

Autumn 2017 Parent/Caregiver Programs

Rural Response for Healthy Children's Parent/Caregiver Programs offer support for learning together about healthy child development, positive parenting and interactive activities for parent/caregivers and children.

At each program, you can expect;

- A professional, confidential and thoughtful Parent Support & Education Worker who facilitates informative groups in communities across Huron
- Helpful parenting discussion and new friendships with other parents
- Community resources and referrals to other supports in Huron County
- Healthy snacks

If you need transportation support i.e. taxi rides or gas cards, to attend our groups, please call 519-482-8777 or send an email mail@rrhc.on.ca

Self-referral by parents/caregivers are welcome and agency referrals are encouraged.

Strollercize in Clinton

Wednesdays October 11 – December 13, 2017

Winter 2018: February 7 – April 25, 2018

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

Central Huron Community Complex, 239 Bill Fleming Dr, Clinton, ON N0M 1L0

Offered in partnership with Ontario Early Years, Clinton YMCA and Central Huron

Parents, caregivers and children of all ages are welcome to join us each week for exercise, discussion and snack.

You are encouraged to wear appropriate footwear and clothing for walking the track and participating in exercise stations around the track. Exercises are led by Clinton YMCA staff who will also show you how to adapt exercises when walking with a stroller. Strollers are welcome too!

This is a free opportunity and no registration is required. Jill Robertson facilitates this group. For more information, call 519-482-8777.

Morning Outs in Seaforth

Mondays October 16th – Monday November 20th

10 am – 11:30 am

Huron Community Family Health Team, 32 Centennial Dr, Seaforth, ON N0K 1W0

Offered in partnerships with Huron Community Family Health Team

Parents, caregivers and children of all ages are welcome to join us each week for play time, discussion and snack. Resources and activities for parenting young children will be available and weekly discussions will be based on parents' needs. Children remain with parents during these sessions.

This is a free opportunity and no registration is required. Jill Robertson facilitates this group. For more information, call 519-482-8777.

Goderich Walk & Talk

Thursdays October 12th – December 14th

Winter Program: Thursday February 1 to February 22, 2018

10:30 a.m. to 12 pm

Goderich Huron YMCA , Maitland Recreation Centre, 190 Suncoast Drive, Goderich

Offered in partnership with Goderich-Huron YMCA.

Special thanks to Maple Leaf IODE for sponsoring the healthy snack provided by Sweet Love Eats.

Parents, caregivers and children of all ages are welcome to join each week for exercise, discussion and snack. You are encouraged to wear appropriate footwear and clothing for walking the track. Strollers are welcome too!

This is a free opportunity and no registration is required. Please note, photo identification i.e. driver's license or passport, is needed to use the Goderich Huron YMCA. If you do not have photo identification, please let us know prior to attending. Jill Robertson facilitates this group. For more information, call 519-482-8777.

Grandparents Parenting Grandchildren

September 7th, November 2nd, December 7th

Note, October 5th meeting is Dinner Night Out with Grandchildren too!

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

Rural Response for Healthy Children, 58 Mary Street, Clinton

Grandparents who are parenting their grandchildren are welcome to meet with other grandparents for facilitated discussion and sharing of experiences.

We focus on self-care, coping with parent-child stress, positive child discipline and how to manage positive relationships with grown children.

This is a free gathering. Registration is encouraged but not essential. Jill Robertson facilitates this group. To register, please call 519-482-8777

Grandparents Parenting Grandchildren Dinner Night Out

Thursday October 5, 2017

5:30 p.m. to 8:00 p.m.

Clinton

Grandparents who are parenting grandchildren are welcome to join us with their grandchildren of any age for a night out. A healthy dinner is provided and afterwards, grandparents enjoy casual discussion while grandchildren participate in activities and playtime geared towards their age.

This is a free gathering. Registration is required to ensure we provided enough food. Please ensure you make us aware of any food allergies and ages of the children.

Jill Robertson and Kristi Michel facilitate this Night Out.

To register, please call 519-524-48777

Caregiver Support Program

September 18th, October TBC, November 13th, December 11th

10:00 a.m. – 12:00 p.m.

Locations vary throughout Huron County.

Offered in partnership with Huron Respite Network

This group provides support for parents and caregivers with children who have disabilities. Join us to connect with other parents to share experiences, learn about local resources and have some fun! Each session features group activities and discussion.

Facilitated by Susan Cowman and Natalie Steenstra from Huron Respite Network.

This is a free opportunity and registration is required.

Please call 519-482-3115 and speak with Natalie Steenstra at Huron Respite Network to register.

Crockpot Cooking for Parents

October 2017

Wingham

Parents are welcome to join us for lively crockpot cooking. Cooking together is a fun way to learn about healthy eating and share parenting experiences. Facilitated by a local chef, participants are given a recipe and the ingredients to create a healthy family meal. At the first session, each participant receives a crockpot to keep. We encourage parents and caregivers to make arrangements for childcare so they may attend these sessions child-free.

Facilitated by Susan Cowman.

This is a free opportunity (including crockpot and food). Registration is required.

Please call 519-482-8777 to register.

Dads + Kids

Currently dates & locations are being confirmed. More information available in early September. For more information, call 519-482-8777.

Also Find Us At

Our Parent Support Team also periodically attends various parent / child groups throughout the County, including; Bayfield Library Group, Wingham Afternoon Out and Room To Grow in Goderich.