

Parent/Caregiver Programs

Fill Your Bucket Feelings After Birth

A emotionally safe support group which offers a space to fill your emotional cup. Acquire positive parenting skills, access to community resources and the opportunity to meet other parents. This is a safe space to talk parenting while providing a fun and inclusive experience for the children!



(FAB)

A safe and confidential support group for women who want to come together and discuss the sometimes difficult emotions after the birth or adoption of a baby.



Bounce Back & Thrive



BBT helps parents gain self-regulation and thinking skills that increase their capacity to provide caring relationships and role model resilience-building skills in daily interactions with their children. BBT is a resiliency skills training program, an interactive program delivered through information exchange, hands-on activities over 10 weekly sessions

Please contact Tina - tquail@dufferincounty.ca
for more information

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Creating Understanding with Young Parents (CUP)

Is a program specifically designed with the young parents in mind (Age of parent under 25yrs). CUP offers parents and expecting parents the opportunity to acquire knowledge and skills to support them in daily life, while networking with other peer parents.

Take A Break

A program for the adults to enjoy an adult activity, while enjoying conversation and treats.

Everyone needs a break!
This is a monthly program that requires sign-up on our registration site
<https://register.onehsn.com/Dufferin/Home/Welcome>