

**Autumn 2018 / Winter 2019 Parent Programs  
from  
Rural Response for Healthy Children**

**Dads + Kids At The Museum in Goderich**

Calling all Huron County dads/male caregivers and kids! Join us at the Huron County Museum for a free healthy meal and fun monthly themed activities for all. This a great outing to spend together with your children! This is a facilitated gathering, hosted by our Child Support Worker, Genelle Reid, and Museum staff.

Huron County Museum  
110 North Street, Goderich

5:30 p.m. to 7:00 p.m.

2018:

October 25th - In The Dark Tour  
November 29th - Art Show  
December 27th - Multicultural Celebrations

2019:

January 31st - Main Street Dinner by the Train  
February 28th - Family Tree and Behind the Scene Tour of Museum Archives  
March 28th - Vintage Toys

Registration is required and space is limited.

To register, call 519-482-8777 or email mail@rrhc.on.ca

**Parenting with Nature In Mind in Exeter**

Spending time in the outdoors is so important for overall well-being! Parents/caregivers, with their children, are welcome to meet at Hill Street entrance to the MacNaughton Trail for a facilitated walk and talk with our Parent Support Worker, Jill Robertson. Strollers, wagons, baby carriers or running tots are welcome to trail walk with parents for 30 minutes of fresh air followed by sharing of engaging outdoor and gross motor play activities. Healthy snacks provided.

Please dress for the weather!

MacNaughton Trail  
Hill Street Entrance, Exeter

Tuesdays 10:30 a.m. to 12:00 p.m.  
September 11<sup>th</sup> to October 16<sup>th</sup>

For more information, call 519-482-8777. Registration is not required. See you on the trail!

## **Goderich Walk + Talk Group**

Parents/caregivers and their children are welcome to join us at the Maitland Recreation Centre for a facilitated walk and talk with our Parent Support Worker, Jill Robertson. Strollers, baby carriers or running children are welcome on the track with parents. There are activities for children on the track and afterwards during parent discussion. Healthy snacks and coffee provided.

Please dress for the track.

Photo identification required for entrance to the Goderich YMCA for use of the track.

A YMCA membership is NOT required. This is a free activity.

Parents, if your children are at daycare or in school, you are still welcome to join us.

Maitland Recreation Centre

190 Suncoast Drive East, Goderich

Thursdays 10:30 a.m. to 12:00 p.m.

October 25<sup>th</sup> to December 13<sup>th</sup>, 2018 and January 31<sup>st</sup> to March 21<sup>st</sup>, 2018

For more information, call 519-482-8777. Registration is not required.

## **Clinton Strollercize**

Parents/caregivers and their children are welcome to join us at the Central Huron Community Centre for a facilitated walk and talk with our Parent Support Worker, Jill Robertson and EarlyON. Strollers, baby carriers or running children are welcome on the track with parents. There are activities for children on the track and afterwards during parent discussion. Healthy snacks.

Please dress for the track.

Parents, if your children are at daycare or in school, you are still welcome to join us.

10:30 a.m. to 12:00 p.m.

Central Huron Community Complex

Clinton

Wednesdays October 3<sup>rd</sup> to December 12<sup>th</sup>, 2018 and February 6<sup>th</sup> to April 24<sup>th</sup>, 2019

For more information, call 519-482-8777. Registration is not required.

In partnership with Huron EarlyON.

## **Grandparents Raising Grandchildren**

Grandparents who are raising their grandchildren are welcome to join us at Clinton Public School for a monthly 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.

Clinton Public School  
27 Percival Street, Clinton

6:30 p.m. to 8:30 p.m.

2018:

September 6<sup>th</sup> – Grandparenting Vs. Parenting

October 4<sup>th</sup>- Guest Speaker Genelle Reid about Personal Safety for Children and discussion about coping with stress

November 1<sup>st</sup> – Guest Speaker DJ Eggert from Choices for Change and discussion about Routines, Schedules and Meal Planning

December 6<sup>th</sup> – Guest Speaker Natalie Steenstra from Huron Respite Network and discussion about managing the holidays and winter activities

2019:

January 10<sup>th</sup> – Discussion about the importance of play

February 7<sup>th</sup> – Guest Speaker Jackie Simpson from Huron Hospice

March 7<sup>th</sup>- Discussion about screen time and social media use

April 4<sup>th</sup> – Discussion about managing family stress

May 2<sup>nd</sup> – Discussion about safety and injury prevention

June 6<sup>th</sup> – Discussion about summertime, camps and the benefits of being outdoors

Registration is required no later than a week before. Call 519-482-8777 or email [mail@rrhc.on.ca](mailto:mail@rrhc.on.ca) to register.

## **Salsa Dancing in Blyth**

Healthy families dance together! Join us for free salsa dancing this fall. Salsa dancing is a really fun style of dance that is great for people of all ages. Babies in carriers, small children, big kids, parents and older adults are all welcome to participate. Dancing partners add to the fun, but not required as salsa can be done solo. Dance instruction provided by Les Cook. Healthy snacks will be available too.

East Side Dance Studio  
273 Hamilton Street  
Blyth, Ontario

Mondays 7:00 p.m. to 8:00 p.m.  
October 1<sup>st</sup> – December 10<sup>th</sup>, 2018 \*no class on October 8<sup>th</sup>

Space is limited to 20 participants  
Registration required by September 10, 2018  
Register by calling 519-482-8777 or email [mail@rrhc.on.ca](mailto:mail@rrhc.on.ca)

Funded by the Government of Ontario

## **Sweat and Stretch in Brussels**

Parents/caregivers, their children and all family members are welcome to join us for yoga, active play and parent discussion facilitated by our Parent Support Worker, Kim Hagle and yogi, Jennifer Reaburn. Come and enjoy outdoor, active play followed by mindful family yoga, healthy snacks and conversation.

This program will run outdoors on the lawn beside the Brussels library. During inclement weather, we will move inside the library.

Please dress appropriately. Bring a blanket or yoga mat for comfort.  
Parents, if your children are at daycare or in school, you are still welcome to join us.

Brussels Public Library

Tuesdays 10 a.m. to 11:30 a.m. September 11th to November 13th, 2018

Registration required by September 10, 2018  
Register by calling 519-482-8777 or email [mail@rrhc.on.ca](mailto:mail@rrhc.on.ca)

Funded by the Government of Ontario

## **Crockpot Cooking**

Parents/caregivers with children living at home are welcome to attend our three-week autumn crockpot cooking classes. Childcare is provided while parents participate in class. Facilitated by our Parent Support Worker, Susan Cowman who shares healthy, affordable and yummy crockpot recipes and discusses the importance of healthy eating and family meal time. Each participant receives a crockpot and each week will receive food to take home and prepare in crockpot for a family meal.

Exeter United Church  
42 James Street, Exeter

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

October 11<sup>th</sup> – Minestrone Vegetarian Soup

October 18<sup>th</sup> – Chicken Vegetable Soup

October 25<sup>th</sup> – Apple Brown Betty

Registration required and must attend all three classes. Limited to 10 participants

Register by calling 519-482-8777 or email [mail@rrhc.on.ca](mailto:mail@rrhc.on.ca)