



Child, Youth & Family Services

2026 Ages 0-6 Years

# Winter and Spring Workshops & Programs



Register: Using the QR Codes or 519-371-4773  
More information: [www.keystonebrucegrey.org](http://www.keystonebrucegrey.org)

## 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



## 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



**Flip for more awesome Workshops & Programs**



2026 Ages 0-6 Years

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**Circle of Security** April 22, 29, May 6, 13, 20, 27 June 3, 10



**Time:** 1:00 pm- 3:00pm **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** June 2, 9, 16, 23, 30



**Time:** 1:30 - 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** June 1, 8, 15,22



**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



## S.P.R.O.U.T Groups for Parents, Caregivers & Children (0-6 Years)



S.P.R.O.U.T = Social Play • Resources • Outreach • Understanding Together  
S.P.R.O.U.T Groups offer a welcoming space for parents, caregivers, and young children to connect, play, learn and grow together. **Baby Sprouts (0-18 months)** focuses on infant care, growth, and early milestones, while **Little Sprouts (0-6 years)** offers play-based learning, parenting support, and early years guidance. Support from a Registered Nurse and Early Childhood Educator is available in groups or 1-to-1, with optional developmental screenings (ASQ/ASQ:SE-2). No registration needed—check our calendar or website for dates, times and location. All are welcome!

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## Newcomer Sprouts (Ages 0-6)

A welcoming space for families new to Canada to learn, play, and connect. Join guided activities with a Registered Nurse and Early Childhood Educator—no need to register, everyone is welcome!

- Play-based activities and songs
- Learn about child development and parenting supports
- Access community resources and 1-to-1 guidance

For location, dates, and times, please see our website or program calendar.

**Kincardine:** Kincardine United Church -721 Princes St.

**Port Elgin:** Faith Lutheran United Church - 525 Ivings Dr.

**Owen Sound:** Keystone - 1793 3<sup>rd</sup> Avenue West

**Hanover:** 581 12<sup>th</sup> Street