



Mental Health Workshops & Groups Fall 2025



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MENTAL HEALTH GROUPS & WORKSHOPS

Group Registration:

Please email 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.





SNAP®, which stands for **STOP NOW AND PLAN**, is an evidence-based, cognitive-behavioural model powered by the minds at Child Development Institute (CDI).

The gender-sensitive SNAP® Boys and SNAP® Girls programs are designed for children ages **6-11**.

The goal of this program is to prevent future anti-social behaviour and reducing the chances of conflict with family, peers and authority figures.

Presenting problems may include:

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



More Info:



reception@maltbycentre.ca

In this program parents will:

- Learn effective child management and SNAP® strategies.
- Form connections with other parents facing similar challenges

In this program, children will:

- Learn to use SNAP® in different situations.
- Learn to make better choices in the moment

SNAP Exclusion Criteria * Boys and girls whose problems are primarily internalizing; significant developmental delays; or autistic spectrum disorders are assisted to locate more appropriate resources.

CIRCLE OF SECURITY KINGSTON

Circle of Security Parenting, is a FREE 8 week program for caregivers of children 0 - 6, promoting a positive and secure parent-child relationship.



The information in this program can help caregivers:

- Better understand their child's emotional world by learning to read emotional needs and cues
- Support their child's ability to successfully manage emotions and build their child's self-esteem
- Feel more confident in parenting and have more positive, parent led, interactions with their child

Register Here!

Date: Fridays, September 12 - October 31, 2025
(8 Sessions total)

Time: 2:30PM - 4:00PM

Location: Kingston Community Health Centre
263 Weller Ave

Limited childcare space available



613-546-8535



reception@maltbycentre.ca

FREE

SOMETHING FOR DADS

Are you looking to...

Grow your parenting skills to become a healthier parent for your children and/or with their other parent?

Help your children thrive and strengthen your family?

Deepen your understanding of yourself as a dad and as an individual?

Do you have children under the age of 18?
Do you have access with your children, ranging from full custody to joint custody, visits or phone calls?

Led by experienced facilitators, **Something for Dads** is a 10-session program delivered one evening a week at **NO COST**



WHERE AND WHEN?

Wednesdays, October 1-December 3, 2025
5:00-7:00pm at Kingston Community Health Centres
263 Weller Ave

A light meal provided
Childminding and Transportation support available

Email info@gsfkr.ca for more information

FUNDED THROUGH THE SISTERS OF PROVIDENCE OF ST. VINCENT DE PAUL COMMUNITY IMPACT FUND AT THE COMMUNITY FOUNDATION FOR KINGSTON & AREA





AFFIRM

— YOUTH —

Maltby Centre in partnership with Providence Care is pleased to offer the Affirm Group

The AFFIRM group is designed to help 2SLGBTQIA+ youth manage stress and build community

AFFIRM supports mental health, enhances coping skills and validates the strengths of its participants.

To learn more, check out our [infographic](#) and [FAQ](#).

Who: 2SLGBTQIA+ youth ages 16-20

**When: Thursdays, 4PM-5:30PM
October 2 - December 4, 2025**

Where: 31 Hyperion Court, Kingston

For more information,
including to register for the
group please contact:



We would like to thank the United Way for supporting this group.



Affirmative
RESEARCH

WHAT'S IMPORTANT TO KNOW ABOUT ADHD

What is it?

This is an information session on the basics of ADHD for professionals working with clients with ADHD that are looking to learn more about the foundations of ADHD. (This is not an advanced training for clinicians.)

Information shared will include:

- myths & facts about ADHD
- helpful strategies
- scenario examples
- Q&A time

When is it?

Tuesday, October 7, 2025

12:00PM - 1:30PM

Virtually on TEAMS

Register today!



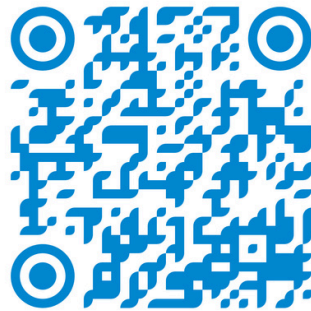
Parenting

Your Anxious Child

This 2-part 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

Register today!



October 9 & 16

10:00 AM - 1:00 PM

In Person

31 Hyperion Court

Kingston





GO ZEN! ANXIETY GROUP

Handle anxiety, fear, and hopeless thoughts.

- Shows how anxiety and excessive worrying affect the body and mind
- Explains the brain and how it deals with worry
- Shows how to recognize "ThoughtHoles" or thoughts that distort reality
- Explores the 5Cs of resilience, the FARR Method, and other techniques

Thursdays

October 9 - November 20

6:00PM - 7:30PM

31 Hyperion Court, Kingston

Ages 7 - 11



www.maltbycentre.ca

**To Register please email:
reception@maltbycentre.ca
Deadline to register Sept 24th, 2025**



CERCLE DE SÉCURITÉ

Cercle de sécurité est un programme GRATUIT de 8 semaines destiné aux parents d'enfants de 0 à 6 ans, favorisant une relation parent-enfant positive et sécurisante.



Les informations contenues dans ce programme peuvent aider les parents à :

- Mieux comprendre le monde émotionnel de leur enfant en apprenant à lire ses besoins et ses signaux émotionnels ;
- Soutenir la capacité de leur enfant à gérer ses émotions et à développer son estime de soi ;
- Se sentir plus confiant dans son rôle parental et avoir des interactions plus positives, menées par les parents, avec leur enfant.

Date: les vendredis 7 novembre - 16 janvier
(8 séances au total)

Il y aura une pause du 19 décembre au 2 janvier

Temps: 9h30 - 11h00

Emplacement: 263 Weller Avenue



en partenariat avec A GREAT START FOR FAMILIES: KAHWÀ:TSIRE RONWATIYENAWÁ:SE CENTRE



613-546-8535



reception@maltbycentre.ca



Parenting Your Anxious Young Child Ages 0-6

4 Week Virtual Parenting Group on TEAMS

Join us each Tuesday

November 18 - December 9 - 12:00PM - 1:00PM

Understand more about:

- ❖ How anxiety develops
- ❖ How to teach your child to face their fears
- ❖ How to use rewards to increase your child's bravery
- ❖ How to use effective parenting strategies
- ❖ How to help your child become more independent

Register today!





Kingston

PreVenture Program

A Youth Mental Wellness Program



GET TO KNOW YOURSELF BETTER!

PreVenture is a mental wellness program for youth (age 12-18 years). It recognizes the importance of individual differences in how youth understand and cope with different types of life challenges. You will connect with other youth in a space that lets you learn more about yourself and supports building new skills to help achieve your goals.

THE FIRST STEP IS FILLING OUT OUR QUESTIONNAIRE & CONSENT!

Don't forget to leave your phone number and email so we can get in touch!

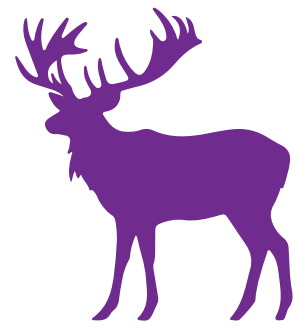
Get in Touch!

613-546-8535

www.maltbycentre.ca

Preventure@maltbycentre.ca




The **CARIBOU** Pathway




Depression affects many young people – but there’s no one-size-fits-all solution. That’s why the CARIBOU Pathway is working to find out what treatments work best for youth with depression.

Through research, collaboration, and personalized care, the CARIBOU Pathway helps youth aged 13–18 living with depression.



-  Evidence-based
-  Youth-centered
-  Focused on real impact

 Want to learn more or get involved?
Come to our walk-in clinic or
make an appointment
to find out if this program is right for you!





Walk - In Clinic



Clinic runs from 10am to last appointment at 4:45pm.

Kingston - Every Tuesday at 31 Hyperion Court

Napanee - Alternating Wednesdays at 99 Advance Ave

Sydenham - Alternating Wednesdays at 2876

Campbell Road

Sharbot Lake - 1st Wednesday of the Month at

1005 Medical Center Rd



For more information,
call 613-546-8535



To see our full Walk-In schedule,
visit maltbycentre.ca





**Thank
You**



31 Hyperion Court,
Kingston, ON, K7K 7G3



maltbycentre.ca



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