

## Support for Parenting

**EarlyON Family and Child 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  
Prescott Site (613) 925-4975  
<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)

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.cmhlg.ca](http://www.cmhlg.ca)

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

## Childcare

### Prescott and Area

Educare Children's Centre  
Johnstown (613) 925-0632

More Than Just Babysitting  
MTJB Maynard Main  
613-925-4032

MTJB TR Leger B&A & Student Care  
613-246-7755

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

**Licensed Home Childcare**  
YMCA of Eastern Ontario  
(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-system.aspx>

## 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](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 (613)345-5649**  
**KidsInclusive/EnfantsInclus - Kingston Health Sciences Centre**  
1-855- 544-3400 ext. 3175  
**La Leche League Canada –**  
613-925-0067 [brockville@lllc.ca](mailto:brockville@lllc.ca)  
**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

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

#### For Adults

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

**Health Unit-Leeds, Grenville and Lanark District Health Unit**  
1-800-660-5853

**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](http://www.cdsbeo.on.ca)

**Upper Canada District School Board**  
1-800267-7131  
[www.ucdsb.on.ca](http://www.ucdsb.on.ca)

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

### Literacy Support Libraries

**Augusta Township Public Library (613) 926-2449**  
<https://augustalibrary.com>

**Edwardsburg-Cardinal Public Library (Cardinal Branch) (613) 657-3822**

**Edwardsburg-Cardinal Public Library (Spencerville Branch) (613) 658-5575**  
<http://www.edcarlibrary.ca/>

**Prescott Public Library (613) 925-4340**  
<http://www.prescott.ca/en/play-here/Library.asp>

**Alternative/Continuing Education**  
**LEAP (Learning, Earning and Parenting Program) (parents ages 16-21) 1-800-267-8146**  
<https://www.leedsgrenville.com/en/services/learning-earning-and-parenting-program-leap.aspx>

**TR Leger School of Adult, Alternative and Continuing Education Programs**  
**Adult Literacy & Employment Preparation Program. (613) 925-1834**  
<http://www.trlegeralepp.ca>

**Employment and Education Centre 613-498-2111**  
**English as a Second Language**  
TR Leger (613-342- 1127)

[www.trlesi.ca](http://www.trlesi.ca)

**Ontario Autism Program – Southeast Region 1-844-855-8340**

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

## 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.cmhlg.ca](http://www.cmhlg.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.*

**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)

**Ontario Autism Program – Southeast Region 1-844-855-8340**

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

## Community Supports

### Food Access

**Food For All (613) 925-2444**  
**King's Kitchen (613) 340-3070**  
**Seaway Christian Church (613) 925-5840**  
**Food For All – Cardinal (613) 657-1967**

### 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  
YMCA (613-342-7961)

### Programs for Kids

**Big Brothers Big Sisters of Leeds & 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

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

Community Resource Guide

Prescott, Edwardsburgh-Cardinal 2022

