

## Support for Parenting

## Childcare

## Physical Health

## Mental Health and Well Being

## Education and Literacy

## Special Needs

## Community Supports

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

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  
1-855-667-2726

**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

**United Counties of Leeds and Grenville**  
Children's Services Department  
613-342-3840 x2351  
1-800-267-8146  
Childcare Fee Subsidy  
<https://www.leedsgrenville.com/en/services/child-care-fee->  
Canada-Wide Early Learning Child Care System  
<https://www.leedsgrenville.com/en/services/canada-wide-early-learning-and-child-care-system.aspx>

**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](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  
1-800-267-7875 x 1145  
Canadian National Institute for the Blind (CNIB) 1-800-563-2642. [www.cnib.ca](http://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](http://www.lllc.ca)  
**Pediatric Physiotherapy**  
Brockville General Hospital 613-345-5645 x54562

**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

**For Children**  
Catholic District School Board of Eastern Ontario  
1-800-443-4562  
[www.cdsbeo.on.ca](http://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](http://ecolecatholique.ca)

**Literacy Support Libraries**  
Gananoque Public Library (613) 382-2436  
[www.gananoque.ca/communityservices/publicservices/library](http://www.gananoque.ca/communityservices/publicservices/library)

Leeds and the Thousand Islands Public Libraries (613) 659-3885  
[www.ltipl.net](http://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](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)-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](http://www.welcometrleger.ca)  
Literacy Link of Eastern ON 1-800-465-7323

**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 school entry.*  
[www.language-express.ca](http://www.language-express.ca)  
1-800-267-7875

Ontario Autism Program – Southeast Region 1-844-855-8340  
ConnectWell (Autism Services) 1-866-257-7618.

**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 of Leeds and Grenville 613-345-0281  
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](http://www.everykid.on.ca)

Community Resource Guide  
Gananoque, Leeds and 1000 Islands 2022

