

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
Toll Free
X2351 1-866-433-8933
Kemptville Site (613)258-2225
Limerick Forest Nature Play (outreach program)
<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
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
Salvation Army Kemptville- Teen Mothers of Preschoolers (MOPS) (613) 489-1455
Family and Children's Services 1-855-667-2726

Childcare

Kemptville
Madison Montessori Academy
(613) 258-1931
Centre de garde d'enfants Notre-Dame
(613) 744 - 2555 x33242

MTJB (MTJB.ca)
MTJB Kemptville Main
613-258-4710

North Grenville Preschool and Learning Centre
(613) 258-9661
"Centre Éducatif Rivière Rideau" 613-258-9555

Kemptville and Area Family Resource Centre
South Branch Child Care Centre (613) 258-0138

Merrickville
Merrickville Day Nursery
613-269-3707
For information about Before and After School Programs contact your school.

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

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->

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, prenatal and breastfeeding education
www.healthunit.org
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 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
Children's Hospital of Eastern Ontario
(613) 737-7600
Kemptville District Hospital
(613) 258-6133
La Leche League Canada - Kemptville Group
(613-258-4667)
KidsInclusive/EnfantsInclus - Kingston Health Sciences Centre www.kidsinclusive.ca
1-855- 544-3400 ext. 3175

Pediatric Physiotherapy
Brockville General Hospital 613-345-5649 x54562
Family and Children's Services
1-855-667-2726

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
Children's Hospital of Eastern Ontario Mental Health Intake service (613) 737-7600
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://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
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
www.ucdsb.on.ca
1-800-267-7131
Conseil Des Écoles Catholique Du Centre-Est
1-888-230-5131
ecolecatholique.ca
CEPEO -École Rivière Rideau 613-258-1555
www.csdceo.ca
Literacy Support

Merrickville Public Library
(613) 269-3326
www.merrickvillelibrary.ca
North Grenville Public Libraries (613)258-4711
www.ngpl.ca

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. 613-258-8519
www.trlegeralepp.ca
CSE Consulting (Employment)
613-258-6576
English as a Second Language
TR Leger School
1-877-875-3437
www.welcometrleger.ca

Special Needs

Children's Hospital of Eastern Ontario (CHEO) (613) 737-7600
www.cheo.on.ca

KidsInclusive/EnfantsInclus - Kingston Health Sciences Centre
Provide rehabilitation and support services for children and youth with physical, neurological and/or developmental challenges
www.kidsinclusive.ca
1-855-544-3400 ext. 3175
(613)544-4300 ext. 3175

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 School Entry.
www.language-express.ca

Autism Services
ConnectWell 1-866-257-7618.

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
United Counties of Leeds and Grenville UCLG
1-800-267-8146

Immigration Services
TR Leger Immigration Resource Centre 1-877-875-3437
www.trimmigrationservices.ca
Immigration Partnership
<http://www.leedsgrenvilleimmigration.ca/>

Legal Aid Ontario.
613-341-2800 x2252

Support for Recreation
Making Play Possible
1-800-809-2494
Municipality of North Grenville (613-258-9569)
YMCA (613)342-3840

Programs Children/Youth
Big Brothers Big Sisters of Leeds and Grenville
613-345-0281
Girls Inc. Of Upper Canada 613-345-3295
Kemptville Youth Centre
613-258-5212

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