



CELEBRATING 30 YEARS  
CÉLÉBRONS 30 ANS



# Mental Health Workshops & Groups Spring 2026





# Table of Content

- 01.** SNAP Program
- 02.** Something for Dads
- 03.** Circle of Security - Sydenham
- 04.** Parenting Your Anxious Young Child
- 05.** Toileting Workshop
- 06.** Calming the Storm - Sharbot Lake
- 07.** Circle of Security - Kingston
- 08.** Transition to Kindergarten
- 09.** Napanee Youth Connect
- 10.** Video Vault
- 11.** CARIBOUR Pathway
- 12.** Walk-In Clinic



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](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.

# 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, April 1-June 3, 2026  
12:00-2:00pm at Kingston Community Health Centres  
263 Weller Ave, Kingston

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



# CIRCLE OF SECURITY SYDENHAM

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: Thursdays, April 2 - May 21, 2026  
(8 Sessions total)

Time: 10:00AM - 11:30AM

Sydenham Maltby Centre

2876 Campbell Road, Harrowsmith

Childcare generously provided by a Great Start for Families



613-546-8535



reception@maltbycentre.ca



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

4 Week Virtual Parenting Group on TEAMS

**Join us**

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

or

Wednesdays, May 27 - June 17, 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!



# Toileting Workshop



Join Maltby Centre's Early Years team for a supportive and practical conversation about all things toileting. We'll explore signs of readiness, share helpful tips and tricks, and talk through common setbacks and regressions.

**This workshop is designed for caregivers of children ages 0-6** and aims to build confidence, reduce stress, and support your child's toileting journey.

Date: Thursday, April 16

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

Location: BGC South East - 1300 Bath Rd.

Limited child minding spaces available



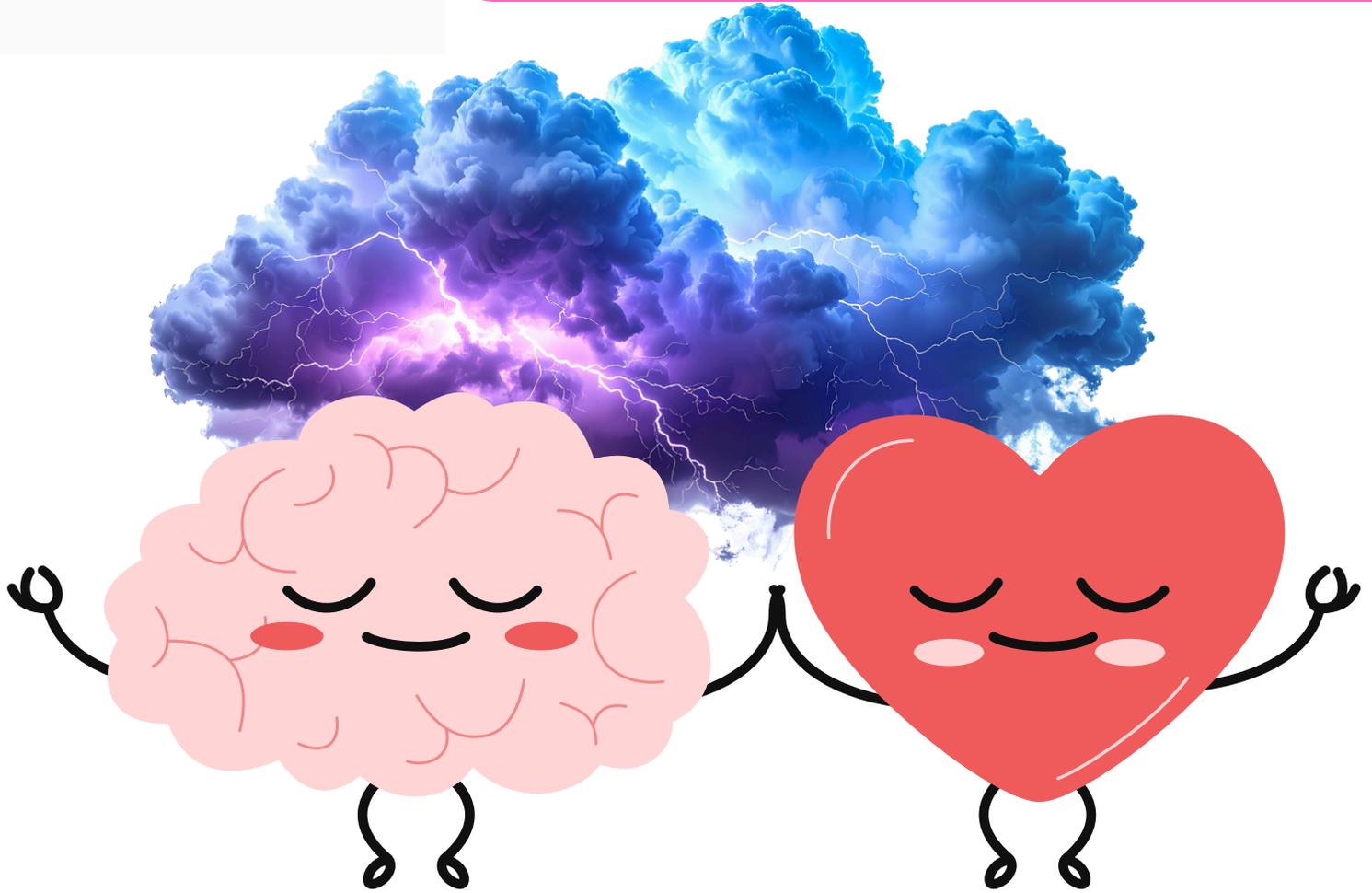
Date: Thursday, April 16

**Virtually** - 7:30PM - 9:00PM





# Calming the Storm: Anger Coping Workshop



Participants will learn about anger and explore coping strategies through games and crafts!

Register Here!

Ages: 10-13

Date: Friday April 17 (PA DAY) 9:00AM - 3:00PM

Location: 1042 Elizabeth St. (The Centre)  
across from Mike Dean's in Sharbot Lake



# 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: Wednesdays, April 29 - June 17  
(8 Sessions total)

Time: 10:00AM - 11:30AM

Location: BGC West End - 1300 Bath Rd.

Limited childminding space available



613-546-8535



reception@maltbycentre.ca

# Transition to Kindergarten Workshop

Join Maltby Centre's Early Years team for a supportive and practical workshop focused on helping children transition to school with confidence.

**Designed for caregivers of children ages 3–5,** this session will explore ways to support a positive, emotionally healthy transition, strengthen emotional readiness, and build skills that help children feel safe, secure, and ready to learn.



Date: Thursday, May 7

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

Location: BGC South East - 1300 Bath Rd.

Limited child minding spaces available



Date: Thursday, May 7

**Virtually** - 7:30PM - 9:00PM



# 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

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



**COMMUNITY  
FOUNDATION**  
for Lennox & Addington



# Maltby Centre

## VIDEO VAULT



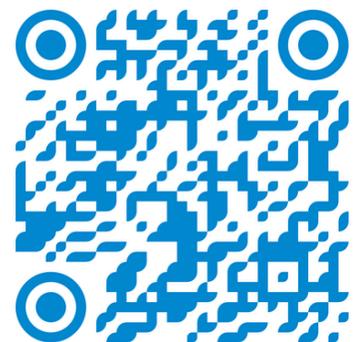
Pre-recorded videos on a variety of topics you can request curated by age group. This allows you the flexibility to watch when you're available.

## TOPICS

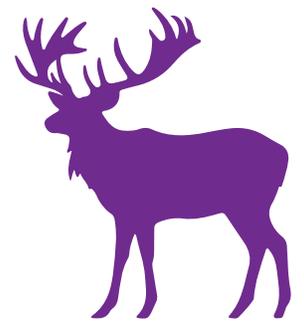
- Emotional Regulation for Parenting Young Children
- What's Important to Know about ADHD
- How to Shape a Behaviour
- Preventing Crisis and Supporting Big Emotions
- Teaching Toileting Skills
- Play To Grow
- Improving Social Skills
- and More

## 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)



613-546-8535



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