

## 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

**Early Literacy Specialist**  
X2376 1-866-433-8933  
[www.leedsgrenville.com/en/live/communityprograms/ontarioearlyyearscentres.asp](http://www.leedsgrenville.com/en/live/communityprograms/ontarioearlyyearscentres.asp)

**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](http://www.healthunit.org)  
**Children's Mental Health of Leeds and Grenville (CMHLG)** 1-800-809-2494 [www.cmhlq.ca](http://www.cmhlq.ca)

**Family and Children's Services**  
613-498-2100

## Childcare

**Brockville and Area YMCA of Brockville and area Child Development Centre** (613) 342-7961  
**Brockville Montessori School** (613) 345-0286  
**Educare Children's Centre Brockville** (613) 498-3216  
**Kampus Kids Early Learning Centre** (613) 341-9224  
**St. John Bosco Children's Centre (Ange Gabriel)** (613) 498-1900  
**St. John Bosco Children's Centre** (613) 342-1479  
**Stepping Stones Children's Learning Centre** (613) 213-1516  
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](http://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](http://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** (613)345-5645  
**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**  
613-498-2100

## Mental Health and Well Being

**For Children**  
**Children's Mental Health of Leeds and Grenville**  
1-800-809-2494  
**Family and Children's Services** 613-498-2100  
**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-lq.ca](http://www.cmha-lq.ca)

**Leeds-Grenville Mental Health**  
1-866-499-8445  
[www.lgmentalhealth.ca](http://www.lgmentalhealth.ca)  
**Addictions Services**  
**Alcoholics Anonymous** (613) 342-8452 (24 hr.)  
**Al-anon and Alateen**  
1-888-4AL-ANON  
[www.alanon.alateen.org](http://www.alanon.alateen.org)  
**Drug and Alcohol Helpline** 1-800-565-8603  
[www.drugandalcoholhelpline.ca](http://www.drugandalcoholhelpline.ca)

**Ontario Problem Gambling Helpline**  
1-800-230-3505  
[www.opgh.on.ca](http://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](http://www.cdsbeo.on.ca)  
**Conseil scolaire de district catholique de l'Est ontarien**  
1-800-204-4098  
[www.csdceo.ca](http://www.csdceo.ca)  
**Upper Canada District School Board**  
1-800-267-7131  
[www.ucdsb.on.ca](http://www.ucdsb.on.ca)

### Literacy Support Libraries

**Athens Public Library**(613) 924-2048  
**Brockville Public Library** (613) 342-3936  
**Elizabethtown-Kitley Public Library** (613) 498-3338  
**Front of Yonge Public Library** (613) 923- 1790

**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](http://www.leedsgrenville.com/en/live/communityprograms/LearningEarningAndParenting.asp)  
**TR Leger School of Adult, Alternative and Continuing Education Programs**  
**Adult Literacy & Employment Preparation Program.** (613) 342-1127  
<http://www.trlegeralepp.ca>  
**St. Lawrence College**  
[www.stlawrencecollege.ca](http://www.stlawrencecollege.ca) (613) 345-0660  
**English as a Second Language**  
**Tri-County School** (613-342-1127)  
[www.welcometrleger.ca](http://www.welcometrleger.ca)

Literacy Link of Eastern ON

## 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](http://www.kingstoncdc.ca)

**Children's Hospital of Eastern Ontario (CHEO)** (613) 737-7600  
[www.cheo.on.ca](http://www.cheo.on.ca)

**Children's Mental Health of Leeds and Grenville** 1-800-809-2494.  
[www.cmhlq.ca](http://www.cmhlq.ca)

**Community Care Access Centre**  
310-CCAC (2222)  
[www.se.ccac-ont.ca](http://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](http://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](http://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  
[www.language-express.ca](http://www.language-express.ca)

**Southeast Regional Autism Intervention Program** 1-800-667-2617 [www.lcp-home.com](http://www.lcp-home.com)

**Canadian National Institute for the Blind (CNIB)** 1-800-563-2642.  
[www.cnib.ca](http://www.cnib.ca)

## Community Supports

**Food Access**  
**Athens Crisis Food Bank Association** (613) 924-2625  
**Brockville and Area Community & Primary Health Care** (613) 342-3693  
**Loaves and Fishes (Brockville)** (613) 345-6498  
**Operation Harvest Sharing (Brockville)** (613) 342-0605  
**Salvation Army (Brockville)** (613) 342-5211  
**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/](http://www.newcomersinfo.ca/)  
**Legal Aid Ontario,**  
Brockville 1-877-767-8536  
**Support for Recreation**  
Making Play Possible  
1-800-809-2494  
**YMCA (613-342-7961)**  
**Support for Children**  
Big Brothers Big Sisters-Brockville 1-866-344-9972  
Girls Inc. of Upper Canada 613-345-3295  
**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**  
Brockville, Elizabethtown-Kitley, Athens, Front of Yonge  
03/14