

# Rural Response for Healthy Children Community Program Guide

Spring + Summer 2019

- ✓ Some programs require registration.  
Please call 1-800-479-0716 or 519-482-8777 or email [mail@rrhc.on.ca](mailto: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 daily 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](mailto:mail@rrhc.on.ca) to make arrangements at least three days in advance.



## **Strollercize**

*Drop in, no registration required*

Clinton – Central Huron Community Complex  
Wednesdays 10:30 am to 12:00 pm  
April 3 to April 24, 2019

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Parents/caregivers and their young children (age 0 to 6) are welcome. If you are a parent/caregiver with your children in school, you are welcome to join in too! Wear your baby, walk them in the stroller or let your children run/jump/wander on the indoor track. Fun activities to engage children around the track and during parent discussion are provided.

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 and also offered in partnership with Huron EarlyON.



## Parenting Young Children

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

Exeter – Exeter United Church  
Thursdays 10:00 am to 11:30 am  
April 4 to May 9, 2019

Wingham – Alice Munro Public Library  
Thursdays 1:30 pm to 3:00 pm  
June 6 to July 11, 2019

Clinton – Clinton United Church  
Thursdays 1:00 p.m. to 2:30 p.m.  
July 18 to August 22, 2019

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Offered at various locations. Each series is 6 weeks. Pick one series that suits your schedule. 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 behavior.

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 mail@rrhc.on.ca*  
Child care provided.

Clinton – Clinton Public School  
First Thursday of the Month 6:30 p.m. to 8:30 p.m.  
April 4<sup>th</sup> May 2<sup>nd</sup> June 6<sup>th</sup>

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Grandparents who are raising their grandchildren are welcome to join us 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.

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



## **Crockpot Cooking for Families**

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

Seaforth – Huron Community Family Health Team office

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

May 7 to May 28, 2019

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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. Free crockpots provided for each participant. Free 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 funded by Government of Canada



## Circle of Security Parenting

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

Clinton – Clinton Family Health Team office  
Wednesdays 1:00 p.m. to 2:30 p.m.  
May 8 to June 26, 2019

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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 – Stanley Complex & Taylor's Trail  
Thursdays 10:30 a.m. to 12:00 p.m.  
May 16 to June 20, 2019

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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



## **Multi-Generation Walk & Talk**

*Drop in, no registration required*

Huron Park – Meet at Playground near Parkdale Avenue & Algonquin Drive  
Tuesdays 10:00 a.m. to 11:30 a.m.  
April 16 to June 18, 2019

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Everyone in the community – no matter your age – are welcome to join us for a walk in the fresh air. Post-walk activities and healthy snack in the park after our walk. Bring a friend!

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 funded by Government of Ontario





## **Multi-Generation Zumba + Pound**

*Drop in, no registration required*

Gorrie – Howick Public School  
Wednesdays 7:00 p.m. to 8:00 p.m.  
April 17 to June 19, 2019

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People of all ages are invited; children, youth and adults.

Pound and Zumba are music-based fitness programs that are fun and accessible for everyone. This is a great way to be active and meet people in your community. Bring your family and friends!

Facilitated by certified instructor, Julia Jacobs.  
Healthy snacks and social time following class each week.

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 funded by Government of Ontario



## **Multi-Generation Pick Up Sports**

*Drop in, no registration required.*

Dungannon – Agriculture Park  
Tuesdays 1 p.m. – 2:30 p.m.  
June 25 to August 27, 2019

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Children and adults of all ages are invited to join us for active, energetic sports-based play. Each week there will be variety activities for everyone to try. We supply the equipment, you supply the energy! Children under 10 must be accompanied by a caregiver.

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

Funded by Government of Ontario



## **Multi-Generation Yoga in Nature**

*Drop in, no registration required.*

Brussels – Conservation Area  
Wednesdays 10:00 a.m. to 11:30 a.m.  
June 26 to August 28, 2019

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Everyone is welcome for this all ages series. Enjoy connecting with nature while practicing mindful movement and meditation.

Facilitated by certified yoga instructor Jennifer Reaburn.

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

Funded by Government of Ontario

