



Fall 2026
FREE PARENT/CAREGIVER
WORKSHOPS
MONTH AT A GLANCE

September 2026

FREE PARENT/CAREGIVER

WORKSHOPS



AUTISM AND MENTAL HEALTH SERVICES FOR CHILDREN AND YOUTH

September 14 - Why Use Visual Supports AUTISM SERVICES

Monday, September 14, 10:00AM - 11:00AM
ONLINE – FREE with OAP #

September 15 - Meeting the Milestones Napanee Playgroup AUTISM SERVICES

Tuesday, September 15, 9:30AM - 11:30AM
FREE @ Trinity Church - 25 Bridge Street E, Napanee

September 16 - Meeting the Milestones Playgroup AUTISM SERVICES

Wednesday, September 16, 9:30AM - 11:30AM
FREE @ BGC - 1300 Bath Rd. Kingston

September 22 - October 20 - Nurturing Touch MENTAL HEALTH SERVICES

Tuesdays, Sept 22 - Oct 20, 10:00AM - 11:30AM
FREE @ 99 Advance Ave, Napanee

September 23 - Napanee Youth Connect MENTAL HEALTH SERVICES

Wednesday, September 23, 2:30PM - 5:00PM
FREE @ 99 Advance Ave, Napanee

September 24 - December 10 - Aspire Athletics AUTISM SERVICES

Thursdays, Sept 24 - Dec 10, 6:00PM - 7:00PM
FREE @ Molly Brant PS - 30 Lyons St, Kingston

September 26 - Digital Adventures Video Game Club AUTISM SERVICES

Saturday, September 26, 4:00PM - 7:00PM
Free @ 31 Hyperion Court

September 28 - Autism Resource Clinic AUTISM SERVICES

Monday, September 28, 9:00AM - 4:00PM by apt
FREE @ 31 Hyperion Court, Kingston

September 29 - Meeting the Milestones Napanee Playgroup AUTISM SERVICES

Tuesday, September 29, 9:30AM - 11:30AM
FREE @ Trinity Church - 25 Bridge Street E,
Napanee

September 29 - Nov 24 - AFFRIM Youth Group MENTAL HEALTH SERVICES

Tuesdays, Sept 29 - Nov 24, 4:00PM - 5:30PM
FREE @ KNCLN - 218 Concession St., Kingston

Check out our online calendar
for more information



MaltbyCentre.ca

613.546.8535 or 1.844.855.8340

October 2026

FREE PARENT/CAREGIVER

WORKSHOPS



AUTISM AND MENTAL HEALTH SERVICES FOR CHILDREN AND YOUTH

October 5 - What is ABA?

AUTISM SERVICES

Monday, October 5, 12:00PM - 1:00PM

ONLINE - FREE with OAP #

October 5 - November 2 - Infant Massage

MENTAL HEALTH SERVICES

Mondays October 5 - November 2 - 1:00PM - 2:30PM

FREE @ Sydenham EarlyON - 4365 Sydenham MI St

October 6 - Play to Grow

AUTISM SERVICES

Tuesday, October 6, 1:00PM - 2:00PM

ONLINE - FREE with OAP #

October 7 - Meeting the Milestones Playgroup

AUTISM SERVICES

Wednesday, October 7, 9:30AM - 11:30AM

FREE @ BGC - 1300 Bath Rd. Kingston

October 7 - Teaching Your Child Toileting Skills

AUTISM SERVICES

Wednesday, October 7, 10:00AM - 11:00AM

ONLINE - FREE with OAP #

October 7 - Napanee Youth Connect

MENTAL HEALTH SERVICES

Wednesday, October 7, 2:30PM - 5:00PM

FREE @ 99 Advance Ave, Napanee

October 13 - Meeting the Milestones Napanee Playgroup

AUTISM SERVICES

Tuesday, October 13, 9:30AM - 11:30AM

FREE @ Trinity Church - 25 Bridge Street E, Napanee

October 14 - December 2 - Circle of Security - Kingston

MENTAL HEALTH SERVICES

Wednesdays, Oct 14 - Dec 2, 10:00AM - 11:30AM

Free @ BGC South East - 1300 Bath Rd., Kingston

October 14 - Coping with Challenging Behaviours

AUTISM SERVICES

Wednesday, October 14, 5:30PM - 6:30PM

ONLINE - FREE with OAP #

October 15 - December 3 - Circle of Security - Sydenham

MENTAL HEALTH SERVICES

Thursdays, 15 October - 3 December 10:00AM - 11:30AM

FREE @ 2876 Campbell Rd. Harrowsmith

October 21 - Meeting the Milestones Playgroup

AUTISM SERVICES

Wednesday, October 21, 9:30AM - 11:30AM

FREE @ BGC - 1300 Bath Rd. Kingston

October 21 - Napanee Youth Connect

MENTAL HEALTH SERVICES

Wednesday, October 21, 2:30PM - 5:00PM

FREE @ 99 Advance Ave, Napanee

October 26 - Autism Resource Clinic

AUTISM SERVICES

Monday, October 26, 9:00AM - 4:00PM by apt

FREE @ 31 Hyperion Court, Kingston

October 27 - Meeting the Milestones Napanee Playgroup

AUTISM SERVICES

Tuesday, October 27, 9:30AM - 11:30AM

FREE @ Trinity Church - 25 Bridge Street E, Napanee

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November 2026

FREE PARENT/CAREGIVER

WORKSHOPS



AUTISM AND MENTAL HEALTH SERVICES FOR CHILDREN AND YOUTH

November 4 - Meeting the Milestones Playgroup AUTISM SERVICES

Wednesday, November 4, 9:30AM - 11:30AM
FREE @ BGC - 1300 Bath Rd. Kingston

November 4 - Napanee Youth Connect MENTAL HEALTH SERVICES

Wednesday, November 4, 2:30PM - 5:00PM
FREE @ 99 Advance Ave, Napanee

November 9 - Transition to Adulthood AUTISM SERVICES

Monday, November 9, 5:30PM - 7:30PM
ONLINE – FREE with OAP #

November 10 - Meeting the Milestones Napanee Playgroup AUTISM SERVICES

Tuesday, November 10, 9:30AM - 11:30AM
FREE @ Trinity Church - 25 Bridge Street E, Napanee

November 10 - Transition Through the Day AUTISM SERVICES

Tuesday, November 10, 6:00PM - 7:30PM
ONLINE – FREE with OAP #

November 18 - Meeting the Milestones Playgroup AUTISM SERVICES

Wednesday, November 18, 9:30AM - 11:30AM
FREE @ BGC - 1300 Bath Rd. Kingston

November 18 - Words to Know! The F Words of Childhood Development AUTISM SERVICES

Wednesday, November 18, 12:00PM - 1:00PM
ONLINE – FREE with OAP #

November 18 - Napanee Youth Connect MENTAL HEALTH SERVICES

Wednesday, November 18, 2:30PM - 5:00PM
FREE @ 99 Advance Ave, Napanee

November 24 - Meeting the Milestones Napanee Playgroup AUTISM SERVICES

Tuesday, November 24, 9:30AM - 11:30AM
FREE @ Trinity Church - 25 Bridge Street E, Napanee

November 30 - Autism Resource Clinic AUTISM SERVICES

Monday, November 30, 9:00AM - 4:00PM by apt
FREE @ 31 Hyperion Court, Kingston

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December 2026

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WORKSHOPS



AUTISM AND MENTAL HEALTH SERVICES FOR CHILDREN AND YOUTH

December 2 - Meeting the Milestones Playgroup

AUTISM SERVICES

Wednesday, December 2, 9:30AM - 11:30AM

FREE @ BGC - 1300 Bath Rd. Kingston

December 2 - Napanee Youth Connect

MENTAL HEALTH SERVICES

Wednesday, December 2, 2:30PM - 5:00PM

FREE @ 99 Advance Ave, Napanee

December 8 - Meeting the Milestones Napanee Playgroup

AUTISM SERVICES

Tuesday, December 8, 9:30AM - 11:30AM

FREE @ Trinity Church - 25 Bridge Street E, Napanee

December 9 - How to Improve my Child's Social Skills

AUTISM SERVICES

Wednesday, December 9, 10:00AM - 11:00AM

ONLINE - FREE with OAP #

December 14 - Teaching Your Child Toileting

AUTISM SERVICES

Monday, December 14, 7:00PM - 8:00PM

ONLINE - FREE with OAP #

December 16 - Meeting the Milestones Playgroup

AUTISM SERVICES

Wednesday, December 16, 9:30AM - 11:30AM

FREE @ BGC - 1300 Bath Rd. Kingston

December 16 - Will Pictures Help My Child to Communicate

AUTISM SERVICES

Wednesday, December 16, 7:00PM - 8:00PM

ONLINE - FREE with OAP #

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