



January - March 2026
FREE PARENT/CAREGIVER
WORKSHOPS
MONTH AT A GLANCE

January 2026

FREE PARENT/CAREGIVER

WORKSHOPS



AUTISM AND MENTAL HEALTH SERVICES FOR CHILDREN AND YOUTH

January 7 - Meeting the Milestones AUTISM SERVICES

Wednesday, January 7, 9:30AM - 11:30AM EST
FREE with OAP # @ BGC South East
1300 Bath Rd.

January 7 - March 11 - Something for Dads MENTAL HEALTH SERVICES

Wednesdays, Jan 7 - Mar 11, 5:00PM - 7:00PM
FREE @ Rideau Heights Community Centre
85 McCauley St.

January 7 - January 28 - Parenting Your Anxious Young Child (0 - 6)

MENTAL HEALTH SERVICES
Wednesdays, January 7 - Jan 28, 7:30PM - 8:30PM
ONLINE - FREE

January 13 - Making Connections AUTISM SERVICES

Tuesday, January 13, 12:30PM - 3:00PM
ONLINE - FREE with OAP #

January 14 - Play to Grow AUTISM SERVICES

Wednesday, January 14, 10:00AM - 11:00AM
ONLINE - FREE with OAP #

January 14 - Napanee Youth Connect MENTAL HEALTH SERVICES

Wednesday, January 14, 2:30PM - 5:30PM
FREE @ 99 Advance Ave - Napanee

January 15 - February 26 - AFFIRM Caregiver Group MENTAL HEALTH SERVICES

Thursdays, January 15 - Feb 26, 5:00PM - 6:30PM EST
FREE @ 31 Hyperion Court

January 20 - February 10 - Siblings and Autism AUTISM SERVICES

Tuesdays, January 20 - Feb 10, 6:00PM - 7:00PM
FREE with OAP @ 31 Hyperion Court

January 21 - Meeting the Milestones AUTISM SERVICES

Wednesday, January 21, 9:30AM - 11:30AM EST
FREE with OAP # @ BGC South East
1300 Bath Rd.

January 26 - Autism and Access OAP Resource Day AUTISM SERVICES

Monday, January 26, 10:00AM - 2:00PM EST
FREE @ 31 Hyperion Court or Virtual

January 28 - Napanee Youth Connect MENTAL HEALTH SERVICES

Wednesday, January 28, 2:30PM - 5:30PM
FREE @ 99 Advance Ave - Napanee

January 29 - Transitions Through the Day AUTISM SERVICES

Thursday, January 29, 12:00PM - 1:30PM
ONLINE - FREE with OAP #

Check out our online calendar
for more information



MaltbyCentre.ca
613.546.8535 or 1.844.855.8340

February 2026

FREE PARENT/CAREGIVER

WORKSHOPS



AUTISM AND MENTAL HEALTH SERVICES FOR CHILDREN AND YOUTH

February 4 - Meeting the Milestones AUTISM SERVICES

Wednesday, February 4, 9:30AM - 11:30AM EST
FREE with OAP # @ BGC South East
1300 Bath Rd.

February 5 - February 19 Parenting Your Anxious Child MENTAL HEALTH SERVICES

Thursdays, Feb 5 - Feb 19, 5:30PM - 7:30PM EST
FREE @ 31 Hyperion Court

February 5 - March 19 - Go Zen MENTAL HEALTH SERVICES

Thursdays, February 5 - Mar 19, 6:00PM - 7:30PM EST
FREE @ 31 Hyperion Court

February 10 - How to Improve My Child's/Youth's Social Skills AUTISM SERVICES

Tuesday, February 10, 6:00PM - 7:00PM EST
ONLINE - FREE with OAP #

February 11 - Napanee Youth Connect MENTAL HEALTH SERVICES

Wednesday, February 11, 2:30PM - 5:30PM
FREE @ 99 Advance Ave - Napanee

February 12 - Consistent Parenting Workshop MENTAL HEALTH SERVICES

Thursday, February 12, 10:00AM - 11:30AM EST
FREE @ BGC South East - 1300 Bath Rd.

February 12 - Consistent Parenting Workshop MENTAL HEALTH SERVICES

Thursday, February 12, 7:30PM - 9:00PM EST
ONLINE - FREE

February 18 - Meeting the Milestones AUTISM SERVICES

Wednesday, February 18, 9:30AM - 11:30AM EST
FREE with OAP # @ BGC South East
1300 Bath Rd.

February 19 - Teach and Talk with Pictures AUTISM SERVICES

Thursday, February 19, 1:00PM - 3:00PM
ONLINE - FREE with OAP #

February 23 - Autism and Access OAP Resource Day AUTISM SERVICES

Monday, February 23, 10:00AM - 2:00PM EST
FREE @ 31 Hyperion Court or Virtual

February 25 - Coping with Challenging Behaviours AUTISM SERVICES

Wednesday, February 25, 12:00PM - 1:00PM
ONLINE - FREE with OAP #

February 25 - Napanee Youth Connect MENTAL HEALTH SERVICES

Wednesday, February 25, 2:30PM - 5:30PM
FREE @ 99 Advance Ave - Napanee

Check out our online calendar
for more information



MaltbyCentre.ca
613.546.8535 or 1.844.855.8340

March 2026

FREE PARENT/CAREGIVER WORKSHOPS



AUTISM AND MENTAL HEALTH SERVICES FOR CHILDREN AND YOUTH

March 4 - Meeting the Milestones

AUTISM SERVICES

Wednesday, March 4, 9:30AM - 11:30AM EST
FREE with OAP # @ BGC South East
1300 Bath Rd.

March 11 - Reading Between the Lines

AUTISM SERVICES

Wednesday, March 5, 10:00AM - 11:30AM EST
ONLINE - FREE with OAP #

March 11 - Napanee Youth Connect

MENTAL HEALTH SERVICES

Wednesday, March 11, 2:30PM - 5:30PM
FREE @ 99 Advance Ave - Napanee

March 24 - Transition to Adulthood

AUTISM SERVICES

Tuesday, March 24, 6:00PM - 8:00PM
ONLINE - FREE with OAP #

March 25 - Napanee Youth Connect

MENTAL HEALTH SERVICES

Wednesday, March 25, 2:30PM - 5:30PM
FREE @ 99 Advance Ave - Napanee

March 30 - Autism and Access OAP Resource Day

AUTISM SERVICES

Monday, March 30, 10:00AM - 2:00PM EST
FREE @ 31 Hyperion Court or Virtual

Check out our online calendar
for more information



MaltbyCentre.ca

613.546.8535 or 1.844.855.8340