

Support for Parenting

Ontario Early Years Centres are places where parents and caregivers can:
Find parent education and support
Take part in a range of programs with other parents
Get answers to questions
Get information about programs and services that are available to young children and their families
Talk to early years professionals as well as other parents and caregivers in the community

Brockville Main Site
X2374 1-866-433-8933
Gananoque Site
ext. 3131 (613) 382-8220 or 1-866-880-8284

Triple P: Positive Parenting-Program Health Action Line 1-800-660-5853
(Includes parent education and support groups)
Health Unit-Leeds, Grenville and Lanark District Health Unit 1-800-660-5853
www.healthunit.org

Early Literacy Specialist
X2376 1-866-433-8933
www.leedsgrenville.com/en/live/communityprograms/ontarioearlyyearscentres.asp

Children's Mental Health of Leeds and Grenville (CMHLG) 1-800-809-2494 www.cmhlg.ca

Family and Children's Services
613-382-8220

Childcare

Gananoque
Gananoque Co-op Nursery School (613) 532-2858

Thousand Island Daycare Centre Inc. (613) 382-2654

Lansdowne
Willow Tree Day Care (613) 659-2055

For information about Before and After School Programs contact your school.

Licensed Home Childcare
Brockville and area YMCA
Licensed Home Child Care (613) 342-7961

For information regarding childcare fee subsidy contact the United Counties of Leeds-Grenville social services division at 1-800-770-2170.

Developmental Services of Leeds-Grenville
Support for children with special needs in licensed childcare 1-866-544-5614

Physical Health

Telehealth Ontario 1-866-797-0000
Poison Centre 1-800-268-9017

Health Unit-Leeds, Grenville and Lanark District Health Unit
1-800-660-5853
Including: Baby Talk, Dental Services, Healthy Babies Healthy Children, Immunization, parenting programs and information, postpartum depression support group, prenatal and breastfeeding education
www.healthunit.org

Community and Primary Health Care (CPHC)
1-800-465-7646
Includes community programs and services and primary health care services
www.cphcare.ca

Health Care Connect
1-800-445-1822
Helps Ontarians who are without a family health care provider (family doctor or nurse practitioner) to find one...
<http://www.health.gov.on.ca/en/ms/healthcareconnect/public/default.aspx>

Hearing
KFLA & A Public Health-Infant Hearing Program-Southeastern Region
1-800-267-7875
St. Lawrence Hearing Centre- Audiological testing
1-877-341-7730

Hospitals
Brockville General Hospital
Hotel Dieu Hospital - Child Development Centre (613) 554-3400
Children's Hospital of Eastern Ontario (613) 737-7600
La Lecher League Canada - Brockville Group (24hr)
(613) 925-0067

Family and Children's Services
613-382-8220

Mental Health and Well Being

For Children
Children's Mental Health of Leeds and Grenville
1-800-809-2494
Family and Children's Services 613-382-8220
Children's Hospital of Eastern Ontario Mental Health Intake service (613) 737-7600
Child & Adolescent Psychiatry, Hotel Dieu Hospital for ages 0-17 (613) 544-3400
Community and Primary Health Care (CPHC) 1-800-465-7646
Developmental Services of Leeds and Grenville 1-866-544-5614
KIDS Help Phone Line 1-800-668-6868

For Adults
Mental Health Crisis Line 1-866-281-2911
Mental Health Information Service Ontario 1-866-531-2600
Canadian Mental Health Association
Ext 4 1-866-499-8445
www.cmha-lg.ca
Leeds-Grenville Mental Health
1-866-499-8445
www.lgmentalhealth.ca

Addictions Services
Alcoholics Anonymous (613) 342-8452 (24 hr.)
Al-anon and Alateen 1-888-4AL-ANON
www.alanon.alateen.org
Drug and Alcohol Helpline 1-800-565-8603
www.drugandalcoholhelpline.ca
Ontario Problem Gambling Helpline 1-800-230-3505
www.opgh.on.ca
Tri-County Addiction Services
1-800-361-6948

Education and Literacy

For Children
Catholic District School Board of Eastern Ontario
1-800-267-7136
www.cdsbeo.on.ca
Conseil scolaire de district catholique de l'Est ontarien
1-800-204-4098
www.csdceo.ca
Upper Canada District School Board
1-800-267-7131
Literacy Support Libraries
Gananoque Public Library (613) 382-2436
www.gananoque.ca/communityservices/publicservices/library
Leeds and the Thousand Islands Public Libraries (613) 659-3885
www.tlpl.net

Fun with Books (for children under 6 years) (613) 269-4660
Ontario Early Years Centre (OEYC) Literacy Specialist ext. 2374 1-866-433-8933
For Adults
Alternative/Continuing Education
LEAP (Learning, Earning and Parenting Program) (parents ages 16-21) 1-800-267-8146
www.leedsgrenville.com/en/live/communityprograms/LearningEarningAndParenting.asp
TR Leger School of Adult, Alternative and Continuing Education Programs
Adult Literacy & Employment Preparation Program. (613)-382-5285
<http://www.trlegeralepp.ca>
St. Lawrence College
www.stlawrencecollege.ca
613-345-0660
English as a Second Language
TR Leger School (613)-382-5285
www.welcometrleger.ca
Literacy Link of Eastern ON
1-800-465-7323

Special Needs

Child Development Centre (CDC)
Hotel Dieu Hospital (613) 544-3400
Provides assessment and intervention for children with physical and/or developmental disabilities.
www.kingstoncdc.ca

Children's Hospital of Eastern Ontario (CHEO) (613) 737-7600
www.cheo.on.ca

Children's Mental Health of Leeds and Grenville 1-800-809-2494.
www.cmhlg.ca

Community Care Access Centre 310-CCAC (2222)
www.se.ccac-ont.ca
Brockville and District Association for Community Involvement (BDACI) (613) 345-4092
Provides assistance to families of children with intellectual disabilities in Leeds and Grenville.
www.bdaci.com

Developmental Services of Leeds and Grenville 1-866-544-5614
Inclusive Child Care Program-support for children with special needs in licensed child care; specialized services for children with a developmental disability.
www.developmentalservices.com

Infant and Child Development Program (613) 345-1662
A family centred early intervention program providing assistance to parents/caregivers in promoting their child's development.
Language Express 1-888-503-8885
Provides early identification, assessment and treatment options of communication needs for children from birth to the end of Junior Kindergarten

Southeast Regional Autism Intervention Program 1-800-667-2617 www.lcp-home.com
Canadian National Institute for the Blind (CNIB) 1-800-563-2642.
www.cnib.ca

Community Supports

Food Access
Gananoque Food Bank (613) 382-4434
Salvation Army (613) 382-3105
Roll Aid Centre Food Bank (Seeley's Bay) (613) 387-3245

Housing and Social Assistance
Leeds and Grenville Human Services, Energy Emergency Fund 1-800-267-8146
United Counties of Leeds and Grenville UCLG 1-800-267-8146

Immigration Services
TR Leger Immigration Resource Centre 1-877-875-3437
Immigration Portal for Leeds and Grenville
www.newcomersinfo.ca/

Legal Aid Ontario,
Brockville 1-877-767-8536
Support for Recreation
Making Play Possible
1-800-809-2494
Town of Gananoque
<http://www.gananoque.ca/community-services/parks-and-recreation>
Leeds and 1000 Islands
613-659-2415.

Support for Children
Big Brothers Big Sisters-Brockville 1-866-344-9972
Girls Inc. of Upper Canada
613-345-3295
Boys and Girls Club
613-382-6792
Violence/Abuse Related Support
Assault Response and Care Centre (ARCC)
1-800-567-7415
Leeds and Grenville Interval House (24 hours)
1-800-267-4409
Victim Crisis Assistance and Referral Service
1-800-939-7682

Leeds-Grenville Best Start Network
Supporting Children from 0 to 6 and their Families

Community Resource Guide
Gananoque, Leeds and 1000 Islands 03/14

