

# April 2023

## PARENT/CAREGIVER

# WORKSHOPS



## AUTISM AND MENTAL HEALTH SERVICES FOR CHILDREN AND YOUTH

### April 4 - April 25 - Intro to ABA

#### AUTISM SERVICES

Tuesdays, April 4 - 25, 6:00PM – 8:00PM EST  
ONLINE – FREE with OAP #

### April 5 - Parenting Though Divorce/Separation

#### MENTAL HEALTH SERVICES

Wednesday, April 5, 12:00PM – 1:30PM EST  
ONLINE – FREE

### April 6 - May 25 COPE Napanee

#### MENTAL HEALTH SERVICES

Thursdays, April 6 - May 25, 10:00AM – 12:00PM EST  
FREE @ 99 Advance Ave, Napanee

### April 12 - Reading Between the Lines - What Is Not Being Said

#### AUTISM SERVICES

Wednesday, April 12, 10:00AM – 12:00PM PM EST  
ONLINE – FREE with OAP #

### April 13 - Coping with Challenging Behaviour

#### AUTISM SERVICES

Thursday, April 13, 6:00PM – 7:00PM PM EST  
ONLINE – FREE with OAP #

### April 17 - Transition Through the Day

#### AUTISM SERVICES

Monday, April 17, 6:00PM – 8:00PM PM EST  
ONLINE – FREE with OAP #

### April 18 - Growing Together in the Early Years: Making Connections

#### AUTISM SERVICES

Tuesday, April 18, 9:30AM – 12:30PM PM EST  
ONLINE – FREE with OAP #

### April 19 - What's Important to Know About ADHD

#### MENTAL HEALTH SERVICES

Wednesday, April 19, 1:00PM – 2:30PM EST  
FREE @ 31 Hyperion Court, Kingston

### April 20 & 27 - Parenting Your Anxious Children

#### MENTAL HEALTH SERVICES

Thursday, April 20 & 27, 5:00PM – 7:30PM EST  
FREE @ 31 Hyperion Court, Kingston

### April 22 - Emotional Regulation for Parenting Young Children

#### MENTAL HEALTH SERVICES

Saturday, April 22, 9:00AM – 11:00AM EST  
FREE @ 31 Hyperion Court, Kingston

### April 22 - Visuals to Help Support Emotional Regulation 0-6

#### MENTAL HEALTH SERVICES

Saturday, April 22, 1:00PM – 3:00PM EST  
FREE @ 31 Hyperion Court, Kingston

### April 25 - Virtual Teen Hangout

#### AUTISM SERVICES

Tuesday, April 25, 4:00PM – 5:00PM PM EST  
ONLINE – FREE with OAP #

### April 26 - Kick Back, Share and Chat: Autism Service Parent Group

#### AUTISM SERVICES

Wednesday, April 26, 6:30PM – 7:30PM PM EST  
FREE with OAP # @ 31 Hyperion Court

### April 27 - Emotional Regulation for Parenting Adolescents

#### MENTAL HEALTH SERVICES

Thursday, April 27, 12:00PM – 2:00PM EST  
ONLINE – FREE

### April 28 - Good Night, Sleep Tight

#### AUTISM SERVICES

Friday, April 28, 1:00PM – 3:00PM EST  
ONLINE – FREE



Check out our online calendar  
for more information

**MaltbyCentre.ca**  
613.546.8535 or 1.844.855.8340