

## 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 year's professionals as well as other parents and caregivers in the community  
**Brockville Main Site**  
X2374 1-866-433-8933  
**Kemptville Site**  
1-613-258-2225  
**Early Literacy Specialist**  
X2376 1-866-433-8933  
[www.leeds Grenville.com/en/live/communityprograms/ontarioearlyyearscentres.asp](http://www.leeds Grenville.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)  
**Salvation Army Kemptville- Teen Mothers of Preschoolers (MOPS)** (613) 489-1455  
**Family and Children's Services** 613-258-1460

## Childcare

**Kemptville**  
**Cheeky Monkey's Before and After School Program** (613) 316-6236  
**Kemptville Cooperative Nursery School** (613) 258-0138  
**Madison Montessori Academy** (613) 258-1931  
**More Than Just Babysitting Child Care Centre Inc.** (613) 258-4710  
**MTJB Holy Cross** 613-884-6852  
**North Grenville Co-operative Preschool and Learning Centre** (613) 258-9661  
**South Branch Child Care Centre** (613) 258-0138  
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>  
**Health Centres**  
**Merrickville District Community Health and Service Centre** (613) 269-3400  
**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**  
**Children's Hospital of Eastern Ontario** (613) 737-7600  
**Kemptville District Hospital** (613) 258-6133  
**La Lecher League Canada - Brockville Group** (24hr) (613) 925-0067  
**Family and Children's Services** 613-258-1460

## Mental Health and Well Being

**For Children**  
**Children's Mental Health of Leeds and Grenville** 1-800-809-2494  
**Family and Children's Services** 613-258-1460  
**Children's Hospital of Eastern Ontario Mental Health Intake service** (613) 737-7600  
**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**  
**Al-anon and Alateen** 1-888-4AL-ANON  
[www.al-anon.alateen.org](http://www.al-anon.alateen.org)  
**Alcoholic Anonymous Kemptville (Kemptville General Hospital)** 24 hour (613) 258-3435  
**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  
**E-mental Health Resources for Children and Families** [www.ementalhealth.ca/](http://www.ementalhealth.ca/)

## 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**  
**Fun with Books** (for children under 6 years) (613) 269-4660  
**Libraries- Merrickville Public Library** (613) 269-3326  
[www.merrickvillelibrary.ca](http://www.merrickvillelibrary.ca)  
**North Grenville Public Libraries** (613)258-4711  
[www.ngpl.ca](http://www.ngpl.ca)  
**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.leeds Grenville.com/en/live/communityprograms/LearningEarningAndParenting.asp](http://www.leeds Grenville.com/en/live/communityprograms/LearningEarningAndParenting.asp)  
**TR Leger School of Adult, Alternative and Continuing Education Programs**  
**Adult Literacy & Employment Preparation Program.** 613-258-8519  
[www.trlegeralepp.ca](http://www.trlegeralepp.ca)  
**St. Lawrence College** [www.stlawrencecollege.ca](http://www.stlawrencecollege.ca) (613) 345-0660  
**English as a Second Language**  
**TR Leger School** 1-877-875-3437  
[www.welcometrleger.ca](http://www.welcometrleger.ca)

## Special Needs

**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 andGrenville**1-800-809-2494.  
[www.cmhlq.ca](http://www.cmhlq.ca)  
**Community Care Access Centre** 310-CCAC (2222)  
[www.ottawa.ccac-ont.ca](http://www.ottawa.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  
*Provides early identification, assessment and treatment options of communication needs for children from birth to the end of Junior Kindergarten* [www.language-express.ca](http://www.language-express.ca)  
**Ottawa Children's Treatment Centre (OCTC)** 1-800-565-4839  
[www.octc.ca](http://www.octc.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**  
**Salvation Army** (613) 258-3583  
**Merrickville Emergency Food Cupboard** (613) 269-3400  
**St. Ann's Parish** (613) 269-4220  
**House of Lazarus** (613) 989-3830  
**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  
[www.trl Immigration serv ices.ca](http://www.trl Immigration serv ices.ca)  
**Immigration Portal for Leeds and Grenville** [www.newcomersinfo.ca/](http://www.newcomersinfo.ca/)  
**Legal Aid Ontario,** Brockville1-877-767-8536  
**Support for Recreation**  
**Making Play Possible** 1-800-809-2494  
**Municipality of North Grenville** (613-258-9569)  
**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**  
North Grenville and Merrickville-Wolford (03/14)