



Come Understand Parenting (CUP)

An 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! For more information, please email Jesse-jsquirrel@dufferincounty.ca



Feelings After Birth (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. For more information, please email Tina - tquail@dufferincounty.ca



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 skill training program, an interactive program delivered through information exchange, hands-on activities over 10 weekly sessions



Please contact EarlyON facilitators for details and availability.