

- Tuesday, October 27, 6:00-8:00 pm

Raising Resilient Children

Find out how to help your child cope with challenges and bounce back confidently.

- Tuesday, November 3, 6:00-8:00 pm

Parents and Caregivers with children 2-12 years

Triple P Discussion Group

Attend one or both sessions

Dealing with Disobedience

Learn ways to encourage listening, cooperation, and positive behaviour at home.

- Tuesday, November 17, 6:00-8:00 pm

Managing Fighting and Aggression

Explore ways to reduce conflict and support children in developing healthy, positive interactions.

- Tuesday, November 24, 6:00-8:00 pm



Regional Children's Centre

3901 Connaught Ave., Windsor

519-257-KIDS (5437)

www.rcc.hdgh.org/parenting-caregiver-programs



HDGH
ESTD 1888

Courses, groups, and workshops for Parents/Caregivers of Children 6-12 years

Regional Children's Centre

In Person Programs - Phone registration only

Circle of Security™ - 8 week program

Discover how to build a deeper, supportive relationship with your child. Learn to understand their emotions, boost their self-esteem, and create a secure and lasting connection that nurtures growth.

- Wednesdays, October 7 – December 2
 - 10:00 am - 12:00 pm

Safe Boundaries – 2 week program

Learn to recognize and respond to sexualized behaviours in children. Gain tools to teach consent and privacy, create safety plans, and support your child's emotional well-being.

- Tuesdays, November 19 & 24, 6:00-8:00 pm

Trauma Informed Parenting (TIP) - 7 week program

Explore how trauma affects development and learn effective strategies to respond to emotional and behavioural challenges with care and confidence.

- Mondays, October 5 – November 23
 - 6:00-8:00 pm
- Thursdays, October 8 – November 26,
 - 10:00 am - 12:00 pm

Emotion Detectives

Parents and children (8-12 years) explore what emotions are and how they impact us. Learn practical ways to understand and accept feelings, helping to reduce challenging, emotion-based behaviours and build healthier coping skills.

- Wednesdays, October 21 – December 16
 - 4:30-6:00 pm (week one only 4:30-6:30 pm)

Regional Children's Centre

Virtual Programs

Working with Their Brains and Ours

Learn how children's brains react to stress and discover ways to help them cope.

- Wednesday, September 30, 6:00-7:30 pm

Helping Children Face Their Fears

This session helps caregivers learn how to help your child manage fears, worries, and build confidence.

- Thursdays, September 24, 6:00-7:30 pm

Regional Children's Centre

3901 Connaught Ave., Windsor

519-257-KIDS (5437)

www.rcc.hdgh.org/parenting-caregiver-programs



HDGH
ESTD 1888

Courses, groups, and workshops for Parents/Caregivers of Children & Teens 6-16 years

Sahra Bulle Foundation

Suite 313 - Unit 6,

2557 Dougall Ave

www.sahrabullefoundation.ca

info@sahrabullefoundation.ca

Growing Together: Vitrail Parent Workshop Series

A monthly series for parents and caregivers, offering practical tools and honest conversation for each stage of the school year — no lectures, no judgment, just support.

Registration links will be available approximately three weeks before each session [on our website](#), and through our social media channels.

Getting Ready for the School Year – Vitrail Session

Building routines that stick, communicating with teachers and schools, and easing the anxiety that back-to-school brings — for kids and for parents.

- Thursday, September 3, 7:00-8:30 pm

Getting Through the School Year– Vitrail Session

Homework rhythms, extracurricular balance, and staying connected to your child's world, including online — with real strategies for keeping it all in balance.

- Thursday, October 15, 7:00-8:30 pm

When Growing Up Gets Hard– Vitrail Session

Puberty, peer pressure, identity, and big emotions. Language and tools for the harder conversations, without judgment and without pretending to have all the answers.

- Thursday, November 12, 7:00-8:30 pm

The Christmas Break Reset– Vitrail Session

Managing holiday expectations, screen time over the break, and reconnecting as a family after a demanding first term — heading into the new year grounded, not depleted.

- Thursday, December 10, 7:00-8:30 pm

Windsor-Essex Youth Relationship Violence Prevention Committee

1005 Ouellette Ave., Windsor

519-258-2146 ext. 1555

Helping Youth Build Healthy Relationships

Get free toolkits to help your children recognize the warning signs of unhealthy relationships and build healthy, respectful connections. Topics include types of violence in relationships, healthy communication skills, and where to find support in the community.

Visit www.wechu.org/YRV for free resources and information (available in multiple languages).

St. Mark's By-the-Lake Anglican Church

150 St. Mark's Rd., Tecumseh

519-735-4921

stmarkschurch@cogeco.ca

Learning About Child and Teen Anxiety

Parents and caregivers will better understand anxiety in children and teens, including common signs, symptoms, and ways to provide support. Participants learned practical strategies to help young people build coping skills, resilience, and emotional well-being.

- Wednesday, September 23, 7:00-8:30 pm

Coping with Teens' Emotions

This parenting session explored ways to support teens as they navigate strong emotions and the challenges of adolescence. Participants learned practical strategies for fostering healthy communication, emotional regulation, and resilience while strengthening their connection with their teens.

- Wednesday, December 2, 7:00-8:30 pm

Specialized Courses, Groups and Workshops

Parents and caregivers with children 0-6 years with a suspected or high risk of autism, or who have received an autism diagnosis

The Summit Centre
940 Prince Rd., Windsor
519-255-1195
[Register here.](#)

Play Group

Explore and connect during our Play Group. Our staff will lead you through a variety of activities tailored to children's unique needs and interests.

- Wednesdays, 9:30-11:00 am
- Tuesdays or Thursdays, 1:00-2:30 pm
 - [See website calendar](#)

Black Parents and Caregivers of School-Age Children and Teens

Family Fuse
226-506-5872
admin@familyfuse.ca
[Family Fuse Website](#)

Engage with an experienced team of Black professionals who provide free services to help navigate systems starting with the education system. Family success is top of mind. Sign up for one-to-one coaching or workshops.

- [Workshop Sign-Up Form](#)

Parents & Caregivers with Anxious Children 6-14yrs
Community Parenting Classes Coordinated by RCC
519-257-5437 (KIDS)
Register here

Triple P Fear Less – virtual, 6 week program

Learn how to help your child manage anxiety by teaching coping skills, building confidence, and supporting them in facing their fears.

- Tuesdays, October 13 - November 17
 - 6:00-8:00 pm

Separated or Divorced Parents

Triple P Transitions - virtual, 4 week program
[Register here.](#)

Support your child through family changes with practical parenting strategies that promote stability, emotional well-being, and positive adjustment.

- Thursday, October 1 - 22, 6:00-8:00 pm

St. Mark's By-the-Lake Anglican Church
150 St. Mark's Rd., Tecumseh
519-735-4921
stmarkschurch@cogeco.ca

Managing ADHD in Children

Explore how ADHD and anxiety affects kids, and learn brain-based strategies, helpful tips, and practical tools to support their emotional well-being. Gain a clearer understanding of ADHD, including assessment and treatment options, and learn practical strategies to support your child at home and in school.

- Wednesday, October 28, 7:00-8:30 pm

Calm and Connected - Parenting Children with Anxiety and ADHD

A supportive look at how anxiety and ADHD affect children and their daily experiences. Together, we explore how the brain works during moments of stress, and share simple, helpful strategies to bring calm, connection, and confidence into everyday routines.

- Wednesday, November 4, 6:00-7:30 pm

Parents and caregivers supporting a child/teen with disabilities and/or mental health challenges
Family Respite Services
519-972-9688 ext. 150 Alyssa Diluca
adiluca@familyrespite.org

Powerful Tools for Caregivers Series - 6 weeks

Help caregivers reduce stress, build confidence, and find balance while supporting your child/teen needs.

- Tuesdays, October 27 - December 1, 9:30-11:30 am

Parent & Caregiver Peer Support Groups

Parents and Caregivers for Children's Mental Health (PCMH)

Caregiver Connection - Parents and Caregivers for Mental Health

offers free peer support for parents and caregivers seeking guidance, encouragement, and information about child and youth mental health services. Families can access one-on-one support, group connections, and help navigating community resources.

- In person - email windsor@pcmh.ca
- Virtual - [Join a Zoom Group](#)
- One-to-one - [Book an Online Session](#)

Brain Injury Association, Windsor Essex

1100 University Ave. W., Windsor

519-981-1329

info@biawe.com

A safe and welcoming environment for parents/caregivers to connect, share experiences and receive guidance, information and resources from professionals and peers.

- September 19, October 17 and November 21
 - 10:30-11:30 am
 - *Medical Education Building, University Windsor, 455 California Ave, Windsor*
 - *Free parking with code 1872# at the gate*

Essex County Youth Diversion

3640 Wells St, Cottage 5, Windsor

519-253-3340

Family Engagement Nights & Parent Newsletter – Youth Diversion

Youth Diversion offers free Family Engagement Nights that provide parents and caregivers with practical information, tools, and resources to support children and youth. Topics vary throughout the year and address current issues impacting families and young people. Families can also subscribe to Youth Diversion's newsletter to receive parenting resources, community updates, and information about upcoming events and programs.

- [Family Engagement Night Registration](#)
- [Newsletter Sign-Up](#)

Black Parents and Caregivers of School-Age Children and Teens

Family Fuse

226-506-5872

admin@familyfuse.ca

[Family Fuse Website](#)

We provide free one-to-one coaching and workshops to help you navigate the education system and access the resources your family needs to succeed.

Children & Youth Mental Health: Information & Support

FINDING HELP

WEConnect Kids

The [WEConnectKids website](#) makes it easy for families to find local programs and supports in one place. You can search based on your child's age or what kind of help you are looking for. It's simple to use, easy to understand, and helps you quickly find the information you need.

519-257-KIDS (5437)

[WEConnectKids - Parent & Caregiver Info](#)

Be Safe App by mindyourmind

- [iOS](#)
- [Android](#)

A free app that help youth and families find local mental health and addictions supports and know how to get help during a difficult time.

WHERE TO GET HELP RIGHT AWAY

One Stop Talk

www.onestoptalk.ca

Connect right away with a professional therapist for children, youth, and families across Ontario.

Walk-In Counselling Clinic

Regional Children's Centre - Huot Building

3901 Connaught Ave., Windsor

519-257-KIDS (5437)

www.rcc.hdgh.org/counselling-and-therapy

Windsor-Essex Youth Wellness Hub

215 Eugenie Ave. W., Unit 106, Windsor

519-800-8640

www.youthhubygq.com

Offers free support services to youth ages 12 to 25 and their families without a waitlist or referral.

Youth Mobile Clinic

519-981-9YMC (962)

Free confidential services to youth (17 years or younger) and their families. Social Workers provide counselling sessions for a range of mental health-related concerns. Our nurse offers medical support and education to help you understand factors that may be affecting your health.

Course Index

Courses for Parents/Caregivers of Children

0-6 years

- 2 Know & Grow Talks: School & Toileting
- 3 Fun Friends & Adult Resilience
- 3 Circle of Security
- 3 Dads Matter Circle of Security
- 4 B.A.B.Y. Group
- 4 Healthy Together
- 4 Circle of Security
- 4 Kids Have Stress Too!
- 4 Nobody's Perfect
- 4 Parenting Connections
- 4 Infant Massage
- 5 Separation Anxiety
- 5 Screen Time
- 5 Tantrums
- 5 Fire Prevention Week
- 5 Triple P Tip Sheet Talk - Disobedience
- 6 Dinner for Breakfast with Dad!
- 6 Songs and Rhymes
- 6 Infant Massage
- 7 What's Cooking?
- 7 All Around Art
- 7 Fire Prevention Week
- 7 Triple P Tip Sheet Talk - Bedtime Problems
- 7 Triple P Tip Sheet Talk - Toilet Training
- 7 Triple P Tip Sheet Talk - Mealtime Problems
- 8 Fire Prevention Week
- 8 Infant Massage
- 8 Evening Program for Dads & Male Caregivers
- 8 All Around Art
- 8 Dinner for Breakfast with Dad!
- 9 Métis Healthy Babies Healthy Children
- 9 Play, Learn, Grow
- 9 WECHU Healthy Babies Healthy Children
- 9 CMHA Enjoy Your Baby - *virtual*
- 10 Coffee Talk: Helping Children Learn to Behave
- 10 Coffee Talk: Injury Prevention and First Aid

Courses for Newcomer Parents/Caregivers of Children 0-12 years

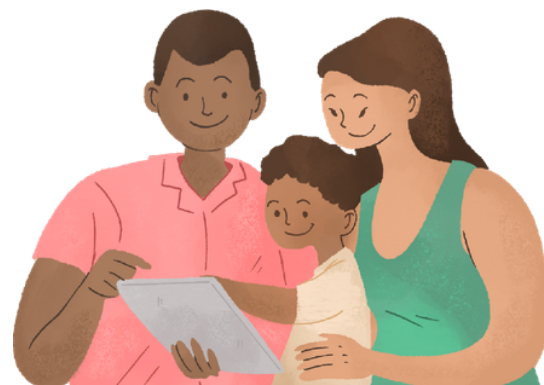
- 12 The Power of Positive Parenting - virtual
- 12 Raising Confident, Competent Children - virtual
- 12 Raising Resilient Children - virtual
- 12 Dealing with Disobedience - virtual
- 12 Managing Fighting and Aggression - virtual

Courses for Parents/Caregivers of Children 6-12 years

- 13 Working with Their Brains and Ours
- 13 Helping Children Face Their Fears
- 13 Trauma Informed Parenting
- 13 Emotion Detectives
- 13 Circle of Security
- 13 Safe Boundaries

Courses for Parents/Caregivers of Children & Teens 6-16 years

- 14 Growing Together
- 14 Getting Ready for the School Year
- 14 Getting Through the School Year
- 14 When Growing Up Gets Hard
- 14 The Christmas Break Reset
- 14 Helping Youth Build Healthy Relationships - resources
- 14 Learning about Child and Teen Anxiety
- 14 Coping with Teen's Emotions



DISCLAIMER: Courses in this guide are offered by a variety of agencies and services across our community. If you have a question about one of these courses, please contact the agency offering the course. Inclusion of a group or program in this guide does not imply endorsement by Hôtel-Dieu Grace Healthcare or its Regional Children's Centre. Although every effort is made to ensure the accuracy of information in this guide, HDGH and RCC are not responsible for errors or omissions.

Course Index con't

Specialized Courses, Groups, and Workshops

15 The Summit Centre Play Group
15 Family Fuse
15 Triple P Fear Less - virtual
15 Triple P Transitions - virtual
15 Managing ADGH in Children
15 Calm and Connected
15 Family Respite Services

Parents & Caregivers Peer Support Groups

16 Parents and Caregivers for Children's
Mental Health
16 Brain Injury Association, Windsor Essex
16 Essex County Youth Diversion Family
Engagement Nights and Parent Newsletter
16 Black Parents and Caregivers of School-Age
Children and Teens

Children & Youth Mental Health: Information & Support

17 WEConnect Kids
17 Be Safe App
17 One Stop Talk
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