



April - June 2026
FREE PARENT/CAREGIVER
WORKSHOPS
MONTH AT A GLANCE

April 2026

FREE PARENT/CAREGIVER

WORKSHOPS



AUTISM AND MENTAL HEALTH SERVICES FOR CHILDREN AND YOUTH

April 1 - Meeting the Milestones

AUTISM SERVICES

Wednesday, April 1, 9:30AM - 11:30AM

FREE with OAP # @ BGC South East, 1300 Bath Rd.

April 1 - June 3 - Something for Dads

MENTAL HEALTH SERVICES

Wednesdays, Apr 1 - Jun 3, 12:00PM - 2:00PM

FREE @ Kingston Community Health Centres

263 Weller Ave, Kingston

April 2 - May 21 - Circle of Security – Sydenham

MENTAL HEALTH SERVICES

Thursdays, January 7 - Jan 28, 10:00AM - 11:30AM

ONLINE – FREE

April 8 - April 29 - Parenting Your Anxious Young Child

MENTAL HEALTH SERVICES

Wednesdays, April 8 - April 29, 12:00PM - 1:00PM

ONLINE – FREE

April 8 - How to Improve My Child's Social Skills

AUTISM SERVICES

Wednesday, April 8, 12:00PM - 1:00PM

ONLINE – FREE with OAP #

April 8 - Napanee Youth Connect

MENTAL HEALTH SERVICES

Wednesday, April 8, 2:30PM - 5:30PM

FREE @ 99 Advance Ave - Napanee

April 9 - Making Connections

AUTISM SERVICES

Thursday, April 9, 9:00AM - 11:30AM

ONLINE – FREE with OAP #

April 9 - April 30 - Super Siblings

AUTISM SERVICES

Thursdays, April 9 - April 30, 6:00PM - 7:00PM

FREE with OAP @ 31 Hyperion Court

April 15 - Meeting the Milestones

AUTISM SERVICES

Wednesday, April 15, 9:30AM - 11:30AM

FREE with OAP # @ BGC South East, 1300 Bath Rd.

April 16 - Toileting Workshop

MENTAL HEALTH SERVICES

Thursday, April 15 10:00AM - 11:30AM

FREE @ BGC South East, 1300 Bath Rd.

April 16 - Toileting Workshop

MENTAL HEALTH SERVICES

Thursday, April 15 7:30PM - 9:00PM

ONLINE - FREE

April 17 - Calming the Storm - Anger Coping Workshop

MENTAL HEALTH SERVICES

Friday, April 17, 9:00AM - 3:00PM

FREE @ 1042 Elizabeth St. Sharbot Lake

April 22 - Napanee Youth Connect

MENTAL HEALTH SERVICES

Wednesday, April 22, 2:30PM - 5:30PM

FREE @ 99 Advance Ave - Napanee

April 29 - June 17 - Circle of Security Kingston

MENTAL HEALTH SERVICES

Wednesdays, April 29 - June 17, 10:00AM - 11:30AM

FREE @ BGC South East, 1300 Bath Rd.

Check out our online calendar
for more information



MaltbyCentre.ca

613.546.8535 or 1.844.855.8340

May 2026

FREE PARENT/CAREGIVER

WORKSHOPS



AUTISM AND MENTAL HEALTH SERVICES FOR CHILDREN AND YOUTH

May 5 - Transition Through the Day

AUTISM SERVICES

Wednesday, May 5, 6:00PM - 7:30PM

ONLINE - FREE with OAP #

May 6 - Meeting the Milestones

AUTISM SERVICES

Wednesday, May 6, 9:30AM - 11:30AM

FREE with OAP # @ BGC South East, 1300 Bath Rd.

May 6 - Napanee Youth Connect

MENTAL HEALTH SERVICES

Wednesday, May 6, 2:30PM - 5:30PM

FREE @ 99 Advance Ave - Napanee

May 7 - Transition to Kindergarten Workshop

MENTAL HEALTH SERVICES

Thursday, May 7, 10:00AM - 11:30AM

FREE @ BGC South East, 1300 Bath Rd.

May 7 - Transition to Kindergarten Workshop

MENTAL HEALTH SERVICES

Thursday, May 7, 7:30PM - 9:00PM

ONLINE - FREE

May 7 - Coping with Challenging Behaviours

AUTISM SERVICES

Thursday, May 7, 6:00PM - 7:00PM

ONLINE - FREE with OAP #

May 11 - Teach and Talk with Pictures

AUTISM SERVICES

Monday, May 11, 10:00AM - 12:00PM

ONLINE - FREE with OAP #

May 20 - Meeting the Milestones

AUTISM SERVICES

Wednesday, May 20, 9:30AM - 11:30AM EST

FREE with OAP # @ BGC South East

1300 Bath Rd.

May 20 - Napanee Youth Connect

MENTAL HEALTH SERVICES

Wednesday, May 20, 2:30PM - 5:30PM

FREE @ 99 Advance Ave - Napanee

May 27 - June 17

Parenting Your Anxious Young Child

MENTAL HEALTH SERVICES

Wednesdays, May 27 - June 17, 7:30PM - 8:30PM EST

ONLINE - FREE

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June 2026

FREE PARENT/CAREGIVER

WORKSHOPS



AUTISM AND MENTAL HEALTH SERVICES FOR CHILDREN AND YOUTH

June 3 - Meeting the Milestones

AUTISM SERVICES

Wednesday, June 3, 9:30AM - 11:30AM
FREE with OAP # @ BGC South East
1300 Bath Rd.

June 3 - Napanee Youth Connect

MENTAL HEALTH SERVICES

Wednesday, June 3, 2:30PM - 5:30PM
FREE @ 99 Advance Ave - Napanee

June 11 - Transition to Adulthood

AUTISM SERVICES

Thursday, June 11, 6:00PM - 8:00PM
ONLINE - FREE with OAP #

June 17 - Meeting the Milestones

AUTISM SERVICES

Wednesday, June 17, 9:30AM - 11:30AM
FREE with OAP # @ BGC South East
1300 Bath Rd.

June 18 - Play to Grow

AUTISM SERVICES

Thursday, June 18, 10:00AM - 11:00AM
ONLINE - FREE with OAP #

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