

# July & August 2026

## FREE PARENT/CAREGIVER

# WORKSHOPS



### AUTISM AND MENTAL HEALTH SERVICES FOR CHILDREN AND YOUTH

#### July 7 - Teaching Your Child Toileting Skills

##### AUTISM SERVICES

Tuesday, July 7, 10:00AM - 11:00AM

ONLINE - FREE with OAP #

#### July 7, 8 & 9 - Go Zen Anxiety Group

##### MENTAL HEALTH SERVICES

Tuesday - Thursday, July 7, 8 & 9, 9:30AM - 12:30PM

Free @ 31 Hyperion Court

#### July 15 - Play to Grow

##### AUTISM SERVICES

Wednesday, July 15, 10:00AM - 11:00AM

ONLINE - FREE with OAP #

#### July 16 - Transition to Adulthood

##### AUTISM SERVICES

Thursday, July 16, 6:00PM - 8:00PM

ONLINE - FREE with OAP #

#### August 5 - Coping with Challenging Behaviours

##### AUTISM SERVICES

Wednesday, August 5, 12:00PM - 1:00PM

ONLINE - FREE with OAP #

#### August 10, 11 & 12 - Go Zen Anxiety Group

##### MENTAL HEALTH SERVICES

Monday - Wednesday, August 10, 11 & 12, 9:30AM - 12:30PM

Free @ 31 Hyperion Court

#### August 11 - Transition vers la maternelle

##### MENTAL HEALTH SERVICES / SERVICES DE SANTÉ MENTALE

Tuesday/Mardi, August 11/11 Août 12H00 - 13H00

ONLINE - FREE / GRATUIT EN LIGNE

#### August 12 - Reading Between the Lines

##### AUTISM SERVICES

Wednesday, August 12, 12:00PM - 1:30PM

ONLINE - FREE with OAP #

#### August 13 - Parenting Your Anxious Child

##### MENTAL HEALTH SERVICES

Thursday, August 13, 9:30AM - 4:30PM

FREE @ 31 Hyperion Court, Kingston

#### August 18 - Good Night, Sleep Tight

##### AUTISM SERVICES

Tuesday, August 18, 10:00AM - 11:00AM

ONLINE - FREE with OAP #

Check out our online calendar  
for more information



MaltbyCentre.ca

613.546.8535 or 1.844.855.8340