



[Kinark Child and Family Services Resources](#)

Kinark Caregiver Support Guides	
A series of helpful guides that offer practical strategies and information on topics like neurodiversity, mental health, and caregiver wellbeing.	
How to Make the Classroom More Neuro-Inclusive (A Guide for Educators)	A practical framework to help you assess your teaching environment and implement meaningful adjustments, ensuring neurodiverse groups are fully supported and able to learn without unnecessary barriers.
How to Make A Space More Neuro-Inclusive (A Guide for Caregivers)	A practical framework to help you assess your child's environment and implement meaningful adjustments. Let's work to remove unnecessary barriers and ensure they are fully supported and comfortable at home and on-the-go.
How to Make the Workplace More Neuro-Inclusive (A Guide for Businesses)	A practical framework to help you assess your environment and implement meaningful adjustments, ensuring neurodiverse groups are supported and able to contribute their best work without unnecessary barriers.
A Caregiver's Guide to Burnout	When our internal resources are depleted, our capacity to care, regulate, and respond effectively is reduced. Self-care is the maintenance of our regulatory capacity.
Kinark Language Guide	A guide designed to support the use of respectful terminology when discussing mental health, autism, neurodiversity, forensic mental health, and youth justice.

Family Education Sessions (Recorded Videos)	
Kinark's free Family Education Series is intended to build on caregivers' ability to identify, understand, and respond to childhood and adolescent mental health distress.	
SNAP Program Parenting Strategies to Manage Behaviours	Learn more about social and emotional development in young children. Gain insights into how caregivers can support children's emotional growth and negative behaviours. Navigating the Middle Years with Self Control
Introduction to Triple P – Positive Parenting Program	In this session you will learn more about Triple P, why it is effective, expected outcomes, and how to access Triple P Program in your area. Triple P – Positive Parenting Program Brochure



Resources

for Exceptional Children and Youth

Psychotherapy with Children, Youth, and families	In this session you will learn more about Psychotherapy, what it is, what to expect, and what you need to do as a parent or caregiver.
Social and Emotional Development in Early Years	This session includes practical strategies for encouraging healthy development, and tools for managing challenging behaviours.
Medication Education for Parents of Children with Mental Illness	In this session you will learn about mental health in young people and the use of medication.
Understanding and Addressing Eating Disorders in Adolescents: A Guide to Basics and Treatments	Learn about different types of eating disorders, and how to recognize signs and symptoms in adolescents. Outpatient Eating Disorder Program
Autism and Mental Health: Understanding the Overlap	Identify what to look for and when to seek out resources and support.
Introduction to Grief and Loss	Learn about defining grief and loss and what to expect from children and youth who are grieving.
Newcomer Mental Health Information and Support	This information session provides helpful resources to families.
Disruptive Behaviours in Children: Effective Intervention Strategies for Caregivers	Learn about some of the diagnoses that are associated with disruptive behaviours in children, such as ADHD, ODD, Disruptive Mood Dysregulation Disorder, and Conduct Disorder.
Parenting Your Anxious Child	Key areas that are discussed in this session include 'what is anxiety and why do we get anxious?', when anxiety becomes a problem, and how to coach and support a child who is anxious.

Kinark Program Resources

Child & Youth Crisis Services	This service offered to children and youth living in Simcoe County, and Northumberland/Cobourg County.
Vulnerable Persons Registry (VPR)	This free/voluntary database helps to alleviate safety concerns for those that are vulnerable in our community. A vulnerable person is a person who, due to a medical, cognitive, mental health, or physical condition, may exhibit patterns of behaviour that could pose a danger to themselves.