

Rural Response for Healthy Children Community Program Guide

Spring and Summer 2020

- ✓ Some programs require registration.
Please call 1-800-479-0716 or 519-482-8777 or email mail@rrhc.on.ca
- ✓ Outdoor programs proceed in the rain. If thunderstorms occur, we will cancel. Please call or check out Rural Response for Healthy Children's Facebook page for updates.
- ✓ Please dress for the weather for outdoor activities. Let us know if you need good walking shoes or jackets.
- ✓ We provide a variety of fresh fruit and healthy snacks for everyone.
We encourage you to bring a full water bottle to each session.
Let us know if you need a water bottle!
- ✓ Transportation to and from all our groups is available.
Please call 1-800-479-0716 or 519-482-8777 or email mail@rrhc.on.ca to make arrangements at least three days in advance.



Parenting Young Children

Registration required. Please call 1-800-479-0716 or email mail@rrhc.on.ca

**Childcare is not provided at this program*

Goderich – Lakeshore United Church

Thursdays 1:00 p.m. to 2:30 p.m.

May 28 to July 2, 2020

Parenting Young Children is offered at various locations. An education and discussion series, using Nobody's Perfect program curriculum, for parents/caregivers of young children, primarily ages 0 to 6.

Conversations promote positive parenting and increase parent understanding of children's health, safety and behaviour. Each series is 6 weeks, choose one series that suits your schedule.

Participation improves positive parenting, parent confidence, coping skills and provides community connection for families, as well as access to other community supports.

This program is funded by Government of Canada.



Grandparents Raising Grandchildren

*Registration required. Please call 1-800-479-0716 or email mail@rrhc.on.ca
Child care provided*

Clinton – Clinton Public School
Thursdays 6:30 p.m. to 8:00 p.m.
May 7, 2020 and June 4, 2020

Grandparents who are raising their grandchildren are welcome to join us for a facilitated discussion with our Parent Support Worker, Jill Robertson. Grandparents meet in the library and grandchildren gather in the gym for facilitated activities by child care providers.

Participation provides a connection to caregivers who are living a similar experience, opportunity to improve positive parenting and build caregiver-child attachment, as well as access to other community supports.

This program is funded by Government of Canada.

Thanks to Avon Maitland District School Board for providing space free of charge to deliver this program.



Crockpot Cooking for Families

Registration required. Please call 1-800-479-0716 or email mail@rrhc.on.ca

Gorrie – Gorrie United Church
Thursdays 1:00 p.m. to 2:30 p.m.
April 30 – May 21, 2020

This series is for families with children living at home. Learn how to make easy, healthy meals for your family. Food prep and discussion each week about meal planning and economical, healthy grocery shopping. Crockpots provided for each participant. Food for a family meal provided each week.

Participation provides a connection to other parents/caregivers, increased understanding about healthy nutrition for children, access to other community supports and opportunity to gain knowledge about building parent-child attachment in the kitchen and at meal times.

This program is partially funded by Government of Canada.



Circle of Security Parenting

*Registration required. Please call 1-800-479-0716 or email mail@rrhc.on.ca
Childcare is not provided at this program*

Zurich – Zurich Public Library
Tuesdays 5:30 p.m. to 7:00 p.m.
May 5 – June 23, 2020

Wingham – Wingham Medical Center
Thursdays 1:30 p.m. – 3:00 p.m.
July 9 – August 27, 2020

An 8-week series for parents/caregivers/family members with young children, ages 0 to 6.

Through the use of videos and discussion, parents/caregivers will grow their skills to support their children's ability to manage emotions, enhance the development of children's self-esteem and learn more about children's need to feel secure and why that is important to overall health.

Participation provides a connection to parents/caregivers in the community, an opportunity to improve positive parenting and build parent-child attachment, as well as access to other community supports.

This program is funded by Government of Canada.



Parenting in Nature

Drop in, no registration required

Varna – Taylor Trail at the Stanley Complex
Wednesdays 10:30 a.m. to 12:00 p.m.
May 6 – June 24, 2020

Blyth – Greenway Trail
Wednesdays 1:00 p.m. – 2:30 p.m.
July 8 – August 26, 2020

Outdoor walking group for parents/caregivers with children of all ages. Bring strollers, wagons or baby carriers for a trail walk. Each week features parenting discussion, nature craft activities and playtime for children. Parents provided with tips and local activities to keep children active and spending time together in nature.

Participation provides a connection to other parents, an opportunity to model physical activity for children and build parent-child attachment, as well as access to other community supports.

This program is funded by Government of Canada.



Seaforth Family Fitness

Registration required. Please call 1-800-479-0716 or email mail@rrhc.on.ca

Seaforth – Seaforth Medical Clinic
Tuesdays 10:00 a.m. - 11:30 a.m.
July 7 – August 25, 2020

Everyone is welcome for this all ages series. Babies in carriers, small children, big kids, parents and older adults all welcome to participate.

Seaforth family fitness is a circuit based program for all skill levels. This is a great way to be active and meet people in your community. Bring your family and friends! Healthy snacks and social time following class each week.

Facilitated by Kelly Miller, fitness instructor and Jill Robertson, parent support worker.

Participation provides a connection to others in the community and an opportunity to access free physical activity to improve overall health and well-being.

This program is funded by Government of Canada and community donations.



Splash Pad Parenting Pop-Ups

Drop in, no registration required

Wednesdays 1:00 p.m. – 3:00 p.m.
June 3 – August 26, 2020

Exeter Splash Pad – June 3 and August 5
Goderich Splash Pad – June 10 and July 22
Bayfield Splash Pad – June 17 and August 26
Clinton Splash Pad – June 24 and July 29
Hensall Splash Pad – July 8 and August 19
Wingham Splash Pad – July 15 and August 12

Everyone is welcome for this all ages series! Babies in carriers, small children, big kids, and parents are all welcome to participate.

Come out and enjoy an afternoon at the splash pad with your family to cool down on a hot day. Enjoy engaging together using toys and games; while learning about the many benefits of water play. Parent discussion time will also be provided.

Participation provides a connection to others in the community and an opportunity to access free community resources to improve overall health and well-being.

This program is funded by Government of Canada.



Caregiver Circle

Registration is required. For more information or to register, call or message Natalie at Huron Respite Network 519-482-3115 or email respite@clch.ca

Goderich - Knox Presbyterian Church

Wednesday April 15, 2020

10:00 a.m. to 12:00 p.m.

*More dates to be announced later in Spring 2020

Caregiver Circle is a safe place to share or learn more about caring for someone with a disability, autism or mental health concern.

Meetings typically include peer support, resource sharing and guest speakers from community partners.

This program is funded by Government of Canada, Huron Respite Network and community donations.

