

Parent Link

2026 | Summer

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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Windsor &
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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.

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

Know & Grow Talks

Provides a supportive space for families to learn, share, and grow together. Whether it's preparing for school, building routines, or navigating big feelings, we're here to grow together!

School

Tuesday, July 21, 6:00-7:30 pm.
Children First
105-2565 Ouellette Ave., Windsor
[Register here.](#)

Thursday, July 23, 10:00-11:30 am.
Erie Migration District School
1620 Jasperson Dr., Kingsville.
[Register here.](#)

Tuesday, July 28, 6:00-7:30 pm.
Virtual
[Register here.](#)

Toileting

Thursday, July 23, 10:00-11:30 am.
Erie Migration District School
1620 Jasperson Dr., Kingsville.
[Register here.](#)

Tuesday, July 28, 6:00-7:30 pm.
Virtual
[Register here.](#)

Tuesday, August 4, 6:00-7:30 pm.
Children First
105-2565 Ouellette Ave., Windsor
[Register here.](#)

Fun Friends & Adult 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



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

Connections EarlyON

795 Giles Blvd. E., Windsor

519-252-9696

EON.connections@connectionwithus.ca.

In person programs

B.A.B.Y. Group (Bright, Active Babies and You)

Facilitated group for parents, caregivers, and their infants (0-18 months). Offers social time with other parents, guest speakers, and information on parenting and child development.

- Wednesdays, July 8 - August 26,
 - 9:30-11:30 am
 - Connections EarlyON
 - 795 Gilves Blvd. E., Windsor
 - Child care available for older siblings
- Thursdays, July 2 - August 27,
 - 9:30-11:30 am
 - Willistead Park (outdoor)
 - 1899 Niagara St., Windsor

Come and Play

Connections EarlyON

795 Giles Blvd. E., Windsor

Drop-in sessions that offer a wonderful opportunity to support your child's development through play. As you take part, you'll see how your child learns, builds confidence, and interacts with others, while picking up simple ideas to support learning at home. A great chance to connect with other families and feel supported in your parenting journey.

- Mondays, July 6 - August 31, 9:30-11:30 am
- Tuesdays, July 7 - August 25, 1:00-3:00 pm
- Thursdays, July 2 - August 27, 1:00-3:00 pm
- Fridays, July 3 - August 28, 9:30-11:30 am

Park Days

Get ready for fun in the sun! Families are invited to join us for a program that support children's development through play while giving parents and caregivers a chance to connect and socialize.

- Thursdays, July 2 - August 27, 9:30-11:30 am
 - Willistead Park
 - 1899 Niagara St., Windsor
- Tuesdays, July 7 - August 25, 9:30-11:30 am
 - Gignac Park
 - 705 Shepherd St. W., Windsor
- Wednesdays, July 8-August 26, 9:30-11:30am
 - Devonshire Park
 - 2005 Devonshire Crt., Windsor

Growing Up Together

Connections EarlyON

795 Giles Blvd. E., Windsor

A small group facilitated by Registered Early Childhood Educators (RECEs), for children, aged 3+, who are preparing for school. Provides children with independent experience amongst peers to aid in fostering their social, self-help, and self-regulation skills.

- Tuesdays, July 7 - August 11, 9:30-11:30 am

Environmental Wellbeing Rangers 2.0

Connections EarlyON

795 Giles Blvd. E., Windsor

Made possible by funding through TD Friends of the Environment. Families learn about the importance of engaging in nature & how to foster the next generation of environmental stewards. Parents connect with each other on environmental topics & join activities with their children in our Good Friends Garden ~ Kitigan mino inawendiwin.

- Fridays, July 10 - August 28, 9:30-11:30 am
 - [Register here](#).

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

Erie Migration EarlyON

1620 Jasperson Dr., Kingsville
519-255-3200 ext. 23130

EarlyON Kingsville Firehouse Discovery Day

Join us for a Fire Station Tour, a fun and engaging outing for parents, caregivers, and their children. Explore the fire station, learn about fire safety, and spark curiosity through hands-on discovery while enjoying social time and connecting with other families.

- Thursday, July 23, 10:00 a.m.
- 1720 Division St. N., Kingsville
- Please call to register

Park Play & Protectors

Get ready for fun in the sun! Join us for a special visit with a police officer and police car. This program support children's development through play while giving parents and caregivers the chance to connect and socialize. Snack and circle time provided.

- Thursday, August 20, 10:00 a.m.
- Lion's Park
 - 21 Mill St. W., Kingsville

Amherstburg EarlyON

519-736-0953

Harrow EarlyON

519-738-0372

Sacred Heart EarlyON

200 Kenwood Blvd., LaSalle
519-734-7961

Pirate Picnic

Ahoy, Mateys! Join Pirate Adventures, a fun park play day for parents, caregivers, and their children. Enjoy imaginative play with supporting child development and connecting with other families through social time and shared fun!

- Friday, July 31, 9:30 am - 12:00 pm
- Vollmer Park & Splash Pad
 - 2121 Laurier Parkway, LaSalle

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

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



Courses, groups, and workshops for Newcomer Parents/Caregivers of Children 2-12 years

Interpretation in Farsi, Dari, Pashtu, Arabic, and Somali languages are available.

Triple P Seminar Series

The Power of Positive Parenting

Learn simple strategies to raise happy, confident children, encourage positive behaviour, and build strong daily routines.

Tuesday, August 18, 2:00-4:00 pm

Raising Resilient Children

Learn simple ways to help your child manage feelings, handle challenges, and feel strong and confident as they grow.

Thursday, August 20, 2:00-4:00 pm

Raising Confident, Competent Children

Explore ways to manage children's behaviour, reduce conflict, and create routines that work for the whole family.

Wednesday, August 19, 2:00-4:00 pm

YMCA Windsor Learning Centre

300 Ouellette Ave., Windsor

519-258-9622 ext. 2632

Cellphone: 519-817-3691

Register: Rout.Biel@ymcaswo.ca



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

Confidence Builders - Raising Kids with Strong Self-Esteem - *virtual program*

Helping parents understand self-esteem and why it matters. Learn practical ways to boost your child's confidence, including positive praise, creating opportunities for success, celebrating achievements, modeling healthy self-esteem, and spending quality time together.

Tuesday, August 4, 6:00-7:30 pm

Supporting Children Through Divorce

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.

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

Balancing Screen Time for School-Age Children

Explores practical ways to manage screen time for school-age children in today's digital world. Caregivers will learn how to set clear expectations, create healthy routines, and encourage positive screen habits. Discuss strategies to reduce conflicts around devices, promote balanced activities, and support children's social, emotional, and physical development. Gain tools to feel confident guiding your child's screen use while maintaining a calm and consistent approach at home.

Monday, August 17, 6:00-7:30 pm

Understanding Executive Functioning in Children

Supports parents and caregivers in understanding executive functioning skills and how they impact children's behaviour, learning, and daily routines. Explore key areas such as attention, organization, and emotional regulation, and learn practical, easy-to-use strategies to help your child build these skills. Gain confidence in supporting your child's development while creating more positive and successful everyday experiences.

Wednesday, August 19, 6:00-7:30 pm



Regional Children's Centre

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

Register: www.hdgh.org/parentlink



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Parent & Caregiver Peer Support Groups

Parents and Caregivers for Children's Mental Health (PCMH)

support@pcmh.ca

Peer Support

Speak one-on-one with a trained peer supporter who understands what you're going through. This is a virtual service and is available even when groups are not running.

[Sign up.](#)

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.

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.

Children & Youth Mental Health: Information & Support

FINDING HELP

WEConnect Kids

The [WEConnectKids website](#) makes it easy for families to find local programs and supports in one place. You can search based on your child's age or what kind of help you are looking for. It's simple to use, easy to understand, and helps you quickly find the information you need.

519-257-KIDS (5437)

[WEConnectKids - Parent & Caregiver Info](#)

Be Safe App by mindyourmind

- [iOS](#)
- [Android](#)

A free app that help youth and families find local mental health and addictions supports and know how to get help during a difficult time.

WHERE TO GET HELP RIGHT AWAY

One Stop Talk

www.onestoptalk.ca

Connect right away with a professional therapist for children, youth, and families across Ontario.

Walk-In Counselling Clinic

Regional Children's Centre - Huot Building

3901 Connaught Ave., Windsor

519-257-KIDS (5437)

www.hdgh.org/RCCWalkIn

Windsor-Essex Youth Wellness Hub

215 Eugenie Ave. W., Unit 106, Windsor

519-800-8640

www.youthhubygq.com

Offers free support services to youth ages 12 to 25 and their families without a waitlist or referral.

Youth Mobile Clinic

519-981-9YMC (962)

Free confidential services to youth (17 years or younger) and their families. Social Workers provide counselling sessions for a range of mental health-related concerns. Nurses offer medical support and education to help youth understand factors that may be affecting their health.

Available Monday to Friday, 8:00 am - 4:00 pm

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Courses for Parents/Caregivers of Children

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Parents & Caregivers Peer Support Groups

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- 8 Walk-In Counselling Clinic RCC
- 8 Windsor-Essex Youth Wellness Hub
- 8 Youth Mobile Clinic



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.