

Rural
Response
for Healthy
Children

PROGRAM GUIDE

September to December 2024



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ABOUT US

Rural Response for Healthy Children is a non-profit organization serving families in Huron-Perth, Ontario.

Our team offers education and support groups, activities, and workshops for parents and caregivers who are experiencing life transitions or coping with vulnerable situations.

We also educate children and youth with a focus on social and emotional learning, mental well-being, and personal safety at home, in the community, and online.

VISION

A responsive community that supports, nurtures and strengthens families and children.

MISSION

Helping families and children to create an environment of well-being through community engagement and capacity building.

VALUES

Responsiveness • Making Connections • Capacity Building
Caring • Fairness • Accessibility

FALL 2024

WELCOME

This guide outlines the numerous programs Rural Response for Healthy Children is offering throughout Huron and Perth Counties from September to December 2024.

We are here to help families in our community, from parenting practices to community support. Our skilled team of parent and child support workers facilitate all sessions, which are available at no cost to participants, unless stated otherwise.

Participant safety and privacy is prioritized in all settings, whether virtual or in person. We offer a safe, moderated space where participants are supported in a confidential setting.

Links to register are on each program page throughout this guide, or you can also go to www.rrhc.on.ca/program-calendar and click on specific dates. If you have any questions or concerns about a program or event, please feel free to contact the listed program facilitator.

Once registered for a program, our team is available to support participants in accessing the program. If it is virtual, this includes basic technical instruction, and if need be, access to devices. If it is in person, this may include subsidized transportation to the program location.

Additional resources are available online at www.rrhc.on.ca/resources.



PARENT/CAREGIVER PROGRAMS

NOBODY'S PERFECT



This in-person, participant-centered program supports parents/caregivers to learn and build upon positive parenting skills. It provides an opportunity to share questions, concerns, and ideas about being a parent. Participants shape the discussion based on their individual needs for positive parenting and understanding of children's health, safety, and behaviour.

Nobody's Perfect resources are provided free of charge with funding from the Government of Canada. Registration is required to attend. Please register at the link below or head to www.rrhc.on.ca/nobodys-perfect by **September 13**.

DURATION: 5 weeks

DATES AND TIMES: Fridays from 10:00 to 11:30 AM
Friday, September 20 - Friday, October 18

LOCATION: Salvation Army Wingham Community Church at 205 Josephine St in Wingham

FACILITATORS: Susan Cowman & Jill Robertson, Parent Support Workers

[REGISTER HERE](#)

PARENT/CAREGIVER PROGRAMS

GRANDPARENTS RAISING GRANDCHILDREN



This peer support group is for grandparents who are raising their grandchildren. We meet in-person and virtually. Participation provides a connection to caregivers who are living a similar experience. The program provides opportunities to improve positive grandparenting skills and build caregiver-child attachment, as well as access to other community supports.

This program is provided by the Government of Canada. Registration is required to attend.

DATES AND TIMES: Every other Wednesday from 12:30 to 2:00 PM

Virtual Sessions:

Wednesday, September 4
Wednesday, October 2
Wednesday, November 6
Wednesday, December 4

In Person Sessions:

Wednesday, September 18
Wednesday, October 16
Wednesday, November 20
Wednesday, December 18

LOCATION: Virtual sessions are on Zoom. In-person sessions are at Vanastra Christian Reformed Church (50 5th Ave, Clinton).

FACILITATOR: Jill Robertson, Parent Support Worker

[LEARN MORE HERE](#)

PARENT/CAREGIVER PROGRAMS

CAREGIVER CONNECTIONS



Caregiver Wellness Event: Renew, Refresh, Recharge

We have partnered with Huron Respite Network to offer our annual wellness event for parents/caregivers raising children with disabilities, autism, or mental health concerns.

Join us for an evening of fun, self care, refreshments, and food with local wellness practitioners from Huron County offering rejuvenating workshops and connection.

This program is funded by the Government of Canada and Huron Respite Network. Registration is required to attend.

DATE AND TIME: Tuesday, September 17 from 6:00 - 9:00 PM

LOCATION: Community Living-Central Huron (267 Suncoast Dr E in Goderich)

FACILITATORS: Jill Robertson, Parent Support Worker at Rural Response for Healthy Children & Laura Kirk, Respite Coordinator at Huron Respite Network

REGISTRATION: Email or call Laura at lkirk@clch.ca or 1 (519) 524-7362 ext. 222 to register by **September 3**.

[REGISTER HERE](#)

PARENT/CAREGIVER PROGRAMS

BABY LOVE



Baby Love is a group format, evidence-based program of attachment theory. This program is for parents/caregivers who have infants from 2 months to 14 months of age. Please bring your infant with you, if possible.

Baby Love supports parents and caregivers in strengthening their attachment relationship with their infants and emphasizes the importance of feelings of security, reflective capacity, and sensitive caregiving behaviours through 6 sessions offered weekly.

This program is funded by the Government of Canada. Registration is required to attend. Please register by **September 12** through the registration link below or at www.rrhc.on.ca/program-calendar.

DURATION: 6 weeks

DATE AND TIME: Thursdays for 10:00 – 11:30 AM
Thursday, September 19 to Thursday, October 24

LOCATION: Vanastra Christian Reformed Church at 50 5th Ave in Vanastra

FACILITATORS: Susan Cowman & Jill Robertson, Parent Support Workers

[REGISTER HERE](#)

PARENT/CAREGIVER PROGRAMS

FAMILY CROCKPOT COOKING



This program is for parents/caregivers who have children living at home. Each participant receives a NEW crockpot to keep, and each week we'll prepare a recipe to take home and cook for a family meal. Each week we will also learn about healthy, affordable and yummy crockpot recipes, while discussing the importance of healthy eating and family mealtimes.

Childcare is not provided, this program is meant for parents/caregivers only.

This program is provided free of charge due to funding from the Government of Canada. Registration is required to attend. Please register by **October 24** through the registration link below or at www.rrhc.on.ca/program-calendar.

DURATION: 4 weeks

DATES AND TIMES: Tuesdays from 10:00 to 11:00 AM
Tuesday, November 5 to Tuesday November 26

LOCATION: St. Paul's Trinity Anglican Church, Wingham (19 John St E)

FACILITATOR: Susan Cowman, Parent Support Worker

[REGISTER HERE](#)

FAMILY PROGRAMS

DADS/MALE CAREGIVERS & KIDS NIGHT



Calling all dads/male caregivers and kids – we have partnered with the Huron County Museum to provide a night just for you! Join us once a month for fun-filled activities, parent discussions, and social time. There will be tours of the museum and historic gaol, artifact and exhibit activities, parent/child social time, healthy snacks, and games. This is a great opportunity to spend time together with your children.

This program is provided free of charge with funding from the Government of Canada. Monthly registration is required, please register by **the day before** each event.

DATES AND TIMES: Last Thursday of the month from 6:00 to 7:00 PM
Thursday, September 26 6:00 – 7:00 PM (Theme: Fantastic Foods)
Thursday, October 24 6:00 – 7:00 PM (Theme: Pumpkin Patch)
Thursday, November 28 6:00 – 7:00 PM (Theme: Pets of the Past)
Thursday, December 19 6:00 – 7:00 PM (Theme: Sharp-Dressed Dads)

LOCATION: Huron County Museum at 110 North St, Goderich and Huron Historic Gaol at 181 Victoria St N, Goderich

FACILITATORS: Jill Robertson, Parent Support Worker at Rural Response for Healthy Children & Michael Roy, Huron County Museum Staff

[LEARN MORE HERE](#)

FAMILY PROGRAMS

FAMILY NATURE EXPLORERS



We have partnered with Seeds Rooted in Youth to offer this all-seasons program where we will foster a love of outdoors, no matter the weather. We will learn new skills, build structures, make crafts, and play games. Parent support information will be available during each session as we explore nature mindfully as a family. All ages and families are welcome!

Resources, activities, and snacks are provided. Make sure to dress for the weather. Water bottles and sun protection are recommended materials. Registration is recommended but drop-ins are welcome! This program is funded by the Government of Canada, and the Bayfield and Exeter Optimist Clubs.

DATES AND TIMES:

Fall Session (Pioneer Park): Tuesday, September 24, 2024 5:30 – 7:00 PM

Fall Session (Exeter): Tuesday, October 8, 2024 5:00 – 6:30 PM

Winter Session (Pioneer Park): Friday, January 3, 2025 10:00 – 11:30 AM

Spring Session (Pioneer Park): Tuesday, April 29, 2025 5:30 – 7:00 PM

Summer Session (River Flats): Wednesday, July 9, 2025 10:00 – 11:30 AM

LOCATION: Pioneer Park, Bayfield (at the end of Colina St in Bayfield), River Flats, Bayfield (76520 Hwy 21 in Bayfield), and McNaughton Park and Nature Trail, Exeter (56 Hill St in Exeter)

FACILITATORS: Jill Robertson, Parent Support Worker at Rural Response for Healthy Children & Janneke Vorsteveld, Seeds Rooted in Youth Staff

[LEARN MORE HERE](#)

www.rrhc.on.ca

FAMILY PROGRAMS

FAMILY COMMUNITY GARDEN



This program is for parents/caregivers with young children looking to explore all the offerings of a community garden together! This program is based on the Rainbow Food Explorers program, which supports the development of life-long healthy eating habits by encouraging parents and young children to explore and experience rainbows of fruits and vegetables, using all of their senses. This is a fun and interactive way to spend time outside in nature as a family, while exploring all the wonders of a garden and gathering as a community.

Registration is recommended, but drop-ins are welcome! Make sure to dress for the weather, whether it be rain jackets, sunscreen, or sun hats. This program is funded by the Government of Canada.

DURATION: 13 weeks - join us for our last two weeks!

DATES AND TIMES: Thursdays from 10:00 to 11:30 AM

Thursday, September 5

Thursday, September 12

LOCATION: Columbus Park, Goderich (on Balvina Dr E, across from Goderich Place and beside the pickleball courts)

FACILITATOR: Jill Robertson, Parent Support Worker

[LEARN MORE HERE](#)

YOUTH PROGRAMS

SIBSHOPS



We have partnered with Community Support for Families to offer an in-person peer support group for siblings of children who have a developmental or physical disability, autism, or mental health concern. It is an opportunity for the participants to have fun together while receiving peer support, sharing their sibling relationship, and exploring the gifts and challenges of being a sibling to someone with disabilities. We will focus on mental wellness and emotions.

This program is offered free of charge through funding from the Government of Canada, Community Living-Central Huron, and community donations. Registration is required to attend, please register **two days before** each event.

DATES AND TIMES:

Wednesday, September 25, 5:30 – 8:00 PM (Emotion Theme: Joy)

Friday, October 25, 10:30 AM – 1:00 PM (Emotion Theme: Scared)

Friday, November 15, 10:30 AM – 1:00 PM (Emotion Theme: Confusion)

Wednesday, December 11, 5:30 – 8:00 PM (Emotion Theme: Excitement)

LOCATION: Locations vary by date, learn more at our website at the link below.

FACILITATORS: Jill Robertson, Parent Support Worker at Rural Response for Healthy Children & Andria Croteau and Shannon Kirk, from Community Support for Families

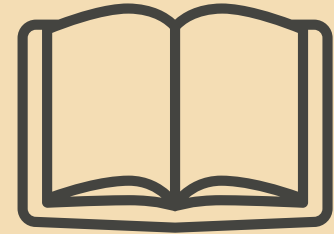
REGISTRATION: Email or call/text Shannon at skirk@clch.ca or 1 (519) 524-7362 ext. 226 to register.

LEARN MORE HERE

www.rrhc.on.ca

COMMUNITY PROGRAMS

VIRTUAL BOOK STUDY



We will be collaborating with Huron Perth Public Health to lead a discussion on the book *Together* by Dr. Vivek H. Murthy. In this book, Dr. Murthy makes a case for loneliness as a public health concern. It is at the root of many of the epidemics sweeping the world today. Loneliness is affecting not only our health, but also how our children experience school, how we perform at work, and the sense of division in our society. This virtual book study is designed to bring together family care professionals and to get a deeper understanding of issues in our community. This program is funded by the Government of Canada.

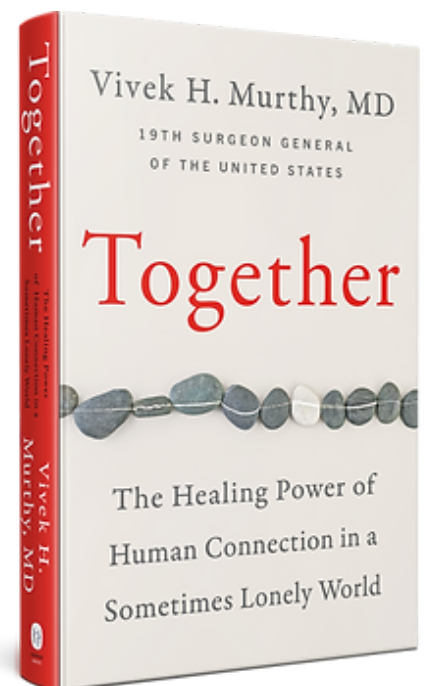
Each participant will receive a book study guide. Books are available for purchase or to borrow from the library. Please register by **September 20** through the link below.

DURATION: 8 weeks

DATES AND TIMES: Wednesdays from 12:00 – 1:00 PM
September 25 to November 13

LOCATION: Zoom

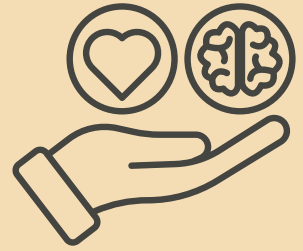
FACILITATORS: Susan Cowman, Parent Support Worker at Rural Response for Healthy Children & Lyndsay O'Donnell, Huron Perth Public Health Staff



[REGISTER HERE](#)

COMMUNITY PROGRAMS

WELL-BEING: EVERY DAY, EVERYWHERE



This virtual program is for teams at workplaces, municipal councils, school parent councils, and other working or volunteer groups.

In an effort to support community well-being, this program supports participants in building understanding and identifying tools that support their ability to relate effectively to others, positively motivate themselves, cultivate their sense of self-worth, identify and express emotions, self-regulate, manage stress, set goals, and manage their time and attention effectively. We all learn easy, everyday well-being tools we can use at work, at home, and in the community.

This program available upon request for individual workplaces or groups. Custom workplace plans are also available upon request.

COST: \$60 per workshop

LOCATION: Zoom

FACILITATOR: Kristi Michel, Child Support & Education Worker

To learn more, contact Kristi at kmichel@rrhc.on.ca.

COMMUNITY PROGRAMS

CIRCLE OF SECURITY: IN THE CLASSROOM



We are now offering Circle of Security: In the Classroom. This professional development opportunity is intended for teachers, educational assistants, support staff, EarlyON staff, and others who work in child education settings.

This is a video-based self-reflection program to help facilitate a positive, supportive classroom environment. Each weekly session is approximately one-hour long. Participants will learn how to promote secure relationships within the school setting, how student behaviour relates to attachment needs, and how to implement this framework in their classrooms.

This program is funded by the Government of Canada and community donations. It is available upon request for individual workplaces or groups.

DURATION: 8 weeks

FACILITATOR: Kristi Michel, Child Support & Education Worker

To learn more, contact Kristi at kmichel@rrhc.on.ca.

SCHOOL PROGRAMS

SCHOOL PROGRAMS



Are you a Huron-Perth teacher or school administrator interested in a learning series for your school? We offer a range of programs in schools for students and staff on topics such as social emotional learning, personal safety, growing resilience, and well-being.

We have a whole separate 2024-2025 School Program Guide with all the information you may need. You can check it out [here](#).

If you have any questions about school programs, you can also contact our Child Support & Education Worker, Kristi, at kmichel@rrhc.on.ca



HAVE QUESTIONS? PLEASE CONTACT US!

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