

## 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  
X2374 1-866-433-8933  
<https://www.leedsgrenville.com/en/services/EarlyON.aspx>

Triple P Parenting for parenting sessions and information  
Call: 1-800-660-5853

Email: [triplep@healthunit.org](mailto:triplep@healthunit.org)  
Visit [www.triplep-parenting.ca](http://www.triplep-parenting.ca)

Country Roads Community Health Centre  
Portland (613)272-3302  
Westport (613)273-9850  
[www.crhc.on.ca](http://www.crhc.on.ca)  
Country Roads Community Health Centre Parenting Education and Support offers programs and appointments in Portland, Elgin, Delta (nurse, dietician, health promoter on site)  
1-888-998-9927

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

## Childcare

### Licensed Childcare Centres

Westport Child Care Centre  
(613) 273-5437

Elgin & District Coop Nursery School  
613-359-6611

Rideau Lakes Early Learning Centre  
613-359-0002

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

**Licensed Home Childcare**  
Brockville and Area YMCA  
Licensed Home Child Care  
(613) 342-7961x35

**Childcare Fee Subsidy** --  
Contact the United Counties of Leeds and Grenville Children's Services Department  
613-342-3840 1-800-267-8146 X 2351  
[childcare@uclq.on.ca](mailto:childcare@uclq.on.ca)

**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

Country Roads Community Health Centre 1-888-998-9927 or 613-272-3302

Provides Health Care and Health Promotion programs for all ages [www.crhc.on.ca](http://www.crhc.on.ca)

**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, 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 and Vision**  
Southeastern region Infant Hearing and Blind Low Vision Program KFL&A Public Health  
1-800-267-7875 x1145  
Hearing Life 1-888-403-5917

**Hospitals**  
Brockville General Hospital (613-345-5649)

Hotel Dieu Hospital – KidsInclusive  
1-855-554-3400 ext. 3175

Children's Hospital of Eastern Ontario  
(613) 737-7600

Perth and Smiths Falls District Hospital  
(613) 283-2330

**Pediatric Physiotherapy**  
Brockville General Hospital 613-345-5649 x54562

## 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 1-855-667-2726  
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**  
Leeds-Grenville Mental Health and Addictions  
1-866-499-8445

<http://lqgamh.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://lqgamh.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  
1-866-531-2600

## Education and Literacy

### For Children

Catholic District School Board of Eastern Ontario  
1-800-443-4562

Country Roads Upper Canada District School Board  
[www.ucdsb.on.ca](http://www.ucdsb.on.ca)  
1-800-267-7131

Conseil Des Écoles Catholique Du Centre-Est  
1-888-230-5131  
[ecolecatholique.ca](http://ecolecatholique.ca)

### Literacy Support

#### Libraries

Rideau Lakes Public Libraries (613) 359-5334  
[www.rideaulakeslibrary.ca](http://www.rideaulakeslibrary.ca)  
Westport Public Library (613) 273-3223  
[www.village.westport.on.ca/about-westport/westport-public-library](http://www.village.westport.on.ca/about-westport/westport-public-library)

### 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

Keys Job Services 613-359-1140

**English as a Second Language**

TR Leger School (613)-342-1127  
[www.welcometrleger.ca](http://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](http://www.kidsinclusive.ca)

**Children's Mental Health of Leeds and Grenville** 1-800-809-2494.  
[www.cmhlq.ca](http://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](http://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](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  
*Early identification, assessment and treatment of speech, language, and communication delays and disorders for children from birth to Junior Kindergarten*  
[www.language-express.ca](http://www.language-express.ca)

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

## Community Supports

**Guthrie House Community Hub**  
613-359-6000

*provides a range of services and supports*

**Food Access**  
Delta Food Bank (613) 928-2885  
Elgin Food Bank (613) 359-6118

Community Kitchen  
1-888-998-9927  
(613) 272-3302  
Portland Food Bank (613) 272-8977  
Westport Food Bank (613) 273-5289

CRCHC Community Kitchen  
1-888-998-9927

**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 (613-341-2800) x2252

**Support for Recreation**  
Making Play Possible  
1-800-809-2494  
Township of Rideau Lakes 1-800-928-2250  
YMCA 1-613-342-7961

**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

Communities of Leeds-Grenville

[www.everykid.on.ca](http://www.everykid.on.ca)

**Community Resource Guide**  
**Rideau Lakes and Westport** 2022