

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
Elgin Site
ext. 3131 (613) 382-8220 or 1-866-880-8284
Early Literacy Specialist
X2376 1-866-433-8933
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

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

Family and Children's Services
1-800-481-7834

Childcare

Licensed Childcare Centres

Westport Creative Child Care Centre (613) 273-5437

Elgin & District Cooperative Nursery School
613-359-6611
Westport Creative Child Care Centre (613) 273-5437

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
Country Roads Community Health Centre 1-888-998-9927
Includes Medical Care and Health Promotion programs for all ages
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
Perth and Smiths Falls District Hospital (613) 283-2330

Family and Children's Services
1-800-481-7834

Mental Health and Well Being

For Children
Children's Mental Health of Leeds and Grenville
1-800-809-2494
Country Roads Community Health Centre 1-888-998-9927
Family and Children's Services 1-800-481-7834
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
www.ucdsb.on.ca
Literacy Support Libraries
Rideau Lakes Public Libraries (613) 359-5334
www.rideaulakeslibrary.ca
Westport Public Library (613) 273-3223
www.village.westport.on.ca/about-westport/westport-public-library
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)-342-1127
<http://www.trlegeralepp.ca>
St. Lawrence College
www.stlawrencecollege.ca
613-345-0660
English as a Second Language
TR Leger School (613)-342-1127
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 www.language-express.ca

Southeast Regional Autism Intervention Program 1-800-667-2617 www.lcp-home.com

Canadian National Institute for the Blind (CNIB) 1-800-563-2642.

Community Supports

Food Access
Delta Food Bank (613) 928-2761
Elgin Food Bank (613) 359-6118
Community Kitchen 1-888-998-9927 (613) 272-3302
Portland Food Bank (613) 924-6380
Westport Food Bank (613) 273-6121
Community Kitchen 1-888-998-9927
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
Township of Rideau Lakes 1-800-928-2250
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
Rideau Lakes and Westport

03/14

