

Support for Parenting

EarlyON Child and Family 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
1-866-433-8933 x 2351
Gananoque Site
(613) 382-8220

Triple P Parenting for parenting sessions and information
Call: 1-800-660-5853
Email: triplep@healthunit.org
Visit www.triplep-parenting.ca

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.cmhlq.ca

Family and Children's Services
1-855-667-2726

Childcare

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

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

Lansdowne
Willow Tree Day Care Centre (613) 659-2055

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

Licensed Home Childcare
YMCA of Eastern Ontario
Licensed Home Child Care (613) 342-7961 x 35

For information regarding childcare fee subsidy contact the United Counties of Leeds and Grenville, Community and Social Services Division
1-800-267-8146 x 2351

Developmental Services of Leeds-Grenville
Inclusive Child Care Program-support for all staff in licensed childcare settings working with children with special needs to support inclusion.

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: Dental Services, Healthy Babies Healthy Children, Immunization, parenting programs and information, postpartum depression support, 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 and Vision
Southeastern region Infant Hearing and Blind Low Vision Program
1-800-267-7875 x 1145

Canadian National Institute for the Blind (CNIB) 1-800-563-2642. www.cnib.ca
Hearing Life 1-888-403-5917

Hospitals
Brockville General Hospital
KidsInclusive/EnfantsInclus - Kingston Health Sciences Centre
1-855-544-3400 ext. 3175
Children's Hospital of Eastern Ontario (613) 737-7600

La Leche League Canada
1-800-665-4324

www.lllc.ca
Pediatric Physiotherapy
Brockville General Hospital 613-345-5645 x54562

Mental Health and Well Being

For Children
Children's Mental Health of Leeds and Grenville
1-800-809-2494
Family and Children's Services 1-855-667-2726
Community and Primary

Developmental Services of Leeds and Grenville
1-866-544-5614

KIDS Help Phone Line
1-800-668-6868

For Adults
Leeds-Grenville Mental Health and Addictions
1-866-499-8445
613-382-4016
<http://llgamh.ca/community-addictions-services.php>

Mental Health Crisis Line 1-866-281-2911

ConnexOntario Helpline
1-866-531-2600

Indigenous Peoples Hope for Wellness Helpline
1-855-242-3310

Addictions Services

Addictions and Mental Health
1-866-499-8445
<http://llgamh.ca/community-addictions-services.php>

Alcoholics Anonymous
1-855-267-2696
Al-anon and Alateen
1-888-4AL-ANON
<https://al-anon.alateen.on.ca/>

Ontario Problem Gambling Helpline
<http://www.connexontario.ca>
1-866-531-2600

Education and Literacy

For Children
Catholic District School Board of Eastern Ontario
1-800-443-4562
www.cdsbeo.on.ca

Upper Canada District School Board
1-800-267-7131

Conseil Des Écoles Catholique Du Centre-Est
1-888-230-5131
ecolecatholique.ca

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.ltipl.net

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>
Keys Job Services
613-382-1085
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

KidsInclusive/EnfantsInclus - Kingston Health Sciences Centre
1-855-544-3400 ext. 3175
(613)544-3400 ext. 3175
Provide rehabilitation and support services for children and youth with physical, neurological and/or developmental challenges
www.kidsinclusive.ca

Children's Mental Health of Leeds and Grenville 1-800-809-2494.
www.cmhlq.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
Provides a variety of clinical and support services for children, youth, and adults with developmental/intellectual disabilities to develop their potential within their communities.
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
Early identification, assessment and treatment of speech, language, and communication delays and disorders for children from birth to Junior Kindergarten
www.language-express.ca
1-800-267-7875

Ontario Autism Program – Maltby Centre
1-844-855-8340

ConnectWell (Autism Services)
1-866-257-7618.

Community Supports

Food Access
Gananoque Food Bank (613) 382-4434
Salvation Army (613) 382-3105
Roll Aid Centre Food Bank (Seeley's Bay) 613-770-2935

Housing and Social Assistance
United Counties of Leeds and Grenville
1-800-267-8146

Immigration Services
TR Leger Immigration Resource Centre 1-877-875-3437

Immigration Partnership
<http://www.leedsgrenvilleimmigration.ca/>
Legal Aid Ontario.
Brockville 1-613341-2800 X2252

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.
YMCA of Eastern Ontario
613-342-7961

Programmes for Kids
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 Services
1-800-939-7682

Every Kid in our Communities of Leeds-Grenville

www.everykid.on.ca

Community Resource Guide
Gananoque, Leeds and 1000 Islands 2022

