



# Mental Health **Workshops & Groups** November & December 2023

# TABLE OF CONTENTS

**03 Registration Information**

**04 SNAP Program**

**05 Caregiver Support Group**

**06 Mental Health Workshops**

# MENTAL HEALTH GROUPS & WORKSHOPS

## Group Registration:

Please email [reception@maltbycentre.ca](mailto:reception@maltbycentre.ca) for more information about how to register for our Mental Health Groups.

## Workshop Registration:

Please see our website at [Maltbycentre.ca/workshop-calendar](https://maltbycentre.ca/workshop-calendar) for more information and to self register for our Mental Health Workshops.

## Online Workshops & Groups

All virtual Mental Health Groups will be held over Microsoft TEAMS. You will receive a link to the session a few days ahead of time to the email address you provided when registering.

## Beverages & Snacks

Please note, typically we only provide water.

\*All Maltby Centre locations are **Peanut and Tree Nut Free**. Please keep this in mind when packing snacks.





POWERED BY THE MINDS AT  
CHILD DEVELOPMENT INSTITUTE

# SNAP® BOYS & SNAP® GIRLS

## What is SNAP®?

SNAP®, which stands for **STOP NOW AND PLAN**, is an evidence-based, cognitive-behavioural model powered by the minds at Child Development Institute (CDI). SNAP® helps troubled children and their parents learn how to effectively manage their emotions and 'keep problems small'.

## Who should attend SNAP®?

Boys and girls **ages 6-11** experiencing serious behavioural problems at home, at school, with persons in authority, and in the community are referred to these programs.

Presenting problems may include:

- Difficult family relationships
- Physically aggressive behaviour
- Angry outbursts
- Verbally aggressive or defiant behaviour
- Lacks self-control and problem solving skills
- Has difficulty making and maintaining healthy relationships
- Stealing
- Bullies others
- Vandalizes or damages property



To refer a child please call the Intake department at the Maltby Centre 613-546-8535 ext. 9 or click the get in touch button at the top of our website and fill out a request form.

**This program is free of charge.**

# Caregiver Support Group



Join us for a weekly support group for parents & caregivers of teens that are experiencing depression, suicidal thoughts, and/or engaging in self-harm and risky behaviours such as running away, high risk peer connections and aggressive acting out behaviour.

**Free & Anonymous**  
**No registration required**

**When: Wednesday 6:30PM - 7:30PM**

**Where: 31 Hyperion Court, Kingston**

**Take home resources will be available each week**



**For more information, please reach out to:  
[reception@maltbycentre.ca](mailto:reception@maltbycentre.ca)**

# MENTAL HEALTH WORKSHOP CALENDAR OCTOBER 2023

WORKSHOP	DATE	TIME
Effective Communication & Consequences (In Person)	November 13, 2023	12:00PM - 1:30PM
Supporting Youth with Depression, Suicidal Thoughts and Self-Harm (In Person)	November 16, 2023	5:30PM - 7:30PM
Emotional Regulation for Parenting Young Children (Virtual)	November 22, 2023	1:00PM - 2:30PM
Parenting Your Anxious Child (7+) (In Person Napanee)	November 23 & November 30, 2023	11:00AM - 2:00PM
Parenting Your Anxious Child (7+) (In Person Kingston)	November 23 & November 30, 2023	4:30PM - 7:30PM
Top Tips for Improving Behaviour	December 5, 2023	6:30PM - 8:30PM
Emotional Regulation for Parenting Young Children (Virtual)	December 13, 2023	7:30PM - 9:00PM

# MENTAL HEALTH WORKSHOP DESCRIPTIONS



## Effective Communication & Consequences

This workshop for parents of children 6 – 12 is designed to:

- Improve your communication
- Explore strategies around listening skills, giving directions and following through
- Teach how to deliver effective consequences

## Supporting Youth with Depression, Suicidal Thoughts & Self-Harm



For caregivers of youth struggling with feelings of depression, experiencing suicidal thoughts and or engaging in self harm. This workshop will offer information in relation to what is depression, warning signs mental health is worsening, triggers that can impact youths mental health and discussion on how to provide support to youth.

# MENTAL HEALTH WORKSHOP DESCRIPTIONS

## Parenting Your Anxious Child (7+)



This workshop for parents of children 7 – 18 is designed to:

- Explore what anxiety is and how it could impact your children/youth
- Teach parenting strategies to help support your children/youth manage anxiety



## Emotional Regulation for Parenting Young Children 0 - 6

This workshop for parents of children 0 – 6 is designed to:

- Teach relationship-based approaches and strategies to manage intense emotions
- Help caregivers understand the connection between development and emotional regulation
- Explore how caregivers can support their young children with emotional regulation



# MENTAL HEALTH WORKSHOP DESCRIPTIONS

## Top Tips for Improving Behaviours



This workshop for parents of children 0 – 18 is designed to give you 10 tips to help manage your children’s behaviour. We will review a variety of tools and strategies and provide examples of how these can be implemented at home.



**Thank  
You**



31 Hyperion Court,  
Kingston, ON, K7K 7G3



[maltbycentre.ca](http://maltbycentre.ca)



613-546-8535



[ffsintake@maltbycentre.ca](mailto:ffsintake@maltbycentre.ca)