

AUTUMN 2020

# PROGRAM GUIDE



Rural  
Response  
for Healthy  
Children

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www.rrhc.on.ca



# AUTUMN 2020

## WELCOME

This guide outlines the numerous programs Rural Response for Healthy Children is offering for the remainder of 2020. Our professional, knowledgeable team of parent and child support workers facilitate all sessions and are able to refer participants to additional community supports. Every program is free!

The majority of our programs are offered through a virtual platform, using Zoom. Participants online and personal safety are highly valued. We offer a safe, moderated space where participants are supported in protecting their privacy in a confidential setting.

Once registered for a program, you will receive information from the facilitator about online and personal safety and privacy in the virtual platform. Our team is available to support you in learning how to use Zoom and if need be, access devices.

Our autumn programs are intended to support the well-being of families and community. Individuals are encouraged to register by contacting the facilitator listed for each program.

Additional parent/caregiver and child/youth resources are available at <http://www.rrhc.on.ca/resources>



# PARENT/CAREGIVER PROGRAMS

## CIRCLE OF SECURITY

Series #1`

Wednesdays 1:00 pm to 2:00 pm September 16 to November 4

Series #2

Tuesdays 1:00 pm - 2:00 pm September 15 to November 3

Facilitators: Susan Cowman and Genelle Reid

Registration is required to receive virtual meeting access. Please contact Susan Cowman via email [scowman@rrhc.on.ca](mailto:scowman@rrhc.on.ca) or call 1-800-479-0716 and leave a message.

Each series is 8 weeks, choose one series that suits your schedule.

Circle of Security is for parents/caregivers with children living at home. Through the use of videos and discussion, participants develop skills to support their children's ability to manage emotions, enhance the development of children's self-esteem and learn more about children's need to feel secure and why that is important to overall health. Participation provides a connection to parents/caregivers in the community, an opportunity to improve positive parenting and build parent-child attachment, as well as access to other community supports.

Funded by Government of Canada.



# PARENT/CAREGIVER PROGRAMS

## PARENTING YOUNG CHILDREN

Series #1

Thursdays 1:00 pm to 2:00 pm September 24 to October 29

Series #2

Thursdays 1:00 pm to 2:00 pm November 12 to December 17

Facilitators: Jill Robertson and Kristi Michel

Registration is required to receive virtual meeting access. Please contact Jill Robertson via email [jrobertson@rrhc.on.ca](mailto:jrobertson@rrhc.on.ca) or call 1-800-479-0716 and leave a message.

Each series is 6 weeks, choose one series that suits your schedule.

Parenting Young Children is an education and discussion series, using Nobody's Perfect program curriculum, for parents/caregivers of young children, primarily ages 0 to 6. Conversations promote positive parenting and increase parent understanding of children's health, safety and behaviour. Participation improves positive parenting, parent confidence, coping skills and provides connection for families, as well as access to other community supports.

Funded by Government of Canada.



# PARENT/CAREGIVER PROGRAMS

## GRANDPARENTS RAISING GRANDCHILDREN PEER SUPPORT GROUP

Wednesdays Bi-Weekly 2:00 pm to 3:00 pm

September 9 & 23

October 7 & 21

November 4 & 18

December 2 & 16

Facilitator: Jill Robertson

Registration is required to receive virtual meeting access. Please contact Jill Robertson via email [jrobertson@rrhc.on.ca](mailto:jrobertson@rrhc.on.ca) or call 1-800-479-0716 and leave a message.

Grandparents who are raising their grandchildren are welcome to join us for a facilitated discussion with our Parent Support Worker, Jill Robertson.

We meet through the Internet, using Zoom. Participation provides a connection to caregivers who are living a similar experience, opportunity to improve positive grandparenting skills and build caregiver-child attachment, as well as access to other community supports.

Funded by Government of Canada.



# PARENT/CAREGIVER PROGRAMS

## PARKING LOT CONVERSATIONS

Our only IN-PERSON offering this fall.

Drive-in or walk-up and ask any parenting questions. Our support workers will answer questions, provide contact information for additional community supports and provide printed copies of parenting and child resources and activities. Rain or shine; watch for our signs.

Clinton at Rural Response office, 58 Mary Street 10:00 am - 11:00 am  
Thursdays from August 6 to October 29

We will be accompanying the Mobile Food Bank at the following locations;

Vanastra at Christian Reform Church 10:30 am to 12:00 pm  
September 16, October 21, November 18

Brussels at the Barn 10:30 am to 12:00 pm  
September 17, October 22, November 19

Huron Park at former school location 10:30 am to 12:00 pm  
September 18, October 23, November 20

Lucknow at LCBO parking lot 11:00 am to 12:00 pm  
September 17, October 20, November 19

Funded by Government of Canada.



# PARENT/CAREGIVER + CHILDREN PROGRAMS

## FAMILY YOGA + MEDITATION

Wednesdays 9:00 am to 9:45 am  
September 9 to December 16

Facilitator: Jennifer Reaburn

Registration is required to receive virtual meeting access. Please contact Jennifer Reaburn via email [jreaburn@rrhc.on.ca](mailto:jreaburn@rrhc.on.ca) or call 1-800-479-0716 and leave a message.

Parents/caregivers and their children/youth are invited to join certified yoga instructor Jennifer Reaburn for fun, mindful movement, and calming meditation for all ages.

No prior yoga or meditation experience is necessary. All you need is some room to move, and comfortable clothing. Yoga mats are not necessary. A blanket is nice for cozy time at the end.

Funded by Ontario Trillium Foundation and Government of Canada.



# PARENT/CAREGIVER + CHILDREN PROGRAMS

## ACTIVE FAMILY TIME

Wednesdays 11:00 am to 12:00 pm

September 9 to December 16

Facilitator: Jill Robertson

Registration is required to receive virtual meeting access. Please contact Jill Robertson via email [jrobertson@rrhc.on.ca](mailto:jrobertson@rrhc.on.ca) or call 1-800-479-0716 and leave a message.

Active Family Time is our temporary virtual replacement for our active indoor and outdoor parent/child programs that usually occur at the YMCAs in Clinton & Goderich and on local walking trails.

Parents/caregivers, with their children, are welcome to stop in virtually and chat with other parents and engage with children during the planned active movements. A great way to connect before lunch time (and, hopefully, followed by quiet time).

Funded by Government of Canada.

# CHILDREN + YOUTH PROGRAMS



## TEATREE TELLS: PERSONAL SAFETY

### Series #1

September 15 to October 6 Tuesdays 10:00 am to 10:45 am

### Series #2

October 20 to November 10 Tuesdays 10:00 am to 10:45 am

### Series #3

November 24 to December 15 Tuesdays 10:00 am to 10:45 am

Facilitators: Genelle Reid and Nicole O'Neill

Registration is required to receive virtual meeting access. Please contact Genelle Reid via email [greid@rrhc.on.ca](mailto:greid@rrhc.on.ca) or call 1-800-479-0716 and leave a message.

Each series is 4 weeks, choose one series that suits your schedule.

The Teatree Tells program is for children in **Kindergarten to Grade Two**. Children learn about boundaries, how to identify emotions, assertiveness skills, identify and appropriately label body parts, identify safe adults and how to get help from safe adults. This program is administered through interactive activities as well as animated characters.

Funded by Government of Canada and community donations.

# CHILDREN + YOUTH PROGRAMS



## KIDS IN THE KNOW: PERSONAL SAFETY

Series #1

September 17 to October 8    Thursdays    2:00 pm to 2:45 pm

Series #2

October 22 to November 12    Thursdays    2:00 pm to 2:45 pm

Series #3

November 26 to December 17    Thursdays    2:00 pm to 2:45 pm

Facilitators: Genelle Reid and Jill Robertson

Registration is required to receive virtual meeting access. Please contact Genelle Reid via email [greid@rrhc.on.ca](mailto:greid@rrhc.on.ca) or call 1-800-479-0716 and leave a message.

Each series is 4 weeks, choose one series that suits your schedule.

This personal safety program was developed by the Canadian Center for Child Protection and is for children in **Grade 3 and Grade 4**.

Participants learn about internet safety, the difference between personal and not personal information, the concept of luring as well as internet gaming safety. The program is administered through interactive activities that teach them how to be safe.

Funded by Government of Canada and community donations.

# CHILDREN + YOUTH PROGRAMS

A hand is visible on the right side of the page, making a peace sign (V-sign) with the index and middle fingers. The hand is positioned behind the main title text.

## SELF-REGULATION

September 25 to October 30   Fridays   1:00 pm to 2:00 pm

Facilitator: Kristi Michel

Registration is required to receive virtual meeting access. Please contact Kristi Michel via email [kmichel@rrhc.on.ca](mailto:kmichel@rrhc.on.ca) or call 1-800-479-0716 and leave a message.

This program is suitable for **children in Kindergarten to Grade 3**. It is a 6 week program plus a bonus parent/caregiver program.

Parents/caregivers are encouraged to participate in virtual presentation available Friday September 18 from 1:30 pm to 2:30 pm OR via recorded webinar to support the integration of the language at home.

Self-regulation helps us cope with big emotions, adapt, and respond appropriately to our environment. It is an important skill for succeeding in school, community and in relationships. Participants will learn how to identify feelings, name those feelings and develop a toolbox of activities and resources to help support their individual regulation.

Funded by Government of Canada and community donations.

# CHILDREN + YOUTH PROGRAMS



## WITS PRIMARY: CONFLICT RESOLUTION SKILLS

### Series #1

September 16 to October 7      Wednesdays    10:00 am to 10:45 am

### Series #2

October 21 - November 11      Wednesdays    10:00 am to 10:45 am

### Series #3

November 25 - December 16      Wednesdays    10:00 am to 10:45 am

Facilitators: Genelle Reid and Jill Robertson

Registration is required to receive virtual meeting access. Please contact Genelle Reid via email [greid@rrhc.on.ca](mailto:greid@rrhc.on.ca) or call 1-800-479-0716 and leave a message.

Each series is 4 weeks, choose one series that suits your schedule.

The WITS primary program enhances **Kindergarten to Grade 2** child learning to make safe and positive choices when faced with conflict situations. The WITS acronym – Walk away, Ignore, Talk it out, and Seek Help – provides a common language that children and the adults in their environments can use to talk about and respond to peer victimization. Participants learn how to identify emotions, understand how to be a good friend and work on conflict resolution skills.

Funded by Government of Canada and community donations.

# CHILDREN + YOUTH PROGRAMS



## GROWING RESILIENCE FOR YOUTH

September 23 to October 29

Series #1 Wednesdays 2:00 pm to 3:00 pm

Series #2 Thursdays 10:30 am to 11:30 am

November 11 to December 17

Series #3 Wednesdays 2:00 pm to 3:00 pm

Series #4 Thursdays 10:30 am to 11:30 am

Facilitators: Jennifer Reaburn and Kristi Michel

Registration is required to receive virtual meeting access. Please contact Jennifer Reaburn via email [jreaburn@rrhc.on.ca](mailto:jreaburn@rrhc.on.ca) or call 1-800-479-0716 and leave a message.

Each series is 6 weeks, choose one series that suits your schedule.

Growing Resilience is for **youth in Grade 7 to Grade 12**. Participants build understanding and identify tools that support their ability to relate effectively to others, positively motivate ourselves, cultivate our sense of self-worth, identify and express emotions, self-regulate, manage stress, set goals, and manage our time and attention effectively. By the end of the series, participants will have created a personal well-being plan for regular practice at home and at school.

Funded by Ontario Trillium Foundation and Tanner Steffler Foundation.



# COMMUNITY PROGRAMS

## ADULT MEDITATION

Mondays, Tuesdays, Wednesdays, Thursdays  
12:00 pm to 12:15 pm  
September 21 to December 17

Facilitators: Jennifer Reaburn and Kristi Michel

Registration is required to receive virtual meeting access. Please contact Jennifer Reaburn via email [jreaburn@rrhc.on.ca](mailto:jreaburn@rrhc.on.ca) or call 1-800-479-0716 and leave a message.

Huron County residents (parents/caregivers, seniors, employees, small business owners, management and more) are invited to join us for virtual meditation practices.

During the pandemic, self-care is essential for community well-being. Whether it is your lunch break from work or just a break in your day, the meditation may help deepen your sense of curiosity and connection to body, mind, and breath through inquiry and kindness.

No prior meditation experience required.

Funded by Ontario Trillium Foundation



# COMMUNITY PROGRAMS

## WELL-BEING: EVERY DAY EVERY WHERE

Select one date:

September 28 9:30 am to 11:00 am

October 26 1:30 pm to 3:00 pm

November 30 9:30 am to 11:00 am

Also available upon request by individual workplaces or groups.

Facilitators: Kristi Michel and Jennifer Reaburn

Registration is required to receive virtual presentation access. Please contact Kristi Michel via email [kmichel@rrhc.on.ca](mailto:kmichel@rrhc.on.ca) or call 1-800-479-0716 and leave a message.

In an effort to support community well-being during the pandemic, this program is for teams at workplaces, municipal councils and school parent councils. Participants build understanding and identify tools that support their ability to relate effectively to others, positively motivate ourselves, cultivate our sense of self-worth, identify and express emotions, self-regulate, manage stress, set goals, and manage our time and attention effectively. The interaction continues as we all learn easy, everyday well-being tools we can use at work, at home and in the community to support our well being.

Funded by Ontario Trillium Foundation.