

Parent Link

2026 | Spring

A Community approach to Parenting and Caregiver Programs, offering **FREE** parenting classes to parents or caregivers of children aged 0 to 16.

519-257-KIDS (5437)

WWW.HDGH.ORG/PARENTLINK

A collaborative partner project led by Hôtel-Dieu Grace Healthcare



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County





Welcome to Parent Link

Parent Link is a community education guide for parents, caregivers, families, children and youth listing courses, groups, and workshops available in Windsor-Essex.

Offered by a variety of local community agencies, the courses and services published in this guide are designed to share new skills to better meet the challenges facing today's families. Please direct any questions about a particular course to the agency contact in the program description.

Parents/Caregivers
of Children 0-6 years **2**

Parents/Caregivers
of Children 0-12 years **6**

Parents/Caregivers
of Children 6-12 years **7**

Specialized Courses **8**

Peer Support Groups **9**

Course Index **10**

Courses, groups, and workshops for Parents/Caregivers of Children 0-6 years

Circle of Security™ - virtual, 8 week program

Discover how to build a deeper, supportive relationship with your child. Learn to understand their emotions, boost their self-esteem, and create a secure and lasting connection that nurtures growth.

Thursday, May 7 - June 25,
1:00-2:30 pm. [Register here.](#)

Tuesday, June 2 - July 21,
6:00-7:30 pm. [Register here.](#)

Circle of Security™ - 8 week program

Wednesday, April 1 - May 20, 9:30-11:00 am.
With child minding. [Register here.](#)
4400 Howard Ave., Windsor

Tuesday, May 12 - June 30, 6:00-7:30 pm.
1620 Jasperson Dr., Kingsville. [Register here.](#)

FRIENDS Resilience - 4 week program

A program for children ages 4-6 and their parents/caregivers. It helps kids manage feelings, cope with stress, solve problems, and build healthy relationships through fun, practical strategies for both children and adults.

Thursday, July 16 - August 6,
9:00am-12:00 pm. [Register here.](#)
Frank W. Begley Public School
1093 Assumption St., Windsor



[Children First](#)

105-2565 Ouellette Ave., Windsor
519-250-1850

www.children-first.ca/groups-for-parents



Courses, groups, and workshops for Parents/Caregivers of Children 0-6 years

Connections Early Years Family Centre
795 Giles Blvd. E., Windsor
519-252-9696
[Register here.](#) Child minding available.

In person programs

Going to School - 6 week program

Prepare your child for a successful transition to school. Network with other parents and learn practical tips to make starting school a positive experience.

-Tuesday, March 24 - April 28, 9:30-11:30 am

Circle of Security™ - 8 week program

Discover how to build a deeper, supportive relationship with your child. Learn to understand their emotions, boost their self-esteem, and create a secure and lasting connection that nurtures growth.

-Thursday, March 26 - May 14, 9:30-11:30 am

Enjoy Your Baby Course - 5 week program

[Register here.](#)

Enjoy your Baby in a group-based mental health promotion course based on Cognitive Behavioural Therapy (CBT) principles that provide support and training skills to maintain wellness and cope with low mood, stress and anxiety in the year after the birth of a child.

-Monday, April 27 - June 1,

10:00 am - 12:00 pm OR 1:00 - 3:00 pm

Parenting Connections - 8 week program

This group provides parents and caregivers opportunities to share and discuss their parenting experiences, ideas, questions, solutions and successes with one another.

-Tuesday, May 5 - June 23, 9:30-11:30 am

Readers are Leaders: I'm Ready™ - 6 week program

A group for parents and children with engaging activities, information and strategies for fostering emergent literacy skills.

-Thursday, May 21 - June 25, 9:30-11:30 am

Infant Massage - 5 week program

Provides a loving connection between parent and baby starting early in life, supporting the strengthening of this attachment as your baby grows. For mothers, fathers, and their babies.

-Tuesday, May 26 - June 23, 1:30-3:00 pm

Child minding available for older siblings.

Lassaline EarlyON

3145 Wildwood Dr. Windsor

519-739-3751

Pre-registration is required

All Around Art - 4 week program

Invites parents and their children (2.5-6 years) to explore creativity together. Parents actively participate alongside their child, supporting artistic expression and discovery through hands-on activities.

-Tuesday, April 7-28, 1:00-3:00 pm

Songs and Rhymes - 4 week program. Pre-registration is required

Designed for parents and their babies (0-18 months) to enjoy music together. Learn new songs and rhymes that support early language development and bonding.

-Tuesday, June 2, 9, 16 & 23, 1:00-2:30 pm

Courses, groups, and workshops for Parents/Caregivers of Children 0-6 years

Sacred Heart EarlyON

200 Kenwood Blvd., LaSalle

519-734-7961

Pre-registration is required

Musical Moments – 4 week program

An engaging parent and child (2.5-6 years) experience that combines music and movement! This interactive program encourages bonding, creativity, and fun through songs, rhythm, and playful activities.
-Wednesday, April 8-29, 1:00-3:00 pm

All Around Art– 4 week program

Invites parents and their children to explore creativity together. Parents actively participate alongside their child, supporting artistic expression and discovery through hands-on activities.
-Wednesday, June 3-24, 1:30-3:00 pm

Princess Elizabeth EarlyON

5399 Raymond Ave., Windsor

519-946-2993

What's Cooking? – 4 week program

An interactive program where parents and children (2.5 – 6 years) cook together while learning about healthy eating using Canada's Food Guide. Parents become "sous chefs" alongside their little ones, creating fun, nutritious meals and building lifelong healthy habits in the kitchen.
-Thursday, May 7-28, 1:00-2:30 pm

Glengarry EarlyON

495 Glengarry Ave., Windsor

519-258-9874

What's Cooking? – 4 week program

An interactive program where parents and children (2.5 – 6 years) cook together while learning about healthy eating using Canada's Food Guide. Parents become "sous chefs" alongside their little ones, creating fun, nutritious meals and building lifelong healthy habits in the kitchen.
-Wednesday, April 8-29, 10:00-11:00 am

S.T.E.A.M. & Wee Wonders - 4 week program.

Pre-registration is required

Parents and children (2.5–6 years) participate together in hands-on science, technology, engineering, art, and math activities designed to spark curiosity and creativity. Join us for fun, engaging experiences that support early learning and development.
-Wednesday, May 27 - June 17, 1:00-3:00 pm

Erie Migration EarlyON

1620 Jasperson Dr., Kingsville

519-255-3200 ext. 23130

Pre-registration is required

Infant Massage - 5 week program

Provides a loving connection between parent and baby starting early in life, and strengthening this attachment as baby grows.
-Wednesdays, May 6 - June 3, 10:00-11:00 am

[EarlyON Child and Family Centre](http://www.earlyonwindsorsex.ca)
www.earlyonwindsorsex.ca



Courses, groups, and workshops for Parents/Caregivers of Children 0-6 years

EarlyON Child and Family Centre

Virtual programs

[Register here.](#)

Bedtime Routines

Learn simple, effective strategies to create calm, consistent bedtime routines for young children. This virtual session offers practical tips to make evenings smoother and support healthy sleep habits at home.

Wednesday, April 8, 1:30-2:15 pm

Welcome New Baby with Siblings

Learn practical tips to help older siblings adjust to a new baby. This virtual session offers simple strategies to prepare children, reduce stress, and support positive sibling relationships from the start.

Wednesday, May 13, 1:30-2:15 pm

Travelling with Children

Get practical tips for stress-free travel with young children. This virtual session covers simple strategies for planning, packing, and keeping kids comfortable and engaged on the go.

Wednesday, June 17, 1:30-2:15 pm

St. Pius EarlyON

644 Lacasse Blvd., Tecumseh

519-735-1524

Pre-registration is required

All Around Art – 4 week program

Invites parents and their children (2.5-6 years) to explore creativity together. Parents actively participate alongside their child, supporting artistic expression and discovery through hands-on activities.

Monday, May 4 - June 1, 1:00-2:30 pm

Children 0-6 years with Autism

The Summit Centre

940 Prince Rd., Windsor

519-255-1195

Play Group - [register here.](#)

Parents and children join us as we explore and connect during our Play Group. Our staff will lead you through a variety of activities tailored to children's unique needs and interests.

Wednesdays, 9:30-11:00 am

Tuesdays or Thursdays, 1:00-2:30 pm

Courses, groups, and workshops for Parents/Caregivers of Children 0-12 years

Virtual programs

Triple P Seminar Series - 3 sessions; Attend one, two, or all three sessions

The Power of Positive Parenting

Discover simple strategies to encourage the behaviours you want, build routines, and create a calm, supportive home environment.

Wednesday, April 29, 6:00-8:00 pm

Raising Confident, Competent Children

Learn how to help your child develop independence, social skills, and problem-solving abilities for success in everyday life.

Wednesday, May 6, 6:00-8:00 pm

Raising Resilient Children

Find out how to support your child's emotional development, teach coping skills, and build resilience for life's challenges.

Wednesday, May 13, 6:00-8:00 pm

Triple P Discussion Group - 2 sessions; Attend one or both sessions. For parents/caregivers with children 2-12 years.

Hassle-free Shopping with Children

Join this practical parenting session focused on reducing stress while shopping with children. Learn simple strategies to prevent challenging behavior, keep kids engaged, and make outings smoother for everyone.

Tuesday, June 2, 6:00-8:00 pm

Hassle-free Mealtimes with Children

Join this practical parenting session focused on making mealtimes calmer and more enjoyable. Learn simple strategies to prevent power struggles, encourage healthy eating habits, and help children behave positively at the table.

Tuesday, June 9, 6:00-8:00 pm



Regional Children's Centre

3901 Connaught, Windsor
519-257-KIDS (5437)

Register: www.hdgh.org/parentlink



HDGH
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Courses, groups, and workshops for Parents/Caregivers of Children 6-12 years

Community Parenting Classes

Coordinated by RCC

519-257-5437 (KIDS)

[Register here.](#)

Understanding Self-Harm - *virtual program*

A caring and approachable look at self-harm to help caregivers make sense of what it is and why it may happen.

-Thursday, April 30, 6:00-7:30 pm

Calm and Connected - *virtual program*

A supportive look at how anxiety and ADHD affect children and their daily experiences.

-Wednesday, May 13, 6:00-7:30 pm

Helping Kids Build Healthy Relationships with Food - *virtual program*

Learn simple, realistic ways to guide children toward healthy eating habits.

-Thursday, April 23, 6:00-7:30 pm

Triple P Fear Less - *virtual, 6 week program* *For children/teens 6-14 years.*

Learn how to help your child manage anxiety by teaching coping skills, building confidence, and supporting them in facing their fears.

-Tuesday, April 28 - May 26, 6:00-8:00 pm

Regional Children's Centre

3901 Connaught Ave., Windsor

519-257-KIDS (5437) - phone registration only

Trauma Informed Parenting (TIP) - *7 week program*

Explore how trauma affects development and learn effective strategies to respond to emotional and behavioural challenges with care and confidence.

-Wednesday, March 25 – June 6,

10:00 am - 12:00 pm, Or

-Monday, March 23 – June 4, 6:00-8:00 pm

Emotion Detectives

Parents and children explore what emotions are and how they impact us. Learn practical ways to understand and accept feelings, helping to reduce challenging, emotion-based behaviours and build healthier coping skills.

-Thursday, April 30 - June 18, 4:30-6:00 pm (week one only 4:30-6:30 pm)

Circle of Security™ - *8 week program*

Build a deeper, supportive relationship with your child. Learn to understand their emotions, boost their self-esteem, and create a secure and lasting connection that nurtures growth.

-Tuesday, May 5 – June 23, 10:00 am-12:00 pm Or

-Tuesday, May 5 – June 23, 6:00-8:00 pm

Safe Boundaries - *2 week program*

Learn to recognize and respond to sexualized behaviours in children. Gain tools to teach consent and privacy, create safety plans, and support your child's emotional well-being.

-Thursday, May 7 & 14, 6:00-8:00 pm



Specialized Courses, Groups and Workshops

Métis Nation of Ontario

145-600 Tecumseh Rd. E., Windsor

519-948-9908 ext. 13

chantalp@metisnation.org

Métis Healthy Babies Healthy Children

Reach out for personalized services and engaging workshops, with guidance rooted in Métis culture. Our program is designed to help parents and caregivers feel supported, so you and your little ones can thrive.

Black Parents and Caregivers of School-Age Children and Teens

Family Fuse

226-506-5872

admin@familyfuse.ca

[Family Fuse Website](#)

We provide free one-to-one coaching and workshops to help you navigate the education system and access the resources your family needs to succeed.

Separated or Divorced Parents

Triple P Transitions - virtual, 4 week program

[Register here.](#)

Support your child through family changes with practical parenting strategies that promote stability, emotional well-being, and positive adjustment.

-Thursday, April 9-30, 6:00-8:00 pm

St. Mark's By-the-Lake Anglican Church

150 St. Mark's Rd., Tecumseh

519-735-4921

stmarkschurch@cogeco.ca

Divorce and its impact on children

This session explores how family changes can affect school-age children and offers simple, supportive strategies for parenting through transitions. Caregivers will learn ways to reduce conflict, build children's emotional resilience, and recognize when extra support may be helpful.

-Wednesday, April 15, 7:00 – 8:30 pm

Parents and caregivers supporting a child/teen with disabilities and/or mental health challenges

Family Respite Services

519-972-9688 ext. 135 Paola Francis

pfrancis@familyrespite.org

Powerful Tools for Caregivers Series - 6 weeks

Help caregivers reduce stress, build confidence, and find balance while supporting your child/teen needs.

-Wednesday, April 15 - May 20, 9:30-11:30 am

Parent & Caregiver Peer Support Groups

Brain Injury Association, Windsor Essex
1100 University Ave. W., Windsor
519-981-1329
info@biawe.com

Acquired Brain Injury (ABI) Peer Support Program

A safe and welcoming environment for parents/caregivers to connect, share experiences and receive guidance information and resources from professionals and peers.

Third Saturday of every month, 10:30 am
Medical Education Building, University Windsor
455 California Ave, Windsor

Regional Children's Centre
3901 Connaught
519-257-KIDS (5437)
www.hdgh.org/FASD

FASD Caregiver Support Group - Attend in-person or virtually

Join other parents and caregivers of children or youth with FASD (or suspected FASD) for peer support in a safe, understanding space. Our monthly hybrid meetings include opportunities to share experiences, learn from occasional guest speakers, and connect with others who truly understand.

Monthly, (day of week varies) 10:00-11:30 am

Parents for Children's Mental Health (PCMH)
7025 Enterprise Way, Windsor (Community Living Windsor)
windsor@pcmh.ca

Parents & Caregivers raising children & youth with mental health challenges - Attend in-person or virtually

Our chapters bring together parents and caregivers supporting children with mental health needs. We offer a safe, welcoming space to connect, share experiences, and get help navigating the child and youth mental health system.

First Tuesday of every month, 1:00-2:30 pm
[Virtual Registration](#)

Second Tuesday of every month, 6:30-8:00 pm
[Virtual Registration](#)

The Summit Centre
940 Prince Rd., Windsor
519-255-1195
www.summitcentre.org/parents-group

Parent Support Group

A Centre staff leads Family Support Group. Families touched by autism can find understanding, guidance, and strength from each other.

Course Index

Courses for Parents/Caregivers of Children

0-6 years

- 2 Circle of Security™ - *virtual*
- 2 Circle of Security™
- 2 FRIENDS Resilience
- 3 Going to School
- 3 Circle of Security™
- 3 Enjoy Your Baby
- 3 Parenting Connections
- 3 Readers are Leaders: I'm Ready™
- 3 Infant Massage
- 3 All Around Art
- 3 Songs and Rhymes
- 4 Musical Moments
- 4 All Around Art
- 4 What's Cooking?
- 4 S.T.E.A.M. & Wee Wonders
- 4 Infant Massage
- 5 Bedtime Routines
- 5 Welcome New Baby with Siblings
- 5 Travelling with Children
- 5 Play Group for Children with Autism
- 5 All Around Art

Courses for Parents/Caregivers of Children

0-12 years - *all virtual*

- 6 The Power of Positive Parenting
- 6 Raising Confident, Competent Children
- 6 Raising Resilient Children
- 6 Hassle-free Shopping with Children
- 6 Hassle-free Mealtimes with Children

Courses for Parents/Caregivers of Children

6-12 years - *all virtual*

- 7 Understanding Self-Harm
- 7 Calm and Connected
- 7 Building Healthy Relationships with Food
- 7 Triple P Fearless

Courses for Parents/Caregivers of Children

6-12 years

- 7 Trauma Informed Parenting
- 7 Emotion Detectives
- 7 Circle of Security™
- 7 Safe Boundaries

Specialized Courses, Groups & Workshops

- 8 Métis Healthy Babies Healthy Children
- 8 Family Fuse for Black Parents and Caregivers
- 8 Separated or Divorced Parents - *virtual*
- 8 Divorce and its Impact on Children
- 8 Powerful Tools for Caregivers - Family Respite Services

Parents & Caregivers Peer Support Groups

- 9 Acquired Brain Injury Peer Support
- 9 FASD Support - hybrid
- 9 Parents for Children's Mental Health - hybrid
- 9 Summit Centre Parent Support Group



DISCLAIMER: Courses in this guide are offered by a variety of agencies and services across our community. If you have a question about one of these courses, please contact the agency offering the course. Inclusion of a group or program in this guide does not imply endorsement by Hôtel-Dieu Grace Healthcare or its Regional Children's Centre. Although every effort is made to ensure the accuracy of information in this guide, HDGH and RCC are not responsible for errors or omissions.