



Child, Youth & Family Services

2026



Winter and Spring Workshops & Programs for Youth



Register: Using the QR Codes or 519-371-4773
More information: www.keystonebrucegrey.org

Attention & Memory- Time Management February 13th



Time: 4 to 5:00 pm **Location:** Virtual **Ages:** 11 to 13years

Description: This program teaches task chunking—breaking big tasks into smaller, manageable steps. Participants will practice applying these strategies to their own work, improving time management and organization. By the end, they'll boost productivity, focus, and reduce procrastination and stress.



Attention & Memory- Training Your Brain to Pay Attention Feb 20th



Time: 4 to 5:00 pm **Location:** Virtual **Ages:** 11 to 13years

Description: This program explores how attention and working memory affect daily challenges. Through interactive activities, participants learn strategies to stay focused, recognize distractions, and refocus effectively. They'll also reflect on how these skills improve communication and problem-solving, applying them to everyday life.



Cognitive Flexibility- Thinking Traps & How to Beat Them March 16th



Time: 10 to 11:00 am **Location:** Virtual **Ages:** 11 to 13 Years

Description: Help youth recognize common unhelpful thinking patterns ("thinking traps") and learn how to challenge them with healthier, more realistic thoughts.



Cognitive Flexibility- Understanding & Managing Anxiety March 18th



Time: 10 to 11:00 am **Location:** Virtual **Ages:** 11 to 13 Years

Description: Educate youth about anxiety, exploring how it affects both the body and mind. It provides practical coping strategies to help participants manage anxious thoughts and emotions effectively. Additionally, the program fosters a safe and supportive environment where young people can share their experiences, connect with others, and build mutual support.



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Cognitive Flexibility- Understanding & Managing Anxiety- Part 2 March 20th



Time: 10 to 11:00 am **Location:** Virtual **Ages:** 11 to 13 Years

Description: This program helps participants understand how anxiety shows up emotionally and physically. Learn practical strategies to manage anxious feelings and build healthy coping skills for everyday life.



Social Thinking- Peer Pressure April 10th



Time: 4 to 5:00 pm **Location:** Virtual **Ages:** 11 to 13 Years

Description: Introduce the topic of peer pressure in a fun, relatable way while building rapport and building youth awareness around influence and decision-making.



Social Thinking- Peer Pressure April 17th



Time: 4 to 5:00 pm **Location:** Virtual **Ages:** 11 to 13 Years

Description: This program helps youth build resilience and confidence when facing rejection. They learn to understand others' perspectives, recognize their impact on relationships, practice self-compassion, and reframe rejection positively.



Youth Army of T's

Time: 6 to 7:30 pm

Ages: 14-18 Years

(Virtual) Last THURSDAY of every month.

Starts Jan 29th



Creating Inclusive, Supportive Spaces for Transgender & Gender-Diverse Youth in Grey & Bruce County is a youth-led program for ages 14-18, designed to provide connection, safety, and affirmation. Participants can join monthly virtual meetups, hear from guest speakers, and take part in occasional in-person events featuring arts and crafts, music, cooking, and more. We are excited to relaunch our Army of T's group, creating a welcoming space where transgender and gender-diverse youth can build community, express themselves, and feel supported.

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Winter and Spring Workshops & Programs for Parents



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Parenting Your Anxious Child January 13 & 20th

Time: 6:30-8:30 pm **Location:** Virtual

Description: Understanding Childhood Anxiety helps parents recognize signs of anxiety and why they occur. The program offers practical strategies to respond in ways that build confidence and resilience, plus coping tools for both parents and children. It also addresses common parenting challenges, providing reassurance and techniques to strengthen family connection.



Understanding & Parenting ADHD February 11th

Time: 6:30 to 8:30 pm **Location:** Virtual

Description: Regardless of whether your child is diagnosed or if you are questioning ADHD, Please join Keystone staff and other parents to learn more and share ideas



Parenting Through Change- Separation & Divorce February 12

Time: 11:30 to 1:00 pm **Location:** Virtual

Description: This program supports parents in coping with change by learning effective co-parenting strategies after separation or divorce. It focuses on managing conflict in healthy ways while providing practical tools to help children adjust and feel supported throughout the separation process.



Parenting Your Anxious Child March 4th & 11th

Time: 9:30 to 11:30 am **Location:** Virtual

Description: Understanding Childhood Anxiety helps parents recognize signs of anxiety and why it happens. Learn practical strategies to respond in ways that build confidence and resilience, plus coping tools for both parents and children. The program offers reassurance and solutions for common challenges, helping families feel more connected and confident.



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2026

Winter and Spring Workshops & Programs for Parents

Understanding & Parenting ADHD April 21st



Time: 9:30- 11:30 am **Location:** Virtual

Description: Regardless of whether your child is diagnosed or if you are questioning ADHD, Please join Keystone staff and other parents to learn more and share ideas



Parenting Through Change- Separation & Divorce April 22nd



Time: 6:30-8:00 pm **Location:** Virtual

Description: This program supports parents in coping with change by learning effective co-parenting strategies after separation or divorce. It focuses on managing conflict in healthy ways while providing practical tools to help children adjust and feel supported throughout the separation process.



Parenting Your Anxious Child May 20th & 27th



Time: 1 to 3:00 pm **Location:** Virtual

Description: Understanding Childhood Anxiety helps parents recognize signs of anxiety and why they occur. The program offers practical strategies to respond in ways that build confidence and resilience, plus coping tools for both parents and children. It also addresses common parenting challenges, providing reassurance and techniques to strengthen family connection.



Parenting Through Change- Separation & Divorce June 2nd



Time: 5:30 to 7:00 pm **Location:** Virtual

Description: This program supports parents in coping with change by learning effective co-parenting strategies after separation or divorce. It focuses on managing conflict in healthy ways while providing practical tools to help children adjust and feel supported throughout the separation process.



Understanding & Parenting ADHD June 9th



Time: 1 to 3:00 pm **Location:** Virtual

Description: Regardless of whether your child is diagnosed or if you are questioning ADHD, Please join Keystone staff and other parents to learn more and share ideas



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Child, Youth & Family Services

2026 Ages 0-6 Years

Winter and Spring Workshops & Programs



Register: Using the QR Codes or 519-371-4773
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Mental Health Literacy January 12, 19, 26, Feb 2



Time: 6 to 7:30pm **Location:** Virtual **Ages:** 0 to 6 years

Description: Join us for a meaningful Mental Health Literacy Workshop, where we connect Keystone's Values with the Seven Grandfather Teachings to promote understanding, resilience, and culturally grounded support for mental well-being



Circle of Security January 14, 21, 28, Feb 4, 11, 18, 25, Mar 4



Time: 9:30-11:30 am **Location:** Virtual or In-Person OS **Ages:** 0-6 years

Description: This program helps parents deepen their understanding of their child's emotional world by learning to recognize and respond to emotional needs. Participants will build skills to support their child in managing emotions successfully, strengthen the development of healthy self-esteem, and honor their own innate wisdom and desire to raise a secure, confident child.



Nobody's Perfect Parenting February 3, 10, 17, 24, Mar 3



Time: 1:30 to 3:00 pm **Location:** Virtual or In-Person OS **Ages:** 0-6 years

Description: This program helps parents understand child development and behavior while building confidence. Through practical strategies and peer support, participants reduce stress, improve problem-solving, and strengthen parent-child relationships for overall family well-being



Mental Health Literacy March 2, 9, 16, 23



Time: 1:30-3:00 pm **Location:** Virtual **Ages:** 0 to 6 years

Description: Join us for a meaningful Mental Health Literacy Workshop, where we connect Keystone's Values with the Seven Grandfather Teachings to promote understanding, resilience, and culturally grounded support for mental well-being



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2026 Ages 0-6 Years

Winter and Spring Workshops & Programs



Nobody's Perfect Parenting March 12, 19, 26, Apr 2, 9

Time: 1:30 to 3:00 pm **Location:** Virtual or In-Person OS **Ages:** 0-6 years

Description: This program helps parents understand child development and behavior while building confidence. Through practical strategies and peer support, participants reduce stress, improve problem-solving, and strengthen parent-child relationships for overall family well-being.



Mental Health Literacy April 13, 20, 27, May 4

Time: 10 to 11:30 am **Location:** Virtual **Ages:** 0 to 6 years

Description: Join us for a meaningful Mental Health Literacy Workshop, where we connect Keystone's Values with the Seven Grandfather Teachings to promote understanding, resilience, and culturally grounded support for mental well-being



Nobody's Perfect Parenting April 22, 29, May 6, 13, 20

Time: 10 to 11:30 am **Location:** Virtual or In-Person OS **Ages:** 0-6 years

Description: This program helps parents understand child development and behavior while building confidence. Through practical strategies and peer support, participants reduce stress, improve problem-solving, and strengthen parent-child relationships for overall family well-being



Drop In Play Groups

Time/Days: TUESDAY 9:30 to 11:30 am **Location:** Keystone Owen Sound Office **Ages:** 0 to 6 years

Baby & Me Drop In Play Groups

Time/Days: 1 to 3:00 pm Every Other WEDNESDAY Starting April 8th **Location:** Keystone OS **Ages:** 0-18 Months

Time/Days: 1 to 3:00 pm Every Other WEDNESDAY Starting April 1st **Location:** Hanover 601 16th Ave **Ages:** 0-18 Months

Join our welcoming, child-friendly playgroup that supports early development and mental health. Children enjoy play stations, sensory activities, art, music, and circle time, while parents connect with peers and receive guidance from child development and health professionals. Additional resources, check-ins, and take-home tips help families thrive beyond the playgroup.

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Drop in Dates

Monday 9:30 to 11:30 am **Owen Sound**

Tuesday 9:30 to 11:00 am **Kincardine**

Thursday 1:30 to 3:00 pm **Owen Sound**

Thursday 9:00 to 11:00 am **Port Elgin**

Description: On-site support for parenting stress, family well-being, and children's mental health. Services include one-on-one check-ins, take-home resources, and connections to community supports. Our warm, non-judgmental staff—support early development and provide guidance for parents and caregivers.

Kincardine Drop-In: Kincardine United Church - 721 Princes St.

Port Elgin Drop-In: Faith Lutheran United Church - 525 Iving's Dr.

Owen Sound Drop-In: Keystone - 1793 3rd Avenue West