

# Family Program Guide

United Counties of Leeds and Grenville

January – June 2025



A listing of community programs and services for families with children and teens, as well as parent education, that is happening throughout communities in Leeds and Grenville.

This guide is a project of the Children's Services Department of the United Counties of Leeds and Grenville.

The information included in this guide is collected from many different agencies and all are *free of charge*, unless there is a fee mentioned. Each listing has information about times and locations, and most have a telephone number for further information. If you have a question about a particular listing, please call the contact number first.

Inclusion of a group or program in this resource does not imply endorsement by the United Counties of Leeds and Grenville. Every effort is made to ensure the accuracy of information in this calendar, and we apologize for any errors.

For more information about this guide, please call 1-866-433-8933, extension 2351.

Email: [childrenservices@uclg.on.ca](mailto:childrenservices@uclg.on.ca)



Children's Services of United Counties of Leeds and Grenville



[www.leedsgrenville.com/en/services/child-and-youth--programs.aspx](http://www.leedsgrenville.com/en/services/child-and-youth--programs.aspx)

# Parent Education and Early Learning

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## PLAY & LEARN SCHEDULE

A free drop-in program, throughout Leeds and Grenville, for families and their children from birth to six years. Children have the opportunity to learn in a play-based environment. Community guests visit the program and community information is available. Free. For more information, call the EarlyON Child and Family Centre (C.F.C.) 1-866-433-8933, extension 2351.

### **Athens EarlyON C.F.C.**

Town Hall, 1 Main Street, West  
Fridays 9:30 – 11:30 a.m.

### **Brockville EarlyON C.F.C.**

Swift Waters Elementary School  
556 King Street, West  
Mondays, Thursdays, and Fridays 9:00 – 11:30 a.m.  
Tuesdays 3:30 – 6:30 p.m.  
Wednesdays 9:00 a.m. – 3:30 p.m.

### **Brockville Public Library**

23 Buell Street  
Saturdays 9:30 – 11:30 a.m.

### **Cardinal EarlyON C.F.C.**

Ingredient Centre, 4050 Dishaw Street  
Mondays 9:30 – 11:30 a.m.

### **Gananoque EarlyON C.F.C.**

St. Joseph Catholic School  
235 Georgiana Street  
Charles Street Entrance  
Mondays, Tuesdays, Wednesdays  
9:00 – 11:30 a.m.

### **Kemptville EarlyON C.F.C.**

Kemptville Public School  
224 County Road 44  
Mondays, Wednesdays, and Fridays  
9:00 – 11:30 a.m.  
Tuesdays 3:30 – 6:30 p.m.  
Thursdays 9:00 a.m. – 3:30 p.m.

### **Prescott Public Library**

360 Dibble Street, West  
Thursdays 9:30 – 11:30 a.m.

## BABYTALK

Baby Talk is a free drop-in group for parents and their babies age birth to 12 months. Come and join this supportive and relaxed atmosphere. It is a chance to meet people, have your questions answered, and seek support around the care and development of your baby. Each week a different topic will be presented, a guest will visit or information provided. Parents may drop in and access information on a variety of topics. A public health nurse from Leeds, Grenville, Lanark and District Health Unit visits once a month. For more information, call the EarlyON C.F.C. at 1-866-433-8933, extension 2351.

### **Brockville EarlyON C.F.C.**

Swift Waters Elementary School  
556 King Street, West  
Tuesdays 9:30 – 11:00 a.m.

### **Gananoque EarlyON C.F.C.**

St. Joseph Catholic School  
235 Georgiana Street  
(Charles Street entrance)  
Tuesdays 1:30 – 3:00 p.m.



### **Kemptville EarlyON C.F.C.**

Kemptville Public School  
224 County Road 44  
Tuesdays 1:30 – 3:00 p.m.

### **Prescott**

County Building  
555 King Street, West  
Thursdays 1:30 – 3:00 p.m.

# Parent Education and Early Learning

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## FAMILY GYM TIME

Enjoy being active with your children birth to 6 years, in the gym. Running, playing with balls, navigating obstacles, parachutes and more movement-based activities. Free. For more information, call the EarlyON C.F.C. 1-866-433-8933, extension 2351.

**Elgin EarlyON C.F.C.**, Elgin Community Hall, 47 Main Street  
Thursdays 9:30 – 11:30 a.m.

## STORYTIME

A free drop-in program dedicated to songs, rhymes and story time for parents, caregivers and children



birth to six years. Older siblings welcome. For more information, call the EarlyON C.F.C. at 1-866-433-8933, extension 2351.

**Prescott Public Library**, 360 Dibble Street, West  
Fridays 10:00 – 11:00 a.m.

**Leeds and Thousand Islands Public Library**  
(Landsdowne Branch) 1 Jessie Street  
Thursdays (beginning February 6) 10:00 – 11:00 a.m.

## STROLLER WALK

Join us for a “walk and talk” on a stroller friendly trail. We will stop at the boardwalk for a water break. Meet at the cabin – we will leave at 10:00 a.m. Please note, this is an adult-paced walk. Children need to be in a stroller or baby carrier, please. Free. For more information, call the EarlyON C.F.C. 1-866-433-8933, extension 2351.

**Chalet Loop Trail**, 1175 Limerick Road, Oxford Station  
Wednesdays 10:00 – 11:00 a.m.



## NATURE PLAY AND LEARN

A free drop-in outdoor, nature program for families and their children, aged birth to 6 years. Children and their families explore what nature offers in an outdoor play-based learning environment. Participants should dress appropriately for the weather. Community guests visit the program and community information is available. For more information, call the EarlyON C.F.C. at 1-866-433-8933, extension 2351.

**Limerick Forest**, Old Homestead Trail, 1175 Limerick Road Oxford Station  
Wednesdays and Fridays 9:30 – 11:30 a.m.

**Brockville EarlyON C.F.C.**, Swift Waters Elementary School, 556 King Street, West  
Tuesdays 9:00 – 11:30 a.m.  
Thursdays 1:30 – 3:30 p.m.



# Parent Education and Early Learning

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## TRIPLE P CAFÉ

Come and explore solutions to help you manage the challenges that come with being a parent. For parents of children age birth to 6 years. Babe in arms welcome. Free. To register, call the EarlyON C.F.C. at 1-866-433-8933, extension 2351. Registration closes 4 days prior to the event.

### Being A Parent

Discuss suggestions to help you manage the challenges that come with being a parent.

**March 4** Tuesday 6:00 – 7:00 p.m.

Brockville EarlyON C.F.C.

Swift Waters Elementary School

556 King Street, West

**May 6** Tuesday 6:00 – 7:00 p.m.

Kemptville EarlyON C.F.C.

Kemptville Public School

224 County Road 44

### Supporting Your Partner

Discuss suggestions to help you and your partner work together as a parenting team.

**April 22** Tuesday 6:00 – 7:00 p.m.

Brockville EarlyON C.F.C.

Swift Waters Elementary School

556 King Street, West

**June 3** Tuesday 6:00 – 7:00 p.m.

Kemptville EarlyON C.F.C.

Kemptville Public School

224 County Road 44

## KIDS HAVE STRESS TOO!

A 3-session parent and caregiver workshop designed to help you better understand childhood stress and ways to help your children manage anxiety and stress. Babe in arms welcome. Free. To register, call the EarlyON C.F.C. at 1-866-433-8933, extension 2351. Registration closes on May 16.

**May 22, 29 and June 5** Thursdays 6:30 – 8:00 p.m.

Brockville EarlyON C.F.C., Swift Waters Elementary School, 556 King Street, West

## HOME CHILD CARE CIRCLE TIME

For Home Child Care Providers and their children age birth to 6 years, to engage in songs, rhymes and story time. Free. Join us virtually via Microsoft TEAMS. For information, call the EarlyON C.F.C. at 1-866-433-8933, extension 2351 or to register by noon each Monday to receive the link to join.

**Mondays** (beginning February 3) 3:00 – 3:30 p.m.

## TRIPLE P PARENTING

Does parenting ever make you feel like you are living in a zoo? Try Triple P's parenting strategies! Choose how to get the parenting tips you want – in groups with other parents, one-on-one with a trained provider or even DIY on-line! All sessions, including the on-line program are offered at no cost in Leeds, Grenville and Lanark County. Contact us today to find answers together. Call 1-800-660-5853, ask for Triple P email [triplep@healthunit.org](mailto:triplep@healthunit.org) or visit [www.triplep-parenting.ca](http://www.triplep-parenting.ca) or follow us on Instagram or Facebook @positiveparentinglg.

# Parent Education and Early Learning

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## INFANT FEEDING CLINICS

During your visit to the clinic, a registered nurse will: Provide prenatal breastfeeding education and help you feel prepared before baby arrives. Provide one-on-one support to help you feed your baby after baby arrives.

- ✓ Assess your baby to make sure they are growing well and meeting their growth milestones.
- ✓ Guide you to learn your baby's feeding cues so that you know when your baby is hungry or full.
- ✓ Teach you the signs to know that your baby is feeding well.
- ✓ Give you tips to help you with common breastfeeding challenges.
- ✓ Give you the chance to ask questions you may have about feeding your baby.

For more information, please refer to [www.healthunit.org](http://www.healthunit.org). Appointments are required for all clinics. Call the Health Unit at 1-800-660-5853 or visit <https://healthunit.org/clinics-classes/infant-feeding-clinic/>. Infant feeding support is offered at the following Health Unit locations: Almonte, Brockville, Carleton Place, Kemptville, and Smiths Falls

## CONNECTIONS: GOOD FOOD FOR A HEALTHY BABY

A prenatal nutrition program for women needing support during their pregnancy. Offering healthy snacks, prenatal information, vitamins and food voucher. The goal is to support mom, have a healthy pregnancy and birth weight baby. Program is offered in-person or through outreach. Free. To register or for more information, call 613-257-2779 or 1-888-284-2204, extension 3100.

Mondays 10:00 a.m. - 12:00 p.m.

Wesleyan Church, 33 Central Avenue, East, Brockville



### Notes & Quotes

**Happy healthy parents make happy healthy children.**

- Dr. Miriam Stoppard

# Infant and Toddler Programs

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## INFANT MASSAGE

A five (5) week series that teaches parents basic baby massage for their babies, birth to 9 months. Facilitated by a certified instructor. Babe in arms welcome. Please note, this is not a certification training. Free. Register by February 19. Call the EarlyON C.F.C. at 1-866-433-8933, extension 2351.

**February 24, and March 3, 10, 17, 24** Mondays 2:00 – 3:00 p.m.

Kemptville EarlyON C.F.C., Kemptville Public School, 224 County Road 44

## DAD'S INFANT MASSAGE

A five (5) week series that teaches dads basic baby massage for their babies, birth to 9 months. Facilitated by a certified instructor. Please note, this is not a certification training. Free. Register by April 24. Call the EarlyON C.F.C. at 1-866-433-8933, extension 2351.

**April 29 and May 6, 13, 20, 27** Tuesdays 6:00 – 7:00 p.m.

Brockville EarlyON C.F.C., Swift Waters Elementary School  
556 King Street, West



## BABY RHYME TIME

For parents and their babies, birth to 12 months, focuses on the pleasure and power of using rhymes, songs and stories together in a group setting. Free. To register, call the EarlyON C.F.C. at 1-866-433-8933, extension 2351.

**February 6, 13, 20, 27 and March 6, 13** (Register by February 3) Thursdays 2:00 - 3:00 p.m.  
Brockville EarlyON C.F.C., Swift Waters Elementary School, 556 King Street, West

**April 1, 8, 15, 22, 29 and May 6** (Register by March 27) Tuesdays 2:00 - 3:00 p.m.

Prescott County Building, 555 King Street, West

## TODDLER TIME

A five (5) week series that provides information about play and toddler development in all areas in a fun and interactive way. For parents and their children age 18 to 30 months of age; no older siblings. Each week will be an area of focus. Babe in arms welcome. Free. To register call the EarlyON C.F.C. at 1-866-433-8933, extension 2351.



**February 28 and March 7, 14, 21, 28**

(Register by February 19) Fridays 10:00 to 11:00 a.m.

Kemptville EarlyON C.F.C., Kemptville Public School  
224 County Road 44

**May 27 and June 3, 10, 17, 24**

(Register by May 21) Tuesdays 10:00 to 11:00 a.m.

Prescott Public Library, 360 Dibble Street, West

# School Age/Teen Programs

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## TEEN PRIDE DROP-IN

Find community, build relationships and be yourself at our safe and inclusive weekly drop-in group, offered in partnership with Brockville Pride. For youth age 13 to 18. For more information, call 613-342-3936.

**Brockville Public Library** 23 Buell Street  
Mondays 10:00 – 11:30 a.m.



## CHESS CLUB

Play a friendly game of chess at the library! All ages and levels are welcome. For more information, call 613-342-3936.

**Brockville Public Library** 23 Buell Street  
Saturdays 10:00 a.m. – 12:00 p.m.

## MINECRAFT CLUB

Join your fellow explorers for an hour of fun and creativity in the world of Minecraft! For children age 8 to 12. To register, call 613-342-3936 or visit [www.brockvillelibrary.libcal.com/calendar/events/Minecraft](http://www.brockvillelibrary.libcal.com/calendar/events/Minecraft).

**Brockville Public Library** 23 Buell Street  
Wednesdays 4:00 – 5:00 p.m.

# Family Programs and Events

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## FAMILY LITERACY DAY CELEBRATION

Join us to celebrate Family Literacy Day with stories, props, puppets, songs and other fun activities. Bring a family favorite book and a snack. For parents, caregivers and their children birth to 6 years. Free. Older siblings welcome. For more information, call the EarlyON C.F.C. at 1-866-433-8933, extension 2351.

**January 24** Friday 9:30 - 11:30 a.m. (during Play & Learn)

Limerick Interpretive Centre, Old Homestead Trail 1175 Limerick Road Oxford Station

**January 24** Friday 10:00 - 11:00 a.m. (during Story Time)

Prescott Public Library, 360 Dibble Street, West

**January 27** Monday 9:00 - 11:30 a.m. (during Play & Learn)

Brockville EarlyON C.F.C., Swift Waters Elementary School, 556 King Street, West

**January 27** Monday 9:30 - 11:30 a.m. (during Play & Learn)

Cardinal EarlyON C.F.C., Ingredion Centre, 4050 Dishaw Street

**January 27** Monday 9:00 - 11:30 a.m. (during Play & Learn)

Gananoque EarlyON C.F.C., St. Joseph Catholic School, 235 Georgiana Street (Charles Street Entrance)

**January 27** Monday 9:00 - 11:30 a.m. (during Play & Learn)

Kemptville EarlyON C.F.C., Kemptville Public School, 224 County Road 44



# Family Programs and Events

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## SUPPER IN YOUR SLEEPERS

To celebrate Family Literacy Day, join us in your sleepers for supper. For parents, caregivers and their children birth to 6 years. Free. Older siblings welcome. Free. A light supper will be available. To register call the EarlyON C.F.C. at 1-866-433-8933, extension 2351.

**January 28** (Register by January 23) Tuesday 3:30 - 6:30 p.m.

Brockville EarlyON C.F.C., Swift Waters Elementary School, 556 King Street, West

## FAMILY DAY CELEBRATION

Join us in celebrating what family means to each participant with special activities. For parents, caregivers and their children birth to 6 years. Older siblings welcome. Free. For more information, call the EarlyON C.F.C. 1-866-433-8933, extension 2351.

**February 12** Wednesday 9:00 - 11:30 a.m. (during Play & Learn)

Gananoque EarlyON C.F.C., St. Joseph Catholic School, 235 Georgiana Street  
Charles Street Entrance

**February 14** Friday 9:00 - 11:30 a.m. (during Play & Learn)

Kemptville EarlyON C.F.C., Kemptville Public School, 224 County Road 44

**February 14** Friday 9:00 - 11:30 a.m. (during Play & Learn)

Brockville EarlyON C.F.C., Swift Waters Elementary School, 556 King Street, West

## VALENTINES DAY FAMILY BAKING

Join us for a Valentine's Day baking in the chalet where we will be using early literacy and math skills to cook up some yummy muffins to celebrate Family Day! For parents, caregivers and their children birth to 6 years.

Older siblings welcome. Free. For more information, call the EarlyON C.F.C. at 1-866-433-8933, extension 2351.

**February 14** Friday 9:30 - 11:30 a.m.

(during Play & Learn)

Limerick Forest Interpretive Centre, 1175 Limerick Road, Oxford Station



## VISIT TO THE FIRE STATION

Join us for a tour of the fire station. Climb into the fire trucks and learn about fire prevention. Parents and caregivers with their children, birth to 6 years of age. Meet at the fire station. Free. To register, call the EarlyON C.F.C. 1-866-433-8933, extension 2351. Registration closes 4 days prior to the event.

**March 11** Tuesday 2:00 – 3:00 p.m.

Prescott Fire Station, 302 Centre Street

**March 13** Thursday 1:30 – 2:30 p.m.

North Grenville Fire Station, 259 County Road 44

Watch the Children's Services of Leeds and Grenville Facebook page for more details and locations to be announced.

# Family Programs and Events

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## MARCH MADNESS

Come join us for special programming over the the week of March Break. Follow us on Facebook for site specific activity information closer to March Break. Activities will vary by site such as science, math, art or Pajama Day! For parents, caregivers and children birth to 6 years. Older siblings welcome. Free. For more information, call the EarlyON C.F.C. at 1-866-433-8933, extension 2351.

**March 10, 12, 13, and 14** 9:00 – 11:30 a.m. (during Play & Learn)

Brockville EarlyON C.F.C., Swift Waters Elementary School, 556 King Street, West

**March 11** 3:30 – 6:30 p.m. (during Play & Learn)

Brockville EarlyON C.F.C., Swift Waters Elementary School, 556 King Street, West

**March 10, 11, and 12** 9:00 – 11:30 a.m. (during Play & Learn)

Gananoque EarlyON C.F.C., St. Joseph Catholic School, 235 Georgiana Street (Charles Street Entrance)

**March 10, 12, 13, and 14** 9:00 – 11:30 a.m. (during Play & Learn)

Kemptville EarlyON C.F.C., Kemptville Public School, 224 County Road 44

**March 11** 3:30 – 6:30 p.m. (during Play & Learn)

Kemptville EarlyON C.F.C., Kemptville Public School, 224 County Road 44

**March 14** 9:30 – 11:30 a.m. (during Play & Learn)

Limerick Forest Interpretive Centre, 1175 Limerick Road, Oxford Station



## GOOSIE GOOSIE GANDER

Enjoy interactive language focused play! Engage in activities, rhymes, songs, stories and educational discussions together that will promote early literacy skills such as, letter recognition, sound awareness, love for books and relationship/social skills. For parents, caregivers and their children ages 3 to 6 years. Babes in arms welcome. Free. To register call the EarlyON C.F.C. at 1-866-433-8933, extension 2351.

**April 10, 17, 24 and May 1, 8** (Register by April 7) Thursdays 1:30 to 3:00 p.m.

Gananoque EarlyON C.F.C., St. Joseph Catholic School, 235 Georgiana Street Charles Street Entrance

**April 25, May 2, 9, 16 and 23** (Register by April 22) Fridays 1:30 to 3:00 p.m.

Kemptville EarlyON C.F.C., Kemptville Public School, 224 County Road 44

**May 1, 8, 15, 22, and 29** (Register by April 25) Thursdays 1:30 to 3:00 p.m.

Brockville EarlyON C.F.C., Swift Waters Elementary School, 556 King Street, West

## Notes & Quotes

**The more that you read, the more things you will know.  
The more that you learn, the more places you'll go.**  
- Dr. Seuss



# Family Programs and Events

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## NATURE WALK

Dads, moms and caregivers with children birth to 6 years of age are invited to join us for 1.5 km, return, nature walk, to the lookout where we will take in the sights and sounds of the forest and wetlands. Children will learn about nature and develop movement skills as they navigate the uneven terrain. Bring a snack and water to enjoy at the pond. Strollers, wagons and older siblings welcome. Free. Participants should dress appropriately for the weather. For more information, call the EarlyON C.F.C. at 1-866-433-8933, extension 2351.

**April 25** Friday 10:00 – 11:30 a.m.

Limerick Forest Interpretive Centre, 1175 Limerick Road, Oxford Station

## DAD'S/GRANDPA'S NATURE WALK

Dads and grandpa's with children birth to 6 years of age are invited to join us for 1.5 km, return, nature walk, to the lookout where we will take in the sights and sounds of the forest and wetlands. Children will learn about nature and develop movement skills as they navigate the uneven terrain. Bring a snack and water to enjoy at the pond. Strollers, wagons and older siblings welcome. Free. Participants should dress appropriately for the weather. For more information, call the EarlyON C.F.C. at 1-866-433-8933, extension 2351.

**February 28, March 28, and May 2**

Fridays 1:30 – 3:00 p.m.

Limerick Forest Interpretive Centre  
1175 Limerick Road, Oxford Station



## DAD'S/GRANDPA'S NIGHT OUT

Calling all Dads and Grandpa's! Come out with your children age birth to 6 years, for an afternoon of fun, active and engaging play in our outdoor space. Dad's/Grandpa's Night Out will provide an opportunity for dads to engage in activities with their children that promote the development of gross motor skills, problem solving, social skills and more. Free. For more information, call the EarlyON C.F.C. at 1-866-433-8933, extension 2351.

**June 10** Tuesday 3:30 – 5:00 p.m.

Brockville EarlyON C.F.C.

Swift Waters Elementary School  
556 King Street, West



## *Notes & Quotes*

**Dads are most ordinary men turned by love into heroes, adventurers, story-tellers and life long friends.**

- Unknown

# Family Programs and Events

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## CARDBOARD BOX DAY

What can you and your children do with a cardboard box? Join us for fun, creativity, play and imagination. Cardboard boxes and a variety of materials will be provided. Feel free to bring along extra from home. For parents, caregivers and their children birth to 6 years. Free. For more information, call the EarlyON C.F.C. at 1-866-433-8933, extension 2351.

**June 13** Friday 9:30 to 11:30 a.m. (during Play & Learn)

Athens EarlyON C.F.C., Joshua Bates Centre, 1 Main Street, West

**June 16** Friday 9:00 to 11:30 a.m. (during Play & Learn)

Gananoque EarlyON C.F.C., St. Joseph Catholic School, 235 Georgiana Street Charles Street Entrance

**June 18** Wednesday 9:00 a.m. to 3:30 p.m. (during Play & Learn)

Brockville EarlyON C.F.C., Swift Waters Elementary School, 556 King Street, West

**June 19** Thursday 9:30 to 11:30 a.m. (during Play & Learn)

Elgin EarlyON C.F.C., Elgin Community Hall, 47 Main Street

**June 20** Friday 9:00 to 11:30 a.m. (during Play & Learn)

Kemptville EarlyON C.F.C., Kemptville Public School, 224 County Road 44

**June 20** Friday 9:30 to 11:30 a.m. (during Play & Learn)

Limerick Forest Interpretive Centre, 1175 Limerick Road, Oxford Station

### *Notes & Quotes*

**Inside a cardboard box, a child is transported to a world of his or own, one where anything is possible – let the children play.**

- unknown



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## BETTER TOGETHER: PEER SUPPORT FOR POSTPARTUM PARENTS

A drop-in peer support group for parents and caregivers of children under 4 years of age, offered in partnership with QueenCare. Be heard and fill your cup with folks experiencing similar challenges and similar joys. Free. For more information, call the Brockville Public Library at 613-342-3936.

**Brockville Public Library** 23 Buell Street

Wednesdays 10:00 a.m. – 12:00 p.m.

## POP IN & PLAY!

Drop in for casual, play-based activities promoting early literacy and numeracy while socializing and making new friends. For parents and caregivers with children age birth to 6 years of age. Free. For more information, call the Brockville Public Library at 613-342-3936.

**Brockville Public Library** 23 Buell Street

Tuesdays 10:00 – 11:30 a.m.

# Family Programs and Events

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## DISCOVERY KITS

Explore the museum through play and hands-on activities with the museum's Discovery Kits! Filled with engaging and interactive exhibit-based activities, Discovery Kits enhance the museum-going experience for children and youth visiting with their families. The Discovery Kit program is entirely self-directed and is included with admission by donation. Please inquire at the front desk. Kits are available on a first come, first serve basis. Kits are not offered on PA Days when Touch Table Stations are available. For more information, call 613-342-4397.

**Brockville Museum**, 5 Henry Street

## MUSEUM TOUCH TABLES

Dive deeper into exhibit content during special events with our hands-on exhibit Touch Tables Stations. Learn how historians read old photographs, discover the simple machines hidden in plain sight, or play a game of "guess the artifact". Station activities may vary by event and are subject to change. For more information, call 613-342-4397 or visit [www.brockvillemuseum.com](http://www.brockvillemuseum.com) for hours and details.

**January 31, April 11, and May 30** Friday  
**March 10, 11, 12, 13 and 14** March Break  
Brockville Museum, 5 Henry Street

## FOLEY MOUNTAIN FOREST SCHOOL

Foley Mountain Forest School is an outdoor, child-centred, play based and inquiry lead program, following the Forest and Nature School pedagogy, for children age 2 to 12 years. Educators support children and families in this learning environment as they learn from and connect with nature. We offer family, kinder, school-age, and family drop-in programs throughout the year. To register or for more information, email [rebecca.whitman@rvca.ca](mailto:rebecca.whitman@rvca.ca) or call 613-273-3255.

**Winter Session - Weeks of January 13 through to and including week of March 3**

**Spring Session - Weeks of March 24 through to and including week of June 9**

Tuesdays – Family Program 9:30 – 11:30 a.m.

Wednesdays – Kindergarten Program 9:00 a.m. – 12:00 p.m.

Thursdays – School Age Program 9:00 a.m. – 12:00 p.m. or 9:00 a.m. – 3:00 p.m.

**January to June** Third Saturday of each month.



## FRONTENAC ARCH BIOSPHERE (FAB) MARCH BREAK NATURE CAMP

Fab March Break Camp is a nature focused, fun and engaging program for kids aged 5 to 11. Campers will get the opportunity to be able to be immersed in the changing season, learn new bushcraft skills, wild teas, animal tracking, forest games and much more. For more information or to register, call 613-659-4824, email [education@fabn.ca](mailto:education@fabn.ca) or visit [www.frontenacarchbiosphere.ca](http://www.frontenacarchbiosphere.ca).

**Frontenac Arch  
Biosphere**



**March 10, 11, 12, 13 and 14**

(March Break - Monday, Tuesday, Wednesday, Thursday and Friday)

8:45 a.m. – 3:30 p.m.

Mac Johnson Wildlife Area, Debrugue Road, Brockville

# Community and Services Programs

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## DO YOU NEED HELP REDUCING YOUR LICENSED CHILD CARE COSTS?

Families who live in Leeds and Grenville, who need help with the cost of licensed child care, can apply for Child Care Fee Subsidy:

- Do you currently use licensed child care?
- Would you like to use licensed child care but find it too expensive?
- Are you in school or working?

For more information about this funding for families, please contact us at 613-342-3840 or 1-800-267-8146, extension 2351 or email [childcare@uclg.on.ca](mailto:childcare@uclg.on.ca)

## LOOKSEE DEVELOPMENTAL SCREEN

Looksee is a developmental checklist that follows your child from one month of age to six years. It provides a snapshot in time of your child's development, and a starting point for discussion with a health/child care professional. These checklists are available to all residents of Ontario free of charge. To obtain a copy of the Looksee visit your local EarlyON C.F.C. or visit [Health HQ | Looksee Checklist](#).



## LANGUAGE EXPRESS PRESCHOOL SPEECH AND LANGUAGE PROGRAM

Language Express provides free speech and language assessment and therapy services for children from birth until school start in Lanark, Leeds, and Grenville Counties.

If you have concerns about your child's speech and language, don't wait and see! We can help:

- If your child is not meeting all of the communication milestones for their age. Go to [www.language-express.ca](http://www.language-express.ca) to complete the Language Express Communications Checkup.
- If your child is stuttering.
- If your child's play or social interaction seems different from other children the same age.
- If your child's voice doesn't sound right.
- If your child has a diagnosis, such as: hearing loss, Autism Spectrum Disorder, or developmental delay.

Language Express accepts referrals for children from birth until September 1 of the year they turn 4. For example, children born in 2021 must be referred by September 1, 2025. Visit our [milestones page](#) or complete the Language Express [Communication Checkup](#) to see if your child's development is on track and to make a referral. You can also call us at 1-888-503-8885 for more information or to make a referral.



**"Working with parents, caregivers, and the community to help children develop the best possible communication skills for lifelong learning."**

# Community and Services Programs

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## LEEDS AND GRENVILLE INFANT AND CHILD DEVELOPMENT

The Infant and Child Development Program is a home-based program providing services to children, age birth to school entry, who have an established developmental delay or are identified as at risk for delay. Families are provided a variety of services based on the individual child and family's needs, including: regular home visits, monitoring of child's development through developmental screening, assessment, information, and support to families about their child's development or diagnosis. You can visit <https://kidsinclusive.ca/resources/webinars/> to view recorded webinars and soon to be able to register for online workshops. For more information, contact KidsInclusive – Centre for Child and Youth development at 1-855-544-3400, extension 23175 or visit <https://kidsinclusive.ca/services-and-programs/specialty-services/infant-and-child-development-program/>.



## EYE SEE... EYE LEARN

The Eye See...Eye Learn® Program (<https://optom.on.ca/esel/>) encourages parents to book a comprehensive eye exam for their junior kindergarten child with a local, participating optometrist. The eye exam is covered by OHIP. If required, Eye See...Eye Learn® will provide one complimentary pair of glasses per child courtesy of our participating optometrists and corporate partners. For more information about the importance of healthy vision visit <https://healthunit.org/health-information/babies-children/visual-health/>



## CHILDREN AND YOUTH RESPITE

The Brockville and District Association for Community Involvement provides funding support for families to have autonomy in hiring support workers they choose to support their children in or out of the home. Funding is available for respite supports to children and youth, age 1 to 18 years, who have been diagnosed with an intellectual or physical disability or Autism Spectrum Disorder, living in Leeds and Grenville. Funds can be used to pay a support worker, support your child/youth to join a community program, explore an interest, learn a new skill, make friends, explore volunteer positions, etc. For more information, please email [respite@bdaci.com](mailto:respite@bdaci.com) or visit [www.bdaci.com](http://www.bdaci.com).

## CHILDREN'S MENTAL HEALTH OF LEEDS AND GRENVILLE

Children's Mental Health of Leeds and Grenville provides services for children and their parents, focusing on the emotional, behavioral needs of children, birth to 17 years of age. We provide a range of early intervention and treatment options if you are concerned about your child's mental health. We also work with parents to prepare for kindergarten transitions and offer a range of parenting support opportunities. There are no charges for services as funding is provided by the Ministry of Health. Parents call us at 1-800-809-2494 to make an appointment or visit our website to complete an online referral at [www.cmhlg.ca](http://www.cmhlg.ca). You may also reach out One Stop Talk at [www.onestoptalk.ca](http://www.onestoptalk.ca), a free service that immediately connects you to a professional therapist for a single session.

# Community Services and Programs

## SMARTSTART HUBS

Wondering where to turn with concerns regarding your child’s development? SmartStart Hubs are located in every region of the province and they provide the following:

- a clear point of entry to child development services for parents and caregivers who have concerns about the child’s development.
- a one-stop point of entry for families who have concerns about their child’s development and would like to explore available options and supports.
- connect families with child development agencies and professionals, giving them seamless connections to assessments and services in a family-friendly environment.
- for eligible children birth to age 19, or 21 if they are in school and live in Ontario (they do not need a diagnosis if you don’t have one).

Families are also encouraged to use the Early Years Check-In tool to quickly identify any concerns they may have about how their child is developing by visiting <https://eyci.healthhq.ca>.

KidsInclusive serves as Ontario’s SmartStart Hub for Kingston Frontenac Lennox and Addington, Lanark County and Leeds and Grenville. For more information please visit [SmartStart Hub - KidsInclusive](#).

For the Eastern Ottawa region, CHEO serves as Ontario’s SmartStart Hub, for more information please visit [Access Team — delivering SmartStart Hub services - CHEO](#)

**Kids Inclusive SmartStart Hub**  
KidsInclusive | EnfantsInclus  
Connecting families with child & youth development services

I have concerns about my child's development

We can help!

See reverse for details

**KidsInclusive EnfantsInclus** Kingston Health Sciences Centre

**Kids Inclusive SmartStart Hub**  
KidsInclusive | EnfantsInclus  
Connecting families with child & youth development services

Are you concerned about your child's ability to:	SmartStart Hub focuses on:
move around	conversations about your child's strengths and needs
perform daily activities such as feeding/eating	connection to appropriate local services and supports
understand other people or tell people what they want	sharing information to help you support your child
get along with others or participate in activities	respect for your family's individual needs

**Eligibility** Birth to 18 (or 21 if in school)

**Get Started**  
 Visit [KidsInclusive.ca](https://KidsInclusive.ca) to learn more  
 Call our System Navigators at 613-544-3400 ext 2078



# Community Services and Programs

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## **ON-LINE PRENATAL COURSES**

The on-line prenatal series uses audio clips, videos, quizzes, and interactive activities to help people learn how to have a healthy pregnancy. Topics include: understanding pregnancy, birth, breastfeeding, your newborn and links to community supports. To register call Leeds, Grenville and Lanark District Health Unit 1-800-660-5853 or visit <https://healthunit.org/clinics-classes/prenatal-education/online/>

## **PRENATAL BREASTFEEDING INFORMATION SESSIONS**

Are you pregnant? Do you have questions about breastfeeding? We are offering NEW Prenatal Breastfeeding Information Sessions, offered in-person and virtually across the region. Make sure you know how to get off to a smooth start, learn important skills and have your questions answered by a Public Health Nurse. Exclusive breastfeeding is important for your child's optimal health and development. Make sure you are ready BEFORE your baby arrives. Participants will receive a valuable information package and priceless confidence. Free. To register or for more information, call Leeds, Grenville and Lanark District Health Unit 1-800-660-5853, extension 2467 or visit <https://healthunit.org/clinics-classes/prenatal-education/> .

## **ONTARIO'S ENHANCED 18 MONTH WELL BABY VISIT**

18 months is a critical time in a child's development and a visit to a health care provider at this time is important. Ontario offers a longer, more in depth visit with your health care provider at 18-months, as it is the last in a series of scheduled health care visits prior to a child starting school. During the visit with a health care provider, parents will have an opportunity to discuss their child's growth and development and ask questions they may have regarding healthy child development. For more information, call the Leeds, Grenville and Lanark District Health Unit at 1-800-660-5853 visit [www.18monthvisit.ca](http://www.18monthvisit.ca) or <https://healthunit.org/health-information/babies-children/healthy-growth-development/>

## **HEALTHY BABIES, HEALTHY CHILDREN**

A free program that provides home visits by public health nurses and home visitors to pregnant women and families with children who have not yet started school. Home visits help you learn about:

- Having a healthy pregnancy and birth.
- Connecting with your child(ren).
- How children grow and develop as well as what you can do to help.
- Being a parent.
- Breastfeeding, food and healthy nutrition.
- Taking care of yourself and your family.
- Other services available to you and your child in your community.

There is no cost to you for the program and your participation is voluntary. For more information, call Leeds, Grenville and Lanark District Health Unit at 1-800-660-5853.

# Community Services and Programs

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## **HEALTHY SMILES ONTARIO (H.S.O.)**

Consists of 3 dental programs for eligible children 17 years and younger:

1. H.S.O. Basic Program (Core) - Family must meet an income level to qualify, based on the number of children 17 and under in the family.
2. H.S.O. Emergency Program – Child has an urgent dental need, such as pain, infection, or large visual decay and the cost of dental treatment would create a financial hardship.
3. Preventive Services Program - Child has a preventive dental need (scaling, fluoride, and/or dental sealants) and the cost would create a financial hardship. Preventive services must be provided by Health Unit staff. Families with access to other dental insurance may still be eligible to apply. Availability of the preventative services program may be affected by COVID-19.

For more information, contact the Leeds, Grenville and Lanark District Health Unit at 1-800-660-5853 or [www.healthunit.org](http://www.healthunit.org) or visit [www.ontario.ca/healthysmiles](http://www.ontario.ca/healthysmiles). Call Service Ontario INFOLine toll-free at 1-844-296-6306 / TTY toll-free 1-800-387-5559.

## **FIRST YEAR, FIRST VISIT**

The Canadian Dental Association encourages the assessment of infants by the dentist, within 6 months of the eruption of the first tooth or by 12 months of age. Prior to the first visit with the dentist, a health unit dental hygienist can provide and demonstrate oral care techniques for infants and young children. If it is a financial hardship for the family to cover the cost of the first visit to the dentist, the dental hygienist may also provide screening to determine eligibility for coverage under the Healthy Smiles Ontario program. The visit with the health unit dental hygienist does not replace an exam with the dentist, but does support the recommendation for collaboration between dental and health care providers to promote oral health. Free. For more information, contact Leeds, Grenville and Lanark District Health Unit at 1-800-660-5853 or visit [www.healthunit.org](http://www.healthunit.org).

## **FLUORIDE VARNISH PROGRAM**

The Oral Health Program of the Leeds, Grenville and Lanark District Health Unit supports the evidence that applying fluoride varnish is a safe and effective part of a cavity prevention program. Please check with your dental provider to find out how fluoride varnish can benefit your child. Free to children who meet eligibility criteria. For more information, contact the Leeds, Grenville and Lanark District Health Unit at 1-800-660-5853 or visit [www.healthunit.org](http://www.healthunit.org).

## **CANADIAN DENTAL CARE PLAN (CDCP)**

Applications are now being accepted for children under 18 years of age, seniors 65 and older and adults with a valid federal Disability Tax Credit Certificate for 2023. For more information on eligibility requirements, how to apply and covered services, please visit the CDCP website [www.canada.ca/canadian-dental/care-plan](http://www.canada.ca/canadian-dental/care-plan), or call 1-833-537-4342 or visit a Service Canada site in your area.

# Community Services and Programs

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## **AUTISM ONTARIO**

The work we do helps all autistic individuals and families in their communities have access to meaningful supports, information and connections so they are equitable and seamlessly supported across their life course. For more information, call 1-800-472-7789 or visit [www.autismontario.com/events](http://www.autismontario.com/events).



## **KIDS HELP PHONE**

If you are a young person and are struggling with a problem big or small, please contact the Kids Help Phone. Kids Help Phone is Canada's only national 24-hour bilingual and anonymous phone counselling, web counselling and referral service for children and youth. Our service is completely anonymous and confidential, we don't trace calls, we don't have call display. You don't even have to tell us your name if you don't want to. To contact us call 1-800-668-6868 or on-line at [www.kidshelpphone.ca](http://www.kidshelpphone.ca)

## **211 EASTERN ONTARIO**

211 is a helpline and online database of Ontario's community and social services. Free 24/7. For more information, call 211 or go to [www.211ontario.ca](http://www.211ontario.ca)

## **HEALTH ACTION LINE**

Leeds, Grenville and Lanark District Health Unit public health information and support is available weekdays from 8:30 a.m. to 4:30 p.m. To contact us call our toll-free number at 1-800-660-5853.

## **PARENTS' LIFELINE OF EASTERN ONTARIO (PLEO)**

A non-profit family peer support organization for parents whose children to age 25 are facing mental health challenges. Offering resources, parent support groups in-person, online, and one on one. Call 1-855-775-7005 or visit [www.pleo.on.ca](http://www.pleo.on.ca).

## **MENTAL HEALTH HOTLINE**

The Mental Health Helpline provides information and mental health services in Ontario. A helpful Information and Referral Specialist will answer your call 24 hours a day. Our service is free and confidential. To contact us, call 1-866-531-2600.

## **HEALTH811 (formerly TELEHEALTH ONTARIO)**

Connect with a registered nurse day or night for free, secure and confidential health advice by dialing 811 or through the live chat at <https://health811.ontario.ca/static/guest/home>.

# Community Services and Programs

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## **ONTARIO POISON CENTRE**

The Ontario Poison Centre is a telephone toxicology consultation service providing expert poison advice 24 hours a day to the public and health-care professionals in Ontario. Our staff includes nurses, pharmacists and physicians highly trained in treating poisonings and drug over doses. Poisonings can happen to anyone at any time. We are here to help you. If you think someone has been poisoned call us right away. To contact us call 1-800-268-9017.

## **CANADA LEARNING BOND**

The Canada Learning Bond is \$500 offered by the Government of Canada to help you start saving for your child's education after high school. Plus, your child could get \$100 every year until he or she turns 15 years old to a maximum of \$2000! For more information, call 1-800-622-6232 or visit [The Canada Learning Bond - Canada.ca](https://www.canadalearningbond.ca/).

## **LIBRARIES**

Find a complete list to all libraries located in Leeds and Grenville on the United Counties of Leeds and Grenville website <https://www.leedsgrenville.com/en/services/libraries.aspx>

## **2SLGBTQIA+ SUPPORTS**

### **Brockville: Youth Pride Drop-In**

2SLGBTQIA+youth (13+) are invited to drop-in to the library for a safe space to connect with community and be your whole self. This program is operated in partnership with Brockville Pride. For more information, visit <https://brockvillelibrary.ca/programs-and-events/teen-programs/>  
Email or call Max at [max@brockvillelibrary.ca](mailto:max@brockvillelibrary.ca) or 613-342-3936, extension 6423  
Brockville Public Library, 23 Buell Street Tuesdays 5:00 – 7:00 p.m.

### **Brockville Pride**

Email [brockvilleprideweek@gmail.com](mailto:brockvilleprideweek@gmail.com) or visit <https://www.brockvillepride.com/>

### **Gananoque Pride Alliance**

Email [ganpride@gmail.com](mailto:ganpride@gmail.com) or visit <https://www.facebook.com/GanPrideAlliance/>

### **North Grenville Pride** (Kemptonville, Oxford Mills, Merrickville)

Email [info@ngpride.ca](mailto:info@ngpride.ca) or visit <https://www.ngpride.ca/>

# Community Services and Programs

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## FOOD BANKS / ASSISTANCE

**Athens Food Bank/Crisis Fund Association**, 34 Mill Street

Mondays 10:00 a.m. – 12:00 p.m.

For more information, call 613-246-0402 or visit

<https://www.facebook.com/pages/category/Community-Service/Athens-FoodBankCrisis-FundAssociation-155111788772395/>

**Brockville and Area Food Bank**, 58 Buell Street

Monday (second Monday each month) 6:00 – 7:30 p.m.

Tuesday to Friday 10:00 a.m. – 3:00 p.m.

To make an appointment, call 613-342-0605 or visit

<https://www.facebook.com/TheBrockvilleAndAreaFoodBank/>

**Brockville – Loaves & Fishes** (low cost meals), 25 Front Avenue, West

Monday to Friday 11:30 a.m. – 1:00 p.m.

For more information, call 613-345-6498 or email [loavesandfishesbrockville@gmail.com](mailto:loavesandfishesbrockville@gmail.com)

**Brockville - Salvation Army**, 175 First Avenue

Monday to Friday 9:00 a.m. – 4:00 p.m.

To make an appointment, call 613-342-5211 or visit [The Salvation Army Brockville | Brockville ON | Facebook](#)

**Cardinal - South Grenville Food Bank - Food for All**, 618 King's Highway #2

Wednesdays 10:00 a.m. – 2:00 p.m. and 5:00 – 7:00 p.m.

For more information, call 613-657-1967 or visit <http://www.foodforallfoodbank.ca/>

**Delta Food Bank, St. Paul's Anglican Community Centre**, 77 King Street

For more information and to register, call 613-213-4828 or 613-928-2217

**Elgin - St. Luke's Leeds Anglican Church** (No charge meals), 18 Main Street

Wednesdays - Saturdays 10:00 a.m. – 2:00 p.m.

Meal listings found on Facebook page <https://www.facebook.com/StLukesLeeds>

For more information, call 613-540-2952

**Gananoque and Area Food Bank**, 497 King Street, East

Mondays, Wednesdays and Fridays 12:00 – 3:00 p.m.

Third Thursday of the month 5:00 – 7:00 p.m.

For more information, call 613-382-4434 or visit <https://www.facebook.com/gananoquefoodbank/>

# Community Services and Programs

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## FOOD BANKS / ASSISTANCE

**Kemptville - Salvation Army**, 20 Oxford Street, West

Mondays, Tuesdays, Wednesdays, Thursdays and Fridays 9:30 a.m. – 4:30 p.m.

For more information, call 613-258-3583 or visit <https://www.salvationarmykemptville.com>

**Merrickville - Rideau Community Health Services Emergency Food Cupboard**

354 Read Street

Wednesdays 9:00 a.m. – 3:00 p.m.

For assistance any other day, call 613-269-3400, extension 247 or visit [www.rideauchs.ca](http://www.rideauchs.ca)

**North Grenville- Kemptville Knights of Columbus Council 5333**, Holy Cross Church Hall

503 Clothier Street, West

To register, call 613-258-3683 or visit [facebook.com/KnightsofColumbusKemptville](https://facebook.com/KnightsofColumbusKemptville)

**Portland Food Bank, Portland Community Hall**, 24 Water Street

First and third Tuesday of each month 10:00 a.m. – 12:00 p.m.

For more information, call 613-359-0151 or visit [www.eppc-ucc.com/Portland-food-bank/](http://www.eppc-ucc.com/Portland-food-bank/)

**Prescott - South Grenville Food Bank - Food for All**, 136 Henry Street

Tuesdays 10:00 a.m. – 1:30 p.m. and 5:00 p.m. – 7:00 p.m.

Wednesdays, Thursdays and Fridays 10:00 a.m. – 1:30 p.m.

For more information, call 613-925-2444, email [foodforall@bellnet.ca](mailto:foodforall@bellnet.ca) or visit <https://www.sgfoodbank.ca>

**Prescott King's Kitchen** (No charge meals), South Grenville District High School

1000 Edward Street, North

Wednesdays (during school year) 4:30 – 6:00 p.m.

For more information, call 613-349-7542 or email [kings\\_kitchen@outlook.com](mailto:kings_kitchen@outlook.com)

**Seeley's Bay - R.O.L.L. Aid Centre Food Bank, Seeley's Bay Legion**, 116 Bay Street

Tuesdays 10:00 a.m. – 12:00 p.m.

For more information, call 613-770-2935

**Spencerville - South Grenville Food Bank - Food for All**, 16 Centre Street

Thursdays 11:00 a.m. – 1:00 p.m.

For more information, call 613-925-2444 or visit <http://www.foodforallfoodbank.ca/>

or Facebook page at [South Grenville Food Bank | Prescott ON | Facebook](https://www.facebook.com/SouthGrenvilleFoodBank)

**Westport Food Bank, United Church**, 27 Church Street (intersection of Church and Spring Street)

To register, email [norman@rideau.net](mailto:norman@rideau.net) or call 613-273-5289