

Rural
Response
for Healthy
Children

PROGRAM GUIDE

April to August 2024



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ABOUT US

Rural Response for Healthy Children is a non-profit organization serving families in Huron-Perth, Ontario.

Our team offers education and support groups, activities, and workshops for parents and caregivers who are experiencing life transitions or coping with vulnerable situations.

We also educate children and youth with a focus on social and emotional learning, mental well-being, and personal safety at home, in the community, and online.

VISION

A responsive community that supports, nurtures and strengthens families and children.

MISSION

Helping families and children to create an environment of well-being through community engagement and capacity building.

VALUES

Responsiveness • Making Connections • Capacity Building
Caring • Fairness • Accessibility

SPRING & SUMMER 2024

WELCOME

This guide outlines the numerous programs Rural Response for Healthy Children is offering throughout Huron and Perth Counties from April to August 2024. Our skilled team of parent and child support workers facilitate all sessions, and are able to refer participants to additional community supports as needed. Most programs are available at no cost to participants, unless stated otherwise.

Participant safety is prioritized in all settings, whether virtual or in person. We offer a safe, moderated space where participants are supported in a confidential setting.

Links to register are on program pages listed throughout the guide, or you can also go to www.rrhc.on.ca/event-calendar and click on specific dates. If you have any questions or concerns about a program or event, please feel free to contact the listed program facilitator.

Once registered for a program, our team is available to support participants in accessing the program. If it is virtual, this includes basic technical instruction, and if need be, access to devices.

Additional parent/caregiver and child/youth resources are available online at www.rrhc.on.ca/resources as well.



PARENT/CAREGIVER PROGRAMS

CIRCLE OF SECURITY



This virtual program supports parents/caregivers through the use of videos and discussion. Participants develop skills to support their children's ability to manage emotions, enhance the development of their 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 and an opportunity to improve positive parenting and build parent-child attachment.

This program is funded by the Government of Canada. Registration is required to attend. Please register at the link below or head to www.rrhc.on.ca/event-calendar by **Monday, April 15**.

DURATION: 8 weeks

DATES AND TIMES: Mondays from 1:00 to 2:00 PM
Monday, April 22 - Monday, June 17

LOCATION: Zoom

FACILITATOR: Susan Cowman, Parent Support Worker & Kristi Michel, Child Support & Education Worker

[REGISTER HERE](#)

PARENT/CAREGIVER PROGRAMS

NOBODY'S PERFECT



This in-person participant-centered program supports parents/caregivers to learn and build upon positive parenting skills. It provides an opportunity to share questions, concerns, and ideas about being a parent. Participants shape the discussion based on their individual needs for positive parenting and understanding of children's health, safety, and behaviour.

Nobody's Perfect resources are provided free of charge with funding from the Government of Canada. Registration is required to attend. Please register at the link below or head to www.rrhc.on.ca/event-calendar by **Monday, April 30**.

DURATION: 5 weeks

DATES AND TIMES: Thursdays from 10:00 to 11:30 AM
Thursday, May 2 - Thursday, May 30

LOCATION: Vanastra Christian Reformed Church at 50 5th Ave, Clinton

FACILITATOR: Susan Cowman & Jill Robertson, Parent Support Workers

[REGISTER HERE](#)

PARENT/CAREGIVER PROGRAMS

GRANDPARENTS RAISING GRANDCHILDREN



This peer support group is for grandparents who are raising their grandchildren. We meet in-person and virtually. Participation provides a connection to caregivers who are living a similar experience. The program provides opportunities to improve positive grandparenting skills and build caregiver-child attachment, as well as access to other community supports.

This program is provided by the Government of Canada. Registration is required to attend.

DATES AND TIMES: Every other Wednesday from 12:30 to 2:00 PM typically, however times may vary due to the activities within each session.

In-Person Sessions:

Wednesday, April 17

Wednesday, May 15

Wednesday, June 19

Wednesday, July 17

Wednesday, August 14

Virtual Sessions (on Zoom):

Wednesday, April 3

Wednesday, May 29

Wednesday, July 3

Wednesday, August 7

LOCATION: Virtual sessions are on Zoom. In-person session locations vary by session, check out each one in our [Event Calendar](#), we have some fun locations coming up this summer!

FACILITATOR: Jill Robertson, Parent Support Worker

[LEARN MORE HERE](#)

PARENT/CAREGIVER PROGRAMS

CAREGIVER CONNECTIONS



We have partnered with Huron Respite Network to offer this in-person group for parents/caregivers raising children with disabilities, autism, or mental health concerns. It is a chance to chat and check in with other families who are in similar situations to share successes, challenges, and strategies.

This program is funded by the Government of Canada and Huron Respite Network. Registration is required to attend.

DATES AND TIMES: Monthly on Tuesdays

Tuesday, April 16, 6:30 – 8:30 PM (Theme: Games Night)

Tuesday, May 14, 6:30 – 8:30 PM (Theme: Wellness & Self Care)

Tuesday, June 18, 10:00 – 11:30 AM (Theme: Mental Wellness in Nature)

LOCATION: Locations vary each month, learn more at our website at the link below.

FACILITATORS: Jill Robertson, Parent Support Worker at Rural Response for Healthy Children & Laura Kirk, Respite Coordinator at Huron Respite Network

REGISTRATION: Email or call Laura at lkirk@clch.ca or 1 (519) 524-7362 ext. 222 to register.

[LEARN MORE HERE](#)

FAMILY PROGRAMS

DADS/MALE CAREGIVERS & KIDS NIGHT



Calling all dads/male caregivers and kids - we have partnered with the Huron County Museum to provide a night just for you! Join us once a month for fun-filled activities, parent discussions, and social time. There will be tours of the museum and historic gaol, artifact and exhibit activities, parent/child social time, healthy snacks, and games. This is a great opportunity to spend time together with your children.

This program is provided free of charge with funding from the Government of Canada. Monthly registration is required, please register by **the day before** each event.

DATES AND TIMES: Last Thursday of the month

Thursday, April 25 6:00 - 7:00 PM (Theme: Future Farmers)

Thursday, May 23 5:30 - 7:00 PM (Theme: Busy Builders at the Gaol)

Thursday, June 20 6:00 - 7:00 PM (Theme: Graduation)

Make sure to also stay tuned to our website and social media for additional summer pop-up events!

LOCATION: Huron County Museum at 110 North St, Goderich and Huron Historic Gaol at 181 Victoria St N, Goderich

FACILITATORS: Jill Robertson, Parent Support Worker at Rural Response for Healthy Children & Michael Roy, Huron County Museum Staff

[LEARN MORE HERE](#)

www.rrhc.on.ca

FAMILY PROGRAMS

WALK & TALK



We have partnered with Goderich Huron YMCA to provide facilitated walk and talk sessions! Parents/caregivers and their children (as well as strollers, baby carriers, and children running) are welcome to join us at the Goderich Huron YMCA indoor track. There are activities for children and healthy snacks and activities to take home. Parent information with a weekly topic will be shared and discussed as a group. If your children are in daycare or school, parents and caregivers are still welcome to join for a walk as well as parenting support and discussions.

Registration is recommended, but drop-ins are welcome! Make sure to dress for the track (it is above the skating rink) and bring indoor walking shoes. A YMCA membership is not required, the program is offered free of charge! Please make sure to bring photo identification for entrance to the YMCA to access the track.

This program is funded by the Government of Canada.

DURATION: 8 weeks, join our final two weeks!

DATES AND TIMES: Fridays from 10:00 to 11:30 AM
Friday, April 5 – Friday, April 12

LOCATION: Goderich Huron YMCA at 190 Suncoast Dr E, Goderich

FACILITATOR: Jill Robertson, Parent Support Worker

[LEARN MORE HERE](#)

FAMILY PROGRAMS

FAMILY NATURE EXPLORERS



We have partnered with Seeds Rooted in Youth to offer this all-seasons program where we will foster a love of outdoors, no matter the weather. We will learn new skills, build structures, make crafts, and play games. Parent support information will be available during each session as we explore nature mindfully as a family. All ages and families are welcome!

Resources, activities, and snacks are provided. Make sure to dress for the weather. Water bottles and sun protection are recommended materials. Registration is recommended but drop-ins are welcome.

This program is funded by the Government of Canada and Bayfield Optimist Club.

DATES AND TIMES:

Spring Session: Wednesday, April 10 5:30 - 7:00 PM

LOCATION: Columbus Park, Goderich (on Balvina Dr E, across from Goderich Place and beside the pickleball courts)

FACILITATOR: Jill Robertson, Parent Support Worker at Rural Response for Healthy Children & Janneke Vorsteveld, Seeds Rooted in Youth Staff

[LEARN MORE HERE](#)

FAMILY PROGRAMS

FAMILY COMMUNITY GARDEN



This program is for parents/caregivers with young children looking to explore all the offerings of a community garden together! This program is based on the Rainbow Food Explorers program, which supports the development of life-long healthy eating habits by encouraging parents and young children to explore and experience rainbows of fruits and vegetables, using all of their senses. This is a fun and interactive way to spend time outside in nature as a family, while exploring all the wonders of a garden and gathering as a community.

Registration is recommended, but drop-ins are welcome! Make sure to dress for the weather, whether it be rain jackets, sunscreen, or sun hats.

This program is funded by the Government of Canada.

DURATION: 13 weeks

DATES AND TIMES: Thursdays from 10:00 to 11:30 AM

Thursday, June 13 - Thursday, September 12 (*Note: no program August 22*)

LOCATION: Columbus Park, Goderich (on Balvina Dr E, across from Goderich Place and beside the pickleball courts)

FACILITATOR: Jill Robertson, Parent Support Worker

[REGISTER HERE](#)

YOUTH PROGRAMS

SIBSHOPS



We have partnered with Community Support for Families to offer an in-person peer support group for siblings of children who have a developmental or physical disability, autism, or mental health concern. It is an opportunity for the participants to have fun together while receiving peer support, sharing their sibling relationship, and exploring the gifts and challenges of being a sibling to someone with disabilities.

This program is offered free of charge through funding from the Government of Canada. Registration is required to attend.

DATES AND TIMES:

Monday, April 8, 10:00 AM – 1:00 PM (Theme: Self-Care, Wellness, Yoga)

Tuesday, May 21, 5:30 – 8:30 PM (Theme: All About Me & Entrepreneur Night)

Friday, June 7, 11:00 – 2:00 PM (Theme: Team Building)

LOCATION: Community Living – Central Huron at 267 Suncoast Dr E, Goderich

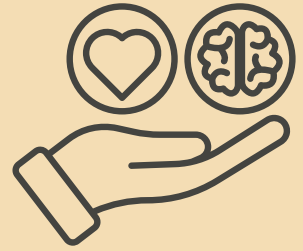
FACILITATORS: Jill Robertson, Parent Support Worker at Rural Response for Healthy Children & Andria Croteau and Shannon Kirk, from Community Support for Families

REGISTRATION: Email or call/text Shannon at skirk@clch.ca or 1 (519) 524-7362 ext. 226 to register

LEARN MORE HERE

COMMUNITY PROGRAMS

WELL-BEING: EVERY DAY, EVERYWHERE



This virtual program is for teams at workplaces, municipal councils, school parent councils, and other working or volunteer groups.

In an effort to support community well-being, this program supports participants in building understanding and identifying tools that support their ability to relate effectively to others, positively motivate themselves, cultivate their sense of self-worth, identify and express emotions, self-regulate, manage stress, set goals, and manage their time and attention effectively. We all learn easy, everyday well-being tools we can use at work, at home, and in the community.

This program available upon request for individual workplaces or groups. Custom workplace plans are also available upon request.

COST: \$60 per workshop

LOCATION: Zoom

FACILITATOR: Kristi Michel, Child Support & Education Worker

To learn more, contact Kristi at kmichel@rrhc.on.ca.

COMMUNITY PROGRAMS

CIRCLE OF SECURITY: IN THE CLASSROOM



We are now offering Circle of Security: In the Classroom. This professional development opportunity is intended for teachers, educational assistants, support staff, EarlyON staff, and others who work in child education settings.

This is a video-based self-reflection program to help facilitate a positive, supportive classroom environment. Each weekly session is approximately one-hour long. Participants will learn how to promote secure relationships within the school setting, how student behaviour relates to attachment needs, and how to implement this framework in their classrooms.

This program is funded by the Government of Canada and community donations. It is available upon request for individual workplaces or groups.

DURATION: 8 weeks

FACILITATOR: Kristi Michel, Child Support & Education Worker

To learn more, contact Kristi at kmichel@rrhc.on.ca.

HAVE QUESTIONS? PLEASE CONTACT US!

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