



Rural
Response
for Healthy
Children

PROGRAM GUIDE

April to August 2025

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SPRING + SUMMER 2025



WELCOME

Rural Response for Healthy Children is a nonprofit organization serving families in the counties of Huron and Perth in 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.

This guide outlines the numerous programs we are offering from **April to August 2025!** Our skilled team of support workers facilitate all sessions, which are available at no cost to participants, unless stated otherwise.

Links to register are on each program page throughout this guide, or you can also go to www.rrhc.on.ca/program-calendar. If you have any questions about a program or event, please contact us at mail@rrhc.on.ca.

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

GRANDPARENTS RAISING GRANDCHILDREN



Being the primary caregiver for your grandchildren can be both rewarding and challenging. This bi-weekly peer support group offers a welcoming space, both in-person and online, for grandparents to connect, share experiences, and support one another. You'll gain practical tools to strengthen your relationship with your grandchildren, build a positive home environment, and access helpful community resources.

This program is made available thanks to support from 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, April 2
Wednesday, May 7
Wednesday, June 4
Wednesday, July 2
Wednesday, August 6

In Person Sessions:

Wednesday, April 16
Wednesday, May 21
Wednesday, June 18
Wednesday, July 16
Wednesday, August 20

LOCATION: Virtual sessions are on Zoom. In-person session locations vary by session, check out each one in our [Program Calendar](#), we have some fun locations coming up!

FACILITATOR: Jill Robertson, Parent Support Worker

[LEARN MORE HERE](#)

PARENT/CAREGIVER PROGRAMS

FAMILY CROCKPOT COOKING



A warm meal can bring families together, and this program makes it easy! Designed for parents and caregivers with children at home, Family Crockpot Cooking is a four-week program that provides participants with a new crockpot to keep and weekly hands-on meal prep. Each session includes preparing a recipe to take home and cook, along with discussions on healthy and affordable crockpot meals. Participants will also explore the importance of family mealtimes and how they support connection and well-being.

This program is for parents and caregivers only, childcare is not provided.

This program is made available thanks to support from the Government of Canada. Registration is required to attend. Please register by **May 28** through the registration link below.

DURATION: 4 weeks

DATES AND TIMES: Wednesday mornings

Wednesday, June 4 at 9:30 - 10:30 AM (Note: This first session is an hour earlier)

Wednesday, June 11 at 10:30 - 11:30 AM

Wednesday, June 18 at 10:30 - 11:30 AM

Wednesday, June 25 at 10:30 - 11:30 AM

LOCATION: Northside United Church at 54 Goderich St W, Seaforth

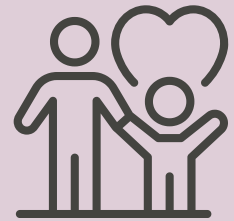
FACILITATOR: Susan Cowman, Parent Support Worker

[REGISTER HERE](#)

www.rrhc.on.ca

PARENT/CAREGIVER PROGRAMS

FOR THE SAKE OF MY KIDS



This four-week program is linked to separation and the impact it has on children and youth today. This group offers insight into how children and youth process separation of their caregivers and the ways negative dialogue between parents can impact self-esteem and self-worth. During separation, many family members are impacted but who often gets overlooked are our children. Group members will learn a variety of personal coping methods to better prepare themselves for the journey ahead as a single parent as well as helpful tools to create a positive as a co-parent.

This program is made available thanks to support from the Government of Canada. Registration is required to attend. To ensure a comfortable environment for all participants, each parent attends separate sessions each week.

DURATION: 4 weeks

DATES AND TIMES: Wednesdays from 1:00 to 3:00 PM & Thursdays from 6:30 to 8:30 PM

Session A: Wednesday, May 7 to Wednesday, May 28

Session B: Thursday, May 8 to Thursday, May 29

LOCATION: Zoom

FACILITATOR: Susan Cowman, Parent Support Worker at Rural Response for Healthy Children & Sara Brown, Community Connections Worker at Huron-Perth Children's Aid Society

[REGISTER HERE](#)

PARENT/CAREGIVER PROGRAMS

BABY LOVE



A strong bond with your baby helps them feel safe, loved, and ready to explore the world. Baby Love is a five-week program designed to support parents and caregivers in building a secure attachment with their infants. Through group discussions and guided activities, you'll learn about your baby's emotional needs, the importance of feelings of security, and how to support their development through responsive caregiving.

This program is for parents and caregivers with babies aged 1-month to 14-months. If possible, please bring your infant along!

This program is made available thanks to support from the Government of Canada. Registration is required to attend. Please register by **April 29** through the registration link below or at www.rrhc.on.ca/baby-love.

DURATION: 5 weeks

DATE AND TIME: Thursdays from 10:15 to 11:30 AM
Thursday, May 1 to Thursday, May 29

LOCATION: Goderich Library - Downstairs Room at 52 Montreal St, Goderich

FACILITATOR: Susan Cowman, Parent Support Worker

[REGISTER HERE](#)

FAMILY PROGRAMS

DADS/MALE CAREGIVERS & KIDS NIGHT



This monthly program is for dads, grandpas, uncles, and male caregivers to connect with their children while enjoying hands-on activities at the Huron County Museum and Historic Gaol. Each night includes exciting museum and historic gaol tours, artifact explorations, games, parent discussions, and social time. Healthy snacks are provided to keep everyone fueled for fun! This is a great way to bond with your child and meet other caregivers in our community.

This program is made available thanks to support from the Government of Canada. Monthly registration is required, please register by **the day before** each event through the registration link below or www.rrhc.on.ca/dads-and-kids.

DATES AND TIMES: Fourth Thursday of the month from 6:00 to 7:00 PM

Thursday, April 24 at 6:00 - 7:00 PM (Theme: Oral Histories, at Huron County Museum)

Thursday, May 22 at 6:00 - 7:00 PM (Theme: Industry Unlocked, at Huron County Museum)

Thursday, June 19 at 6:00 - 7:00 PM (Theme: Gaol Anniversary, at Huron Historic Gaol)

(Note: This is the third Thursday of the month!)

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](#)

www.rrhc.on.ca

FAMILY PROGRAMS

TINY ROOTS GARDEN CLUB: GODERICH



This weekly summer program is a welcoming space for parents, caregivers, and young children to connect with nature, community, and each other. Kids get hands-on garden fun (digging, watering, and planting!) along with plenty of time for free outdoor play. Meanwhile, parents and caregivers can meet other caregivers in our community, chat about parenting, and enjoy the fresh air. The garden activities follow the Rainbow Food Explorers program, which encourages lifelong healthy eating habits. Participants also have the opportunity to take home fresh fruits and vegetables each week!

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 made available thanks to support from the Government of Canada.

DURATION: TBD

DATES AND TIMES: Starting the last week of May, stay tuned!

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

FACILITATOR: TBD

[LEARN MORE HERE](#)

FAMILY PROGRAMS

TINY ROOTS GARDEN CLUB: EXETER



This weekly summer program is a welcoming space for parents, caregivers, and young children to connect with nature, community, and each other. Kids get hands-on garden fun (digging, watering, and planting!) along with plenty of time for free outdoor play. Meanwhile, parents and caregivers can meet other caregivers in our community, chat about parenting, and enjoy the fresh air. The garden activities follow the Rainbow Food Explorers program, which encourages lifelong healthy eating habits. Participants also have the opportunity to take home fresh fruits and vegetables each week!

Registration is recommended, but drop-ins are welcome! Make sure to dress for the weather, whether it be rain jackets, sunscreen, or sun hats, as well as water bottles.

This program is made available thanks to support from the Government of Canada.

DURATION: 6 weeks

DATES AND TIMES: Tuesdays from 10:30 to 11:30 AM
Tuesday, May 27 - Tuesday, July 8 (Note: No session on Tuesday, July 1)

LOCATION: South Huron Community Garden at Exeter Pentecostal Tabernacle (70670 London Rd in Exeter, at the back parking lot)

FACILITATOR: Susan Cowman, Parent Support Worker

[LEARN MORE HERE](#)

FAMILY PROGRAMS

FAMILY NATURE EXPLORERS: BAYFIELD



In partnership with Seeds Rooted in Youth, this all-seasons program encourages families to embrace the outdoors throughout the year. Together, we'll learn new skills, build structures, create crafts, and play fun games. Each session offers parent support and mindful ways to explore nature as a family. This once-a-season program is open to families of all ages, and we provide resources, activities, and snacks to make the experience even more rewarding!

Registration is recommended but drop-ins are welcome! Make sure to dress for the weather. Water bottles as well as sun and/or snow protection are suggested.

This program is made available thanks to support from the Government of Canada and the Bayfield Optimist Club.

DATES AND TIMES:

Spring: Tuesday, April 29 at 5:30 - 7:00 PM (at Pioneer Park)

Summer: Wednesday, July 9 at 10:00 - 11:30 AM (at the River Flats)

LOCATION: Pioneer Park, Bayfield at the end of Colina St in Bayfield, and Bayfield River Flats at 76520 Hwy 21 in Bayfield

FACILITATOR: Janneke Vorsteveld, Seeds Rooted in Youth Staff

[LEARN MORE HERE](#)

FAMILY PROGRAMS

FAMILY NATURE EXPLORERS: CLINTON



In partnership with Seeds Rooted in Youth, this all-seasons program encourages families to embrace the outdoors throughout the year. Together, we'll learn new skills, build structures, create crafts, and play fun games. Each session offers parent support and mindful ways to explore nature as a family. This once-a-season program is open to families of all ages, and we provide resources, activities, and snacks to make the experience even more rewarding!

Registration is recommended but drop-ins are welcome! Make sure to dress for the weather. Water bottles as well as sun and/or snow protection are suggested.

This program is made available thanks to support from the Government of Canada and the Clinton Lions Club.

DATES AND TIMES:

Spring: Tuesday, May 13 at 5:30 - 7:00 PM

Summer: Wednesday, July 9 at 1:00 - 2:30 PM

LOCATION: Clinton Lions Park at 77975 London Rd, Clinton

FACILITATOR: Janneke Vorsteveld, Seeds Rooted in Youth Staff

[LEARN MORE HERE](#)

YOUTH PROGRAMS

SIBSHOPS



In partnership with Community Support for Families, this monthly peer support group is for siblings of children with developmental or physical disabilities, autism, or mental health concerns. Sibshops provide a fun and supportive space for kids to connect with others who understand their experiences. Participants will have the chance to share their sibling relationships, explore the unique joys and challenges of having a sibling with disabilities, and focus on mental wellness and emotions.

This program is made available thanks to support from the Government of Canada, Community Living-Central Huron, and community donations. Registration is required to attend, please register **two days before** each event by contacting Shannon.

DATES AND TIMES:

Wednesday, April 9 at 5:30 - 8:00 PM (Emotion Theme: Pride)

Friday, May 2 at 10:30 AM - 1:00 PM (Emotion Theme: Embarrassment, with guest speaker Dana Prouse of dp Music Therapy!)

LOCATION: Community Living-Central Huron at 267 Suncoast Dr E, Goderich

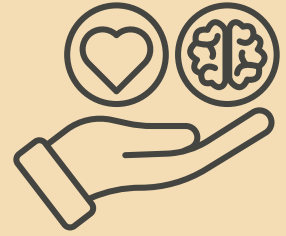
FACILITATORS: Jill Robertson, Parent Support Worker at Rural Response for Healthy Children & Andria Croteau and Shannon Kirk, from Community Support for Families

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

[LEARN MORE HERE](#)

COMMUNITY PROGRAMS

WELL-BEING: EVERY DAY, EVERYWHERE



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

Focused on community well-being, this program helps participants develop tools to strengthen how they relate to others, stay motivated, build self-worth, express emotions, self-regulate, manage stress, set goals, and stay focused. Everyone will learn simple, practical well-being strategies that can be used at work, at home, and in everyday life.

This program is available upon request for individual workplaces or groups, with the option for custom workplace plans to suit your team's needs.

COST: \$60 per workshop

LOCATION: Zoom

FACILITATOR: Kristi Michel, Child Support & Education Worker

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

CIRCLE OF SECURITY: IN THE CLASSROOM



We are offering Circle of Security: In the Classroom, an adaptation of our Circle of Security program, designed for teachers, educational assistants, support staff, EarlyON staff, and anyone working in child education settings.

This video-based, self-reflection program helps educators create a positive, supportive classroom environment. In each one-hour session over eight weeks, participants will learn how to foster secure relationships in the classroom, understand how student behaviour connects to attachment needs, and discover how to apply this framework to their teaching practices.

This program is made available thanks to support from the Government of Canada and community donations. It is available upon request for individual workplaces and 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 mental well-being.

We have a whole separate [2024-2025 School Program Guide](#) with all the information you may need. You can also check our general School Programs page on our website at www.rrhc.on.ca/schoolprograms.

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!

KATRINA CLARKE

Executive Director

kclarke@rrhc.on.ca

1 (226) 699-0707 ext. 102

JULIA MCGREGOR

Administrative Coordinator

jmcgregor@rrhc.on.ca

1 (226) 699-0707 ext. 101

SUSAN COWMAN

Parent Support Worker

scowman@rrhc.on.ca

1 (226) 699-0707 ext. 103

KRISTI MICHEL

Child Support & Education Worker

kmichel@rrhc.on.ca

1 (226) 699-0707 ext. 105