

Rural  
Response  
for Healthy  
Children

# PROGRAM GUIDE

September to December 2025

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# FALL + WINTER 2025

## WELCOME

This guide outlines the numerous programs we are offering from **September to December 2025**! Our skilled team of support workers facilitate all sessions, which are available at no cost to participants, unless stated otherwise.

Links to register are on each program page throughout this guide, or you can also go to [www.rrhc.on.ca/program-calendar](http://www.rrhc.on.ca/program-calendar). If you have any questions about a program or event, please contact us at [mail@rrhc.on.ca](mailto:mail@rrhc.on.ca).

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

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. If it is in person, this may include subsidized transportation to the program location.

Additional resources for parents and caregivers are available online at [www.rrhc.on.ca/resources](http://www.rrhc.on.ca/resources).



# 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 in need of support, 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.

## VISION

A healthy community where every family can thrive

## MISSION

Working together as a community to support healthy family development and well-being

## VALUES

Responsiveness • Connections • Caring • Inclusive •  
Approachable • Knowledgeable



# RUN4KIDS 2025

Run4Kids was started in 2012, with proceeds going to various children's charities across Huron County. As the event evolved, organizers looked for a long term community partner to carry the vision forward. Rural Response for Healthy Children is honoured to continue the legacy, with all proceeds over the last few years supporting our programs for local families to create a positive environment for the children.

Join us for this fun-filled event on **Saturday, September 27** at **Morrison Dam Conservation Area** either for a 2km walk or a 5km run!

Individual Adult: \$25 + registration fees

Individual Youth (under 18 years of age): \$10 + registration fees

Family (group of up to 8 people with at least one adult): \$50 + registration fees

This early bird pricing runs until **September 1**, so make sure to grab your spot now!



**9:00 AM  
SEPTEMBER 27**

**MORRISON DAM  
CONSERVATION AREA**

**2KM WALK / 5KM RUN**

**REGISTER HERE**

[www.vhsrun4kids.com](http://www.vhsrun4kids.com)

[www.rrhc.on.ca](http://www.rrhc.on.ca)

# PARENT & CAREGIVER PROGRAMS

## GRANDPARENTS RAISING GRANDCHILDREN



Being the primary caregiver for your grandchildren can be both rewarding and challenging. This bi-weekly peer support group offers a welcoming space, both in-person and online, for grandparents to connect, share experiences, and support one another. You'll gain practical tools to strengthen your relationship with your grandchildren, build a positive home environment, and access helpful community resources.

This program is made available thanks to support from the Government of Canada. Registration is required to attend.

**DATES AND TIMES:** First and third Wednesday of the month from 12:30 to 2:00 PM

### **Virtual Sessions:**

Wednesday, September 3  
Wednesday, October 1  
Wednesday, November 5  
Wednesday, December 3

### **In Person Sessions:**

Wednesday, September 17  
Wednesday, October 15  
Wednesday, November 19  
Wednesday, December 17

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

**FACILITATOR:** Mallory Sjaarda, Parent Support Worker

[LEARN MORE HERE](#)

# PARENT & CAREGIVER PROGRAMS

## NOBODY'S PERFECT



This in-person, participant-centered program provides a supportive space to explore parenting questions as a group. Parents and caregivers can build on their strengths, share experiences, and learn positive parenting strategies. Each session is shaped by participants' interests and needs, covering topics such as child health, safety, behaviour, and the opportunities and challenges of parenting.

Nobody's Perfect resources are provided free of charge thanks to support from the Government of Canada. Registration is required to attend. Please register at the link below by October 29.

**DURATION:** 4 weeks

**DATES AND TIMES:** Wednesdays from 1:30 to 2:30 PM  
Wednesday, November 5 to Wednesday, November 26

**LOCATION:** Huron Community Family Health Team, Conference Room at 32 Centennial Drive, Seaforth

**FACILITATORS:** Susan Cowman & Mallory Sjaarda, Parent Support Workers & Kristi Michel, Child Support & Education Worker

**REGISTER HERE**



# PARENT & CAREGIVER PROGRAMS

## CIRCLE OF SECURITY: IN-PERSON



This in-person program supports parents and caregivers through the use of videos and discussion. Participants will learn ways to strengthen your child's self-esteem, build a secure attachment, and create a positive, supportive home environment. It's also a great opportunity to connect with other parents and caregivers in your community who are on the same journey.

This program is made available thanks to support from the Government of Canada. Registration is required to attend. Please register at the link below by September 22.

We are also offering a virtual version, see [page 9](#).

**DURATION:** 8 weeks

**DATES AND TIMES:** Thursdays from 9:30 to 11:00 AM  
Thursday, October 2 to Thursday, November 27 (no session on October 16)

**LOCATION:** Clinton, exact location to be determined

**FACILITATOR:** Susan Cowman & Mallory Sjaarda, Parent Support Workers

**REGISTER HERE**

# PARENT & CAREGIVER PROGRAMS

## CIRCLE OF SECURITY: VIRTUAL



This virtual program supports parents and caregivers through the use of videos and discussion. Participants will learn ways to strengthen your child's self-esteem, build a secure attachment, and create a positive, supportive home environment. It's also a great opportunity to connect with other parents and caregivers in your community who are on the same journey.

This program is made available thanks to support from the Government of Canada. Registration is required to attend. Please register at the link below by September 22.

We are also offering an in-person version, see [page 8](#).

**DURATION:** 8 weeks

**DATES AND TIMES:** Mondays from 1:30 to 2:30 PM  
Monday, September 29 to Monday, November 24 (no session on October 13)

**LOCATION:** Zoom

**FACILITATOR:** Susan Cowman & Mallory Sjaarda, Parent Support Workers

**REGISTER HERE**

# FAMILY PROGRAMS

## DADS/MALE CAREGIVERS & KIDS NIGHT



This monthly program is for dads, grandpas, uncles, and male caregivers to connect with their children while enjoying hands-on activities at the Huron County Museum and Historic Gaol. Each night includes exciting museum and historic gaol tours, artifact explorations, games, parent discussions, and social time. Healthy snacks are provided. This is a great way to bond with your child and meet other caregivers in our community.

This program is made available thanks to support from the Government of Canada. Monthly registration is required, please register by **the day before** each event through the link below or [www.rrhc.on.ca/dads-and-kids](http://www.rrhc.on.ca/dads-and-kids).

**DATES AND TIMES:** Fourth Thursday of the month from 6:00 to 7:00 PM  
Thursday, September 25 at 6:00 - 7:00 PM (Theme: Farm Animals, at the Museum)  
Thursday, October 23 at 6:00 - 7:00 PM (Theme: Halloween, at the Gaol)  
Thursday, November 27 at 6:00 - 7:00 PM (Theme: Art Show, at the Museum)  
Thursday, December 18 at 6:00 - 7:00 PM (Theme: All About Airplanes, at the Museum)  
(Note: This is the third Thursday of the month!)

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

**FACILITATORS:** Mallory Sjaarda, Parent Support Worker at Rural Response for Healthy Children & Michael Roy, Huron County Museum Staff

**LEARN MORE HERE**



# FAMILY PROGRAMS

## FAMILY NATURE EXPLORERS: BAYFIELD



In partnership with Seeds Rooted in Youth, this all-seasons program encourages families to embrace the outdoors throughout the year. Together, we'll learn new skills, build structures, create crafts, and play fun games. Each session offers parent support and mindful ways to explore nature as a family. This once-a-season program is open to families of all ages, and we provide resources, activities, and snacks to make the experience even more rewarding!

Registration is recommended but drop-ins are welcome! Make sure to dress for the weather. Water bottles as well as sun and/or snow protection are suggested.

This program is made available thanks to support from the Government of Canada and the Bayfield Optimist Club.

### **DATES AND TIMES:**

**Fall:** Tuesday, September 23 at 5:30 - 7:00 PM

**LOCATION:** Pioneer Park, Bayfield at the end of Colina St in Bayfield

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

**LEARN MORE HERE**

## FAMILY PROGRAMS

# FAMILY NATURE EXPLORERS: CLINTON



In partnership with Seeds Rooted in Youth, this all-seasons program encourages families to embrace the outdoors throughout the year. Together, we'll learn new skills, build structures, create crafts, and play fun games. Each session offers parent support and mindful ways to explore nature as a family. This once-a-season program is open to families of all ages, and we provide resources, activities, and snacks to make the experience even more rewarding!

Registration is recommended but drop-ins are welcome! Make sure to dress for the weather. Water bottles as well as sun and/or snow protection are suggested.

This program is made available thanks to support from the Government of Canada and the Clinton Lions Club.

### **DATES AND TIMES:**

**Fall:** Tuesday, September 30 at 5:30 - 7:00 PM

**LOCATION:** Clinton Lions Park at 77975 London Rd, Clinton

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

**LEARN MORE HERE**

# YOUTH PROGRAMS

## SIBSHOPS



In partnership with Community Support for Families, this monthly peer support group is for siblings of children with developmental or physical disabilities, autism, or mental health concerns. Sibshops provide a fun and supportive space for kids to connect with others who understand their experiences. Participants will have the chance to share their sibling relationships, explore the unique joys and challenges of having a sibling with disabilities, and focus on mental wellness.

This program is made available thanks to support from the Government of Canada, Community Living-Central Huron, and community donations. Registration is required to attend, please register **two days before** each event by contacting Shannon.

### **DATES AND TIMES:**

Wednesday, September 10 at 5:00 - 7:30 PM

Friday, October 10 at 10:30 - 1:00 PM

Friday, November 21 at 10:30 - 1:00 PM

Wednesday, December 10 at 5:00 - 7:30 PM

**LOCATION:** To be determined

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

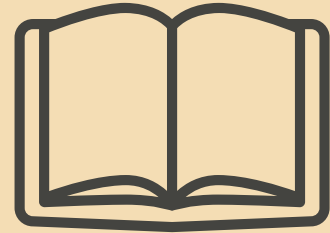
**REGISTRATION:** Email or call/text Shannon at [skirk@clch.ca](mailto:skirk@clch.ca) or 1 (519) 524-7362 ext. 226 to register.

**LEARN MORE HERE**



# COMMUNITY PROGRAMS

## VIRTUAL BOOK STUDY



We are collaborating with Huron Perth Public Health to lead a discussion on the book: **The Anxious Generation: How the Great Rewiring of Childhood Is Causing an Epidemic of Mental Illness** by Jonathan Haidt. The shift of childhood into the virtual world has caused social anxiety, sleep deprivation, attention issues, and addiction in an entire generation of children. Haidt explores these issues and what we can do as parents, schools, and even as governments to get children back into the real world. This virtual book study is designed to bring together family and child care professionals and to get a deeper understanding of issues in our community. This program is made available thanks to support from the Government of Canada.

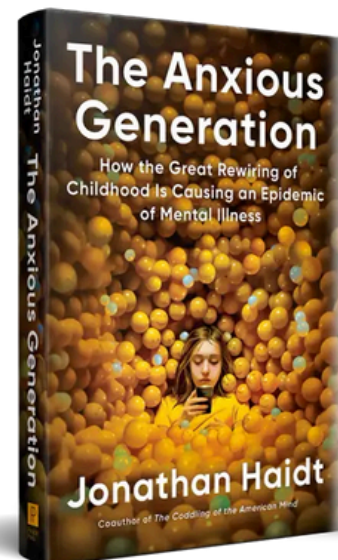
Each participant will receive a book study guide. Books are available for purchase or to borrow from your local library. Please register by September 15 through the link below.

**DURATION:** 6 weeks

**DATES AND TIMES:** Thursdays from 12:00 - 1:00 PM  
September 18 to October 23

**LOCATION:** Zoom

**FACILITATORS:** Susan Cowman, Parent Support Worker  
at Rural Response for Healthy Children & Ashley  
Furtney, Huron Perth Public Health Staff



**LEARN MORE HERE**

# COMMUNITY PROGRAMS

## WELL-BEING: EVERY DAY, EVERYWHERE



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

Focused on community well-being, this program helps participants develop tools to strengthen how they relate to others, stay motivated, build self-worth, express emotions, self-regulate, manage stress, set goals, and stay focused. Everyone will learn simple, practical well-being strategies that can be used at work, at home, and in everyday life.

This program is available upon request for individual workplaces or groups, with the option for custom workplace plans to suit your team's needs.

**COST:** \$60 per workshop

**LOCATION:** Zoom

**FACILITATOR:** Kristi Michel, Child Support & Education Worker

To learn more, contact Kristi at [kmichel@rrhc.on.ca](mailto:kmichel@rrhc.on.ca).

# COMMUNITY PROGRAMS

## CIRCLE OF SECURITY: IN THE CLASSROOM



We are offering Circle of Security: In the Classroom, an adaptation of our Circle of Security program, designed for teachers, educational assistants, support staff, EarlyON staff, and anyone working in child education settings.

This video-based, self-reflection program helps educators create a positive, supportive classroom environment. In each one-hour session over eight weeks, participants will learn how to foster secure relationships in the classroom, understand how student behaviour connects to attachment needs, and discover how to apply this framework to their teaching practices.

This program is made available thanks to support from the Government of Canada and community donations. It is available upon request for individual workplaces and groups.

**DURATION:** 8 weeks

**FACILITATOR:** Kristi Michel, Child Support & Education Worker

To learn more, contact Kristi at [kmichel@rrhc.on.ca](mailto:kmichel@rrhc.on.ca).



# SCHOOL PROGRAMS

## SCHOOL PROGRAMS



Are you a Huron-Perth teacher or school administrator interested in a learning series for your school? We offer a range of programs in schools for students and staff on topics such as social emotional learning, personal safety, growing resilience, and mental well-being.

We have a whole separate [2025-2026 School Program Guide](#) with all the information you may need. You can also check our general School Programs page on our website at [www.rrhc.on.ca/schoolprograms](http://www.rrhc.on.ca/schoolprograms).

If you have any questions about school programs, you can also contact our Child Support & Education Worker, Kristi, at [kmichel@rrhc.on.ca](mailto:kmichel@rrhc.on.ca).



# HAVE QUESTIONS? PLEASE CONTACT US!

## KATRINA CLARKE

**Executive Director**

kclarke@rrhc.on.ca

1 (226) 699-0707 ext. 102

## MALLORY SJAARDA

**Parent Support Worker**

msjaarda@rrhc.on.ca

1 (226) 699-0707 ext. 104

## SUSAN COWMAN

**Parent Support Worker**

scowman@rrhc.on.ca

1 (226) 699-0707 ext. 103

## KRISTI MICHEL

**Child Support & Education Worker**

kmichel@rrhc.on.ca

1 (226) 699-0707 ext. 105