



CELEBRATING 30 YEARS
CÉLÉBRONS 30 ANS



Mental Health Workshops & Groups Summer 2026





Table of Content

- 01.** Mental Health Services
- 02.** Walk-In Clinic
- 03.** Video Vault
- 04.** SNAP Program
- 05.** Parenting Your Anxious Child
- 06.** Go Zen Anxiety Group
- 08.** Transition vers la maternelle
- 09.** CARIBOUR Pathway

Maltby Centre

MENTAL HEALTH SERVICES



LOCATIONS

Kingston - 31 Hyperion Court

Napanee - 99 Advance Ave

Sydenham - 2876 Campbell Road

Sharbot Lake - 1004 Art Duffy Road, R.R. #1

Northbrook - 12497A Highway 41

Virtual - Phone & Video Conference



WHO IS IT FOR?

This free service is available to children and youth (0-24 years), caregivers and families from communities in KFL&A.

WHAT CAN I EXPECT?

In your first meeting you will meet with a registered therapist to explore any behavioural or mental health concerns. We discuss the ways you use your knowledge, strengths and skills to manage, as we work together to determine new ideas and next steps.

CONNECT NOW

Children, youth, or their caregivers are invited to make a referral to Maltby Center by clicking the QR code. Referrals are triaged and then followed up with by emailing an appointment date/time.



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 - 1st 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



Maltby Centre

VIDEO VAULT



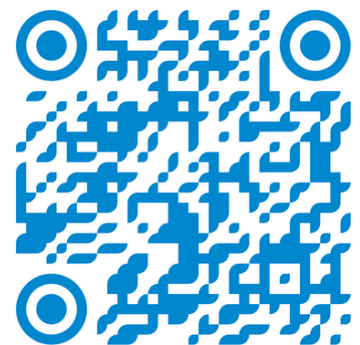
Pre-recorded videos on a variety of topics you can request curated by age group. This allows you the flexibility to watch when you're available.

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.





CDI
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

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 Child

This day long 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!



August 13, 2026

9:30 AM - 4:30 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

Tuesday - Thursday

July 7, 8 & 9

9:30AM - 12:30PM

31 Hyperion Court, Kingston

Ages 9 - 13



www.maltbycentre.ca

To Register please email:
reception@maltbycentre.ca



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Monday - Wednesday

August 10, 11 & 12

9:30AM - 12:30PM

31 Hyperion Court, Kingston

Ages 9 - 13

**To Register please email:
reception@maltbycentre.ca**



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Transition vers la maternelle

Rejoignez l'équipe de santé mentale du Centre Maltby pour un atelier pratique et enrichissant visant à faciliter la transition des enfants vers l'école en toute confiance.

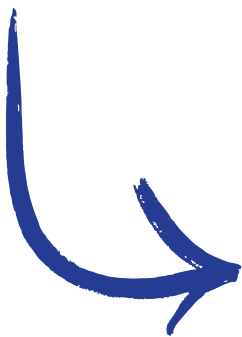


Destiné aux personnes qui prennent soin d'enfants de 3 à 5 ans, cet atelier explorera des pistes pour favoriser une transition positive et saine sur le plan émotionnel, renforcer la maturité émotionnelle et développer les compétences qui permettront aux enfants de se sentir en sécurité et prêts à apprendre.

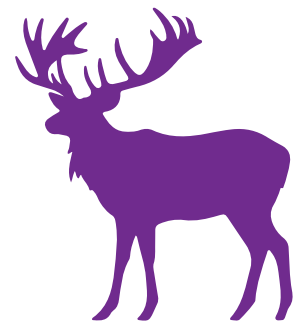
Date: 11 août 2026

Virtuel - 12H00 - 13H00

Inscrivez-vous ici






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!





**Thank
You**



31 Hyperion Court,
Kingston, ON, K7K 7G3



maltbycentre.ca



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