



# Mental Health **Workshops & Groups** Winter 2026





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# SNAP

## LICENSED AFFILIATE



SNAP®, which stands for **STOP NOW AND PLAN**, is an evidence-based, cognitive-behavioural model powered by the minds at Child Development Institute (CDI).

The gender-sensitive SNAP® Boys and SNAP® Girls programs are designed for children ages **6-11**.

The goal of this program is to prevent future anti-social behaviour and reducing the chances of conflict with family, peers and authority figures.

### Presenting problems may include:

- Has difficulty making and maintaining healthy relationships
- Difficult family relationships
- Physically aggressive behaviour
- Angry outbursts
- Verbally aggressive or defiant behaviour
- Lacks self-control and problem solving skills
- Vandalizes or damages property
- Stealing
- Bullies others



More Info:



[reception@maltbycentre.ca](mailto:reception@maltbycentre.ca)

In this program parents will:

- Learn effective child management and SNAP® strategies.
- Form connections with other parents facing similar challenges

In this program, children will:

- Learn to use SNAP® in different situations.
- Learn to make better choices in the moment

**SNAP Exclusion Criteria** \* Boys and girls whose problems are primarily internalizing; significant developmental delays; or autistic spectrum disorders are assisted to locate more appropriate resources.





# **Parenting Your Anxious Young Child Ages 0-6**

4 Week Virtual Parenting Group on TEAMS

**Join us each Wednesday**

January 7 - January 28, 2026 from 7:30PM - 8:30PM

## **Understand more about:**

- ❖ How anxiety develops
- ❖ How to teach your child to face their fears
- ❖ How to use rewards to increase your child's bravery
- ❖ How to use effective parenting strategies
- ❖ How to help your child become more independent

Register today!





# FREE

# SOMETHING FOR DADS

Are you looking to...

Grow your parenting skills to become a positive parent for your children and/or with their other parent?

Help your children thrive and strengthen your family?

Deepen your understanding of yourself as a dad and as an individual?

Do you have children under the age of 18?  
Do you have access with your children, ranging from full custody to joint custody, visits or phone calls?

Led by experienced facilitators,  
Something for Dads is a  
10-session program delivered one evening a week at NO COST



## WHERE AND WHEN?

Wednesdays, January 7 - March 11, 2026  
5:00-7:00pm at Rideau Heights Community Centre  
85 Maccauley St

A light meal provided

Childminding and Transportation support available

## REGISTRATION NOW OPEN!

Email [info@gsfkr.ca](mailto:info@gsfkr.ca)

FUNDED THROUGH THE SISTERS OF PROVIDENCE OF ST. VINCENT DE PAUL COMMUNITY IMPACT FUND AT THE COMMUNITY FOUNDATION FOR KINGSTON & AREA



Kingston Community Health Centres  
Centres de santé communautaire de Kingston



# AFFIRM

- Caregiver -

**AFFIRM Caregiver is a 7 session, evidence-informed intervention that increases the knowledge and skills of parents and caregivers of 2SLGBTQIA+ children and youth moved from rejection to affirmation.**

- LEARN more about what it means to be an affirmative caregiver to a young LGBTQ+ person
- REFLECT on how our current society, attitudes, beliefs, and behaviors, as well as past experiences might impact the LGBTQ+ youth in our lives
- GROW together in our abilities to make LGBTQ+ youth feel wholly valued, loved, and affirmed.

**Who: Caregivers of 2SLGBTQIA+ youth**

**When: Thursdays, 5PM-6:30PM  
January 15 - February 26**

**Where: 31 Hyperion Court, Kingston**

For more information,  
including to register for the  
group please contact:



We would like to thank the United Way for supporting this group.





# Parenting

## Your Anxious Child

**This 2-part workshop for parents of children 7 – 18 is designed to:**

- **Explore what anxiety is and how it could impact your children/youth**
- **Teach parenting strategies to help support your children/youth manage anxiety**

**Register today!**



**February 5, 12 & 19**

**5:30 PM - 7:30 PM**

**In Person**

**31 Hyperion Court  
Kingston**







# GO ZEN! ANXIETY GROUP

Handle anxiety, fear, and hopeless thoughts.

- Shows how anxiety and excessive worrying affect the body and mind
- Explains the brain and how it deals with worry
- Shows how to recognize "ThoughtHoles" or thoughts that distort reality
- Explores the 5Cs of resilience, the FARR Method, and other techniques

**Thursdays**

**February 5 - March 12**

**6:00PM - 7:30PM**

**31 Hyperion Court, Kingston**

**Ages 9 - 13**



[www.maltbycentre.ca](http://www.maltbycentre.ca)

To Register please email:  
[reception@maltbycentre.ca](mailto:reception@maltbycentre.ca)

# Consistent Parenting:

## Guiding with Patience, Responding with Love

Positive parenting deepens the parent–child bond by combining warmth, responsiveness, and gentle guidance. When caregivers tune in to a child’s needs, validate emotions, and set consistent, empathetic boundaries, children feel safe, understood, and valued. This sense of connection builds secure attachment, supports emotional regulation, and encourages cooperation—laying the foundation for healthy relationships and lifelong well-being.



Register Here!



Date: Thursday, February 12

In Person - 10:00AM - 11:30AM

Location: BGC South East - 1300 Bath Rd.

Limited child minding spaces available

or

Date: Thursday, February 12

Virtually - 7:30PM - 9:00PM



# CIRCLE OF SECURITY KINGSTON

Circle of Security Parenting,  
is a FREE 8 week program for  
caregivers of children 0 - 6,  
promoting a positive and secure  
parent-child relationship.



The information in this program can help caregivers:

- Better understand their child's emotional world by learning to read emotional needs and cues
- Support their child's ability to successfully manage emotions and build their child's self-esteem
- Feel more confident in parenting and have more positive, parent led, interactions with their child

Register Here!

Date: Tuesdays, February 17 - April 14  
(8 Sessions total - excluding March Break)

Time: 10:00AM - 11:30AM

Location: Kingston Community Health Centre  
263 Weller Ave

Limited child minding spaces available



613-546-8535



reception@maltbycentre.ca



# NAPANEE YOUTH CONNECT

- ✓ A FREE youth group promoting positive social and emotional health for ages 13 - 17.
- ✓ Hands on activities, crafts, games & snacks are provided
- ✓ TPCS students can take Bus 132 and transfer to  
Bus 726 at NDSS (at tennis court)  
NDSS students can take Bus 726  
Southview students can take Bus 758  
\*\*\*If buses are cancelled, group is cancelled!\*\*\*



January 14 and 28  
February 11 and 25  
March 11 and 25  
April 8 and 22  
May 6 and 20  
June 3

**Highschool student  
volunteer hours  
available**



2:30PM to 5:30 PM



99 Advance Avenue

## CONTACT US



613-483-7029



amacleod@maltbycentre.ca



**COMMUNITY  
FOUNDATION**  
for Lennox & Addington

Transportation support on a case-by-case basis. Please connect with Shannon to arrange.  
shannonr@kchc.ca

# Maltby Centre

## VIDEO VAULT



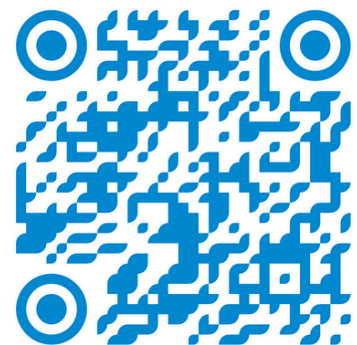
Pre-recorded videos on a variety of topics you can request curated by age group. This allows you the flexibility to watch when you're available.

### TOPICS

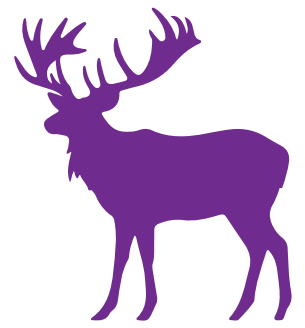
- Emotional Regulation for Parenting Young Children
- What's Important to Know about ADHD
- How to Shape a Behaviour
- Preventing Crisis and Supporting Big Emotions
- Teaching Toileting Skills
- Play To Grow
- Improving Social Skills
- and More

### CHECK IT OUT TODAY

Click on the QR code to view our list of videos, then register for the workshops you are interested in watching. Video links will be emailed to you within business hours.






# The **CARIBOU** Pathway




Depression affects many young people — but there's no one-size-fits-all solution. That's why the CARIBOU Pathway is working to find out what treatments work best for youth with depression.

Through research, collaboration, and personalized care, the CARIBOU Pathway helps youth aged 13–18 living with depression.



-  Evidence-based
-  Youth-centered
-  Focused on real impact

 Want to learn more or get involved?  
Come to our walk-in clinic or  
make an appointment  
to find out if this program is right for you!







## Walk - In Clinic



Clinic runs from 10am to last appointment at 4:45pm.

**Kingston** - Every Tuesday at 31 Hyperion Court

**Napanee** - Alternating Wednesdays at 99 Advance Ave

**Sydenham** - Alternating Wednesdays at 2876

Campbell Road

**Sharbot Lake** - 1<sup>st</sup> Wed of the month from 5PM - 7PM  
at 1005 Medical Centre Rd.



For more information, call 613-546-8535



To see our full Walk-In schedule,  
visit [maltbycentre.ca](http://maltbycentre.ca)







**Thank  
You**



31 Hyperion Court,  
Kingston, ON, K7K 7G3



[maltbycentre.ca](http://maltbycentre.ca)



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