



CELEBRATING 30 YEARS
CÉLÉBRONS 30 ANS



Mental Health Workshops & Groups Fall 2026





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Maltby Centre

MENTAL HEALTH SERVICES



LOCATIONS

Kingston - 31 Hyperion Court

Napanee - 99 Advance Ave

Sydenham - 2876 Campbell Road

Sharbot Lake - 1004 Art Duffy Road, R.R. #1

Northbrook - 12497A Highway 41

Virtual - Phone & Video Conference



WHO IS IT FOR?

This free service is available to children and youth (0-18 years), caregivers and families from communities in KFL&A.

WHAT CAN I EXPECT?

In your first meeting you will meet with a registered therapist to explore any behavioural or mental health concerns. We discuss the ways you use your knowledge, strengths and skills to manage, as we work together to determine new ideas and next steps.

CONNECT NOW

Children, youth, or their caregivers are invited to make a referral to Maltby Center by clicking the QR code. Referrals are triaged and then followed up with by emailing an appointment date/time.



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



For more information, call 613-546-8535



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



Maltby Centre

VIDEO VAULT



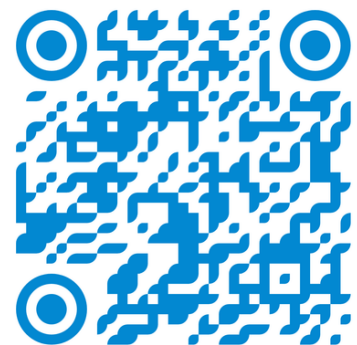
Pre-recorded videos on a variety of topics you can request curated by age group. This allows you the flexibility to watch when you're available.

TOPICS

- Emotional Regulation for Parenting Young Children
- What's Important to Know about ADHD
- How to Shape a Behaviour
- Preventing Crisis and Supporting Big Emotions
- Teaching Toileting Skills
- Play To Grow
- Improving Social Skills
- and More

CHECK IT OUT TODAY

Click on the QR code to view our list of videos, then register for the workshops you are interested in watching. Video links will be emailed to you within business hours.





SNAP

LICENSED AFFILIATE



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.

Nurturing Touch

Baby Massage Classes



JOIN OUR TRAINED
STAFF TO LEARN TO
MASSAGE YOUR INFANT
(3 - 12 MONTHS).



Register Here!

TUESDAYS

SEPTEMBER 22 - OCTOBER 20

10:00AM - 11:30AM

99 ADVANCE AVE, NAPANEE

BENEFITS INCLUDE:

- STIMULATION (PHYSICAL AND DEVELOPMENTAL)
- RELAXATION
- PROMOTES RELATIONSHIP AND BONDING WITH YOUR BABY





NAPANEE YOUTH CONNECT

What:

A youth group promoting positive social and emotional health for ages 13-18.

Activities:

Hands on activities, crafts, games & snacks provided.

Bus # 726 from NDSS, TPCS students walk to NDSS
Bus #758 from Southview

Transportation support to return home on a case-by-case basis available. Please connect with Shannon to arrange: shannonr@kchc.ca

Contact Rebecca Truscott if
have any questions:
rtruscott@maltbycentre.ca
613-531-1610



2:30PM - 5:00PM



September 23
October 7 & 21
November 4 & 18
December 2



99 Advance Ave.
Napanee



**Napanee Area Community
Health Centre**
A part of Kingston Community Health Centres (KCHC)



**COMMUNITY
FOUNDATION**
for Lennox & Addington

Highschool volunteer hours available!

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 12-16

When: Tuesdays, 4PM-5:30PM

September 29 - November 24, 2026

**Where: Kingston Native Centre & Language Nest
218 Concession St. Kingston**

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





RURAL FRONTENAC
COMMUNITY SERVICES



Infant Massage

Free workshop for newborns to pre-crawlers and their caregivers.

Take time out of your day to connect with your baby through the power of nurturing touch. Our staff in partnership with Maltby Centre and trained by International Association of Infant Massage will teach you how to massage your infant, provide an opportunity to connect with other parents, and support bonding with your baby in a warm and welcoming environment.

**Five weekly sessions starting
Monday, October 5 in Sydenham
from 1:00-2:30**



Registration is required at keyon.ca

For more information call 613-279-3151 ext 306 or email: earlyon@rfcs.ca

FREE

SOMETHING FOR DADS

Are you looking to...

Grow your parenting skills to become a positive 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 7- December 9, 2026
5pm-7pm at Kingston Community Health Centres
263 Weller Ave, Kingston

A light meal provided

Childminding and Transportation support available

REGISTRATION NOW OPEN!

Email info@gsfkr.ca

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



Kingston Community Health Centres
Centres de santé communautaire de Kingston



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: Wednesdays, October 14 - December 2
(8 Sessions total)

Time: 10:00AM - 11:30AM

Location: BGC West End - 1300 Bath Rd.

Limited childminding space available



613-546-8535



reception@maltbycentre.ca

CIRCLE OF SECURITY SYDENHAM

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: Thursdays, October 15 - December 3
(8 Sessions total)

Time: 10:00AM - 11:30AM

Sydenham Maltby Centre

2876 Campbell Road, Harrowsmith

Childminding generously provided by a Great Start for Families



613-546-8535



reception@maltbycentre.ca



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 jeudis 15 octobre - 3 décembre 2026

(8 séances au total) Temps: 9h30 - 11h00

Emplacement: 263 Weller Avenue



en partenariat avec A GREATS TART FOR FAMILIES:KAHWÀ:TSIRERONWATIYENAWÁ:SECENTRE et FACSFLA

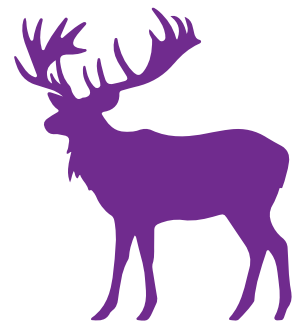


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The **CARIBOU** Pathway



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!





**Thank
You**



31 Hyperion Court,
Kingston, ON, K7K 7G3



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