

Parent Engagement Sessions & Support Groups in Huron County

Quick Reference Guide

September to December 2018

Preregistration is required for most programs—Call provider for more information—All programs are subject to change

Parent Engagement Sessions

Clinton – Stroller-cise (Stroller Exercise)

Central Huron Community Complex
(on the arena floor)
239 Bill Fleming Drive, Clinton
October 3rd to December 12 and
February 6th to April 24th, 2019
Wednesdays, 10:30-12:00 pm
Contact Information: Rural Response
for Healthy Children 519-482-8777

Clinton - Mother Goose Program

(newborn-12 months)
Clinton EarlyON Child and Family
Centre
27 Percival Street, Clinton
October 29th to December 12th
Mondays, 2:00-3:00 pm
Pre-registration is required:
Call or Text 519-440-1089 or
519-482-8505 ext. 4203

Clinton – You Make the Difference

(Parents with children 1-3 years of age)
JMB Community Kitchen
77722D London Road
(lower level – park in Health Unit Lot)
(Limited childminding available)
September 10th to October 15th
Mondays, 1:00-3:00 pm
to register call or text: 519-440-1089 or
519-482-8505 ext. 4203

Exeter – “Raising a Healthy Eater”

Facilitated by: Registered Dietitian
Exeter Lions Youth Centre
125 John Street West, Exeter
Friday October 12th
9:30-11:30 am

Goderich – Parent Walk & Talk

Maitland Recreation Centre, Goderich
YMCA Indoor Track (Photo ID
required/No YMCA membership
required)
October 25th to December 13th and
January 31st to March 21, 2019
Thursdays, 10:30 to 12:00 pm
Contact Information: Rural Response
for Healthy Children 519-482-8777

Goderich - “Raising a Healthy Eater”

Facilitated by: Registered Dietitian
Goderich EarlyON Child and Family
Centre
Wednesday September 5th
9:00-11:00 am

Goderich – Saturday “Pop Up”

Active Gym Playgroup
Goderich EarlyON Child and Family
Centre
125 Blake Street, Goderich
Saturday September 22nd and October
20th
9:00-11:00 am



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Parent Engagement Sessions **(continued)**

Goderich – Imagination Playground
Goderich EarlyON Child and Family
Centre
125 Blake Street, Goderich
November 6th to November 24th
Monday to Friday 9:00-11 am and
Thursdays, 1:30-3:00 pm

Exeter – Parenting with Nature in Mind
Exeter McNaughton Trail
(Hill Street entrance)
September 11th to October 16th
Tuesdays, 10:30-12:00 pm
Contact Information: Rural Response for
Healthy Children 519-482-8777

Exeter – Mother Goose Program
(newborn-12 months)
Exeter Library
330 Main Street South, Exeter
September 18th to October 16th
Tuesdays, 1:30-2:30 pm
Pre-registration is required:
Call or text 519-520-1005 or call
519-482-8505 ext. 4205

Exeter - Crockpot Cooking for Parents
Exeter United Church
42 James Street, Exeter
Thursday October 11th to October 25th
1:00-2:30 pm
To register call: Rural Response for
Healthy Children 519-482-8777

Wingham – Toilet Readiness
Wingham EarlyON Child & Family
Centre
(Sacred Heart School)
For parents/caregivers only
225 Cornyn Street, Wingham
Tuesday November 13th
6:00-7:30 pm
To register call: 519-357-1777

Brussels – All Ages Sweat & Stretch
(including parent discussion)
Brussels Public Library
September 11th to November 13th
Tuesdays, 10:00-11:30 am
To register call: Rural Response
for Healthy Children
519-482-8777

Wingham – Toilet Readiness
Wingham EarlyON Child & Family
Centre
(Sacred Heart School)
For parents/caregivers only
225 Cornyn Street, Wingham
Tuesday November 13th
6:00-7:30 pm
To register call: 519-357-1777

Support Groups

Goderich - Dads and Kids Program
Huron County Museum
110 North Street, Goderich
Last Thursday of each month
5:30-7:00 pm
To register call: Rural Response for
Healthy Children 519-482-8777

**Clinton - Grandparents Parenting
Grandchildren**
Clinton Public School
73 Percival Street, Clinton
First Thursday Evenings of the Month
6:30-8:30 pm
To register call: Rural Response for
Healthy Children 519-482-8777

Clinton – Sibling Club (Sibz Club)
(Support Group for siblings of a child
with a developmental/physical disability
or mental health concern)
15 Rattenbury Street East, Clinton
Contact information: Huron Respite
Network 519-482-3115



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Support Groups (continued)

Clinton - Caregiver Support Program

15 Rattenbury Street East, Clinton
Contact information: Huron Respite
Network
519-482-3115

Mothers Initiating Lactation Knowledge and Support (MILKS)

Various locations throughout the county.

Hensall United Church
76 King Street, Hensall
Last Tuesday Morning of every month
10:00-11:30 am

Goderich EarlyON Child and Family Centre

125 Blake Street, Goderich
Last Wednesday of every month
1:30-3:00 pm

Bayfield Library – Conference Room

18 Main Street South, Bayfield
First Monday of every month
10:00-11:30 am

Clinton Child and Family Centre

27 Percival Street
Third Monday of every month
1:30-3:00 pm

Contact information:

huronmilks@gmail.com

Infant Feeding Clinics

Various locations within the county to
meet with a lactation consultant and talk
about infant feeding

Wingham Health Unit Office

Tuesday Mornings – 9:00-12:00 pm

Goderich – Maitland Valley Medical Centre

Friday Mornings – 9:00-12:00 pm

Exeter – South Huron Medical Centre

Friday Mornings - 9:00-12:00 pm

Contact information: Huron County
Health Unit- 519-482-3416 or
1-877-837-6143

Additional Community Support and Programs

Thames Valley Children's Centre
various programs for Children and
Families

For more information visit:

tvcc.on.ca

FACEBOOK Q & A

Various topics on parenting and child
development are now live on Facebook.
Follow Parenting in Huron for upcoming
conversations.

facebook.com/parentinginhuron

Watch Facebook for further details



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