



Family Program Guide March 2023 – August 2023

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 2374.

Email: childrenservices@uclg.on.ca



@LG_EarlyYears



Children's Services of United Counties of Leeds and Grenville



www.leedsgrenville.com/en/services/child-and-youth--programs.aspx

Parent Education and Early Learning

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. For more information, call the EarlyON Child and Family Centre (C.F.C.) 1-866-433-8933, extension 2374.

Athens EarlyON C.F.C. (ends June 30)

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

Brockville EarlyON C.F.C. Commonwealth

Public School
166 Pearl Street, East
Monday, Thursday, Friday 9:00 – 11:30 a.m.
Wednesday 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. (ends June 30)

Ingredion Centre, 4050 Dishaw Street
Thursdays 9:30 – 11:30 a.m.

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. Parents, caregivers and children birth to 6 years. Older siblings welcome. For more information, call the EarlyON C.F.C. at 1-866-433-8933, extension 2374.

Prescott Public Library

360 Dibble Street, West
Fridays 10:00 – 11:00 a.m.

Notes & Quotes

Sing your song, dance your dance, tell your story.

I will listen and remember.

- Utah Phillips

Gananoque EarlyON C.F.C.

235 Georgiana Street
Charles Street Entrance
Monday, Tuesday, Wednesday 9:00 – 11:30 a.m.

Kemptville EarlyON C.F.C.

Kemptville Public School
224 County Road 44
Monday, Tuesday, Friday 9:00 – 11:30 a.m.
Thursday 9:00 a.m. – 3:30 p.m.

Prescott EarlyON C.F.C.

(T.R. Leger School), 490 Jessup Street
(Hyde Street entrance)
Tuesday and Thursday 9:00 – 11:30 a.m.



Child and Family Centre

SING, DANCE, READ

Join us as we sing, move and make music together with puppets and stories. For families, caregivers and their children birth to 6 years. Babes in arms welcome. Free. For more information, call the EarlyON C.F.C. at 1-866-433-8933, extension 2374.

March 3 to April 14 Fridays 10:30 – 11:30 a.m.

Gananoque Public Library, 100 Park Street

Parent Education and Early Learning

BABY TALK

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 feeding 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 2374.

Brockville EarlyON C.F.C., Commonwealth Public School, 166 Pearl Street, East
Tuesdays 10:00 – 11:00 a.m.

Gananoque EarlyON C.F.C., 235 Georgiana Street (Charles Street entrance)
Tuesdays 2:00 – 3:00 p.m.

Kemptville EarlyON C.F.C., Kemptville Public School, 224 County Road 44
Wednesdays 2:00 – 3:00 p.m.

POP-UP PLAY

A drop-in program for parents and caregivers with their children from birth – 6 years, to come play! In a simplified, early learning environment, children are encouraged to explore, create, play and engage in various experiences that promote inquiry and play-based learning. Community guests visit the program and community information is available. Free. For more information, call the EarlyON C.F.C. at 1-866-433-8933, extension 2374.

May 5, 12, 19, 26 and June 9, 16 Fridays 9:30 – 11:30 a.m.

Leeds and Thousand Islands Library, 426 Lyndhurst Road, Lyndhurst



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.

Prescott EarlyON C.F.C. (T.R. Leger School), 490 Jessup Street (Hyde Street entrance)
Tuesdays 10:00 – 11:00 a.m. (during Play and Learn) (ends June 27)

FAMILY MUSIC

Join us in the cabin as we sing, move and make music together with musical instruments, puppets, parachute and a story. For families, caregivers and their children birth to 6 years. Older siblings welcome. Free. To register, the EarlyON C.F.C. at 1-866-433-8933, extension 2374.

April 5, 12, 19, 26 and May 3, 10 Wednesdays 10:00 – 11:00 a.m.

Limerick Forest Interpretive Centre, 1175 Limerick Road, Oxford Station

Parent Education and Early Learning

LIMERICK FOREST NATURE PLAY

A free drop-in outdoor, nature program for families and their children, aged birth to 6 years, located at the Limerick Forest Interpretive Centre. 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 2374.

Year-Round Program

Monday, Wednesday, and Friday 9:30 – 11:30 a.m.
Old Homestead Trail, 1175 Limerick Road Oxford Station

TRAIL 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. at 1-866-433-8933, extension 2374.

Year-Round Program Mondays 10:00 – 11:30 a.m.
Old Homestead Trail, 1175 Limerick Road, Oxford Station

LOOKOUT WALK AT LIMERICK FOREST

Join us for a child paced walk to the lookout. Families and caregivers with their children birth to 6 years of age are invited to bring their snack 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 2374.

March 3, April 14, May 5 and June 9 Fridays 11:30 a.m. – 1:00 p.m.
Limerick Forest Interpretive Centre, 1175 Limerick Road, Oxford Station

NATURE PLAY

Join us for outdoor activities while exploring and experiencing nature. For parents, caregivers and their children birth to 6 years. Older siblings welcome. Free. No pets please. Participants should dress appropriately for the weather. For more information, call the EarlyON C.F.C. at 1-866-433-8933, extension 2374.

June 1 Thursdays 10:00 – 11:30 a.m.
Mac Johnson Wildlife Area, Tincap, 4649 Debruge Road Elizabethtown-Kitley



Notes & Quotes

There's nothing wrong with having a tree as a friend.
- Bob Ross

Parent Education and Early Learning

KIDS HAVE STRESS TOO

A parent and caregiver workshop designed to help you better understand childhood stress and ways to help your children manage anxiety and stress. Free. To Register, call the EarlyON C.F.C. at 1-866-433-8933, extension 2374.

April 11, 18, 25 Tuesdays 6:30 – 7:30 p.m. (Virtual)

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 visit www.triplep-parenting.ca or follow us on Instagram or Facebook @positiveparentinglg.



INFANT FEEDING CLINICS

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

- ✓ 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. 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/>. Breastfeeding support is offered at the following Health Unit locations: Almonte, Brockville, Carleton Place, Kemptville, and Smiths Falls

CONNECTIONS: GOOD FOOD FOR A HEALTHY BABY

An on-going prenatal and nutrition program for pregnant low-income and/or at-risk women and teens. Free. For more information, call Joane Morin at 1-888-284-2204, extension 3106.

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

Wesleyan Church, 33 Central Avenue, East, Brockville

Notes & Quotes

A healthy outside starts from the inside.

- Robert Ulrich

Infant Programs

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 2374.

March 13, 20, 27 and April 3, 17, 24 Mondays 2:00 - 3:00 p.m.

Brockville EarlyON C.F.C., Commonwealth Public School, 166 Pearl Street, East

May 8, 15, 29 and June 5, 12 and 19 Mondays 10:00 - 11:00 a.m.

Prescott EarlyON C.F.C., (T.R. Leger School), 490 Jessup Street (Hyde Street entrance)

May 3, 10, 17, 24, 31 and June 7 Wednesdays 10:00 - 11:00 a.m.

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

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. To register call the EarlyON C.F.C. at 1-866-433-8933, extension 2374.

March 27, April 3, 17, 24 and May 1

Mondays 2:00 – 3:00 p.m.

Ingredion Centre, 4050 Dishaw Street, Cardinal

April 20, 27 and May 4, 11, 18

Thursdays 2:00 – 3:00 p.m.

Gananoque EarlyON C.F.C., 235 Georgiana Street
(Charles Street entrance)

May 25 and June 1, 8, 15, 22

Thursdays 2:00 – 3:00 p.m.

Brockville EarlyON C.F.C., Commonwealth Public School
166 Pearl Street



BABY CAFE

Grab a tea /coffee and head to the library! Baby Café is an informal, drop-in social time for new parents, caregivers, and their babies, birth to 12 months, to connect. There is no formal programming scheduled but our Family Room has toys, books and lots of space for babies to roam. For more information, call 613-342-3936, extension 6424 or email lisa@brockvillelibrary.ca.

April 14 to May 26 Fridays 1:00 – 3:00 p.m.

Brockville Public Library, 23 Buell Street

Notes & Quotes

Coffee Chugs & Baby Snugs.

- Unknown

Preschool Programs

LIBRARY BOOKWORMS

Songs, rhymes, stories and opportunities for cooperative play for children birth to 4 and their caregivers. Everyone welcome! For more information, call 613-342-3936, extension 6424 or email lisa@brockvillelibrary.ca.

April 6 to May 25 Thursdays 10:00 – 11:00 a.m.
Brockville Public Library, 23 Buell Street

School Age Programs

YOUTH MENTORING

Our Youth Mentoring program provides children and youth age 6 to 16 with a professionally screened, trained and supported mentor to talk to and share the experiences of growing up. Through regular meetings and outings, a relationship is developed between the mentor and the mentee, which is built on trust and common interests and is supported by our experienced case workers. The result is a life-changing experience for both the mentor and the mentee. To register, call 613-345-0281 or email ryan.ferneyhough@bigbrothersbigsisters.ca Big Brothers Big Sisters of Leeds and Grenville, 36 George Street (lower level)



THAT THURSDAY THING

An after-school hangout where we snack and chat and do random cool things, for children age 10 to 14. For more information, call 613-342-3936, extension 6424 or email lisa@brockvillelibrary.ca.

April 6 to May 25 Thursdays 3:30 – 5:00 p.m.
Brockville Public Library, 23 Buell Street



Brockville
Public Library

REACH FOR THE STARS

Girls Inc. of Upper Canada is offering weekly Summer camps for girls ages 6 to 12 across Leeds and Grenville. Put on your spacesuits and get ready for a cosmic adventure! Girls will learn about the mysterious wonders of the solar system while exploring their futures in STEM. Full and partial subsidies are available. For more information on dates and camp locations, please email victoria@girlsinc-uppercanada.org.



Notes & Quotes

If you hang out with me for too long, I'll brainwash you into believing in yourself and knowing you can achieve anything.

- Unknown

Family Programs and Events

TRIP TO THE FIRE STATION

Meet us at the fire station for a tour and climb into the fire trucks while learning about fire prevention! Families and caregivers with their children birth to 6 years. Free. To register, call the EarlyON C.F.C. at 1-866-433-8933, extension 2374.

May 4 Thursday 10:00 – 11:00 a.m.

Kemptville Fire Department, 259 County Road 44

SUPPER IN YOUR SLEEPERS

Join us for a light supper from 5:00 to 6:00 p.m. and stay for play. For families and caregivers with their children birth to 6 years. Older siblings are welcome. Free. To register, call the EarlyON C.F.C. at 1-866-433-8933, extension 2374.

June 6, 20, 27 Tuesday 4:30 – 6:30 p.m.

Brockville EarlyON C.F.C., Commonwealth Public School, 166 Pearl Street, East

GOOSIE, GOOSIE GANDER

Join us for a school readiness program with a focus on literacy. For families, caregivers and their children aged 3 to 6 years. Bring a peanut free snack. Babe in arms welcome. Free. To register, call the EarlyON C.F.C. at 1-866-433-8933, extension 2374.

May 2, 9, 16, 23, 30 Tuesdays 10:00 – 11:30 a.m.

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

May 24, 31 and June 7, 14, 21 Wednesdays 1:00 – 2:30 p.m.

Limerick Forest, Old Homestead Trail, 1175 Limerick Road, Oxford Station

TOUCH A TRUCK

Returning this Summer! Come join us in Brockville to explore a variety of vehicles and community booths. Rain or shine. Cancelled if thunder and lightning. Free. More details to come. Follow us on Facebook for more information, or call the EarlyON C.F.C. 1-866-433-8933, extension 2374.

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. Educators support children and families in this learning environment as they learn from and connect with nature. We offer kinder, school-age, and family drop-in programs throughout the year. To register or for more information email rebecca.whitman@rvca.ca or call 613-273-3255.

March Wednesdays and Thursdays

Half day 9:00 a.m. – 12:00 p.m.

Full Day 9:00 a.m. to 3:00 p.m.

Drop-In 10:00 a.m. to 11:30 a.m.



Community Services and Programs

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



SYMPTOM OF ILLNESS SCHOOL AND CHILD CARE SCREENING

Wondering if your child should attend school, EarlyON C.F. C. or child care with symptoms of illness? The Ontario School and Child Care Screening tool is accessible to all Ontarians at [COVID-19 school screening \(ontario.ca\)](https://www.ontario.ca/covid-19-school-screening)

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.](#)



Notes & Quotes

Children want the same things we want. To laugh, to be delighted, to be entertained and delighted.

- Dr. Seuss

Community Services and Programs

BROCKVILLE PUBLIC LIBRARY

Adult Programs

Learn, collaborate and connect with our adult programs and events. From knitting groups and book clubs to chess games and computer training.

Teen and Youth Programs

The Brockville Public library offers a variety of programs and activities for teens, including LGBTQIA+ Drop In Group, Teen Art Hive and opportunities to volunteer

Teen and Youth Programs

Looking for fun things to do with your kids? Brockville Public Library offers free programs and activities for children of all ages, including storytimes, arts and crafts and science experiments. We provide a variety of opportunities for children to tinker, play and create throughout the year.

Also available are: Wifi, meeting rooms, tech tutoring, print/scan/copy/fax, online library and resources, ebooks, audio books, music and creativebug. For more information on our current and upcoming programs call 613-342-3936 or email info@brockvillelibrary.ca or visit <https://brockvillelibrary.ca/programs-and-events/adult-and-senior-programs/>

LANGUAGE EXPRESS PRESCHOOL SPEECH AND LANGUAGE PROGRAM

Language Express provides free speech and language assessment and therapy services for children from birth until the end of Junior Kindergarten 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 your child and provide useful ideas for you and your child's caregivers or teachers. When to get help:

- If your child is not meeting all of the communication milestones for their age. Go to 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 November 30 of the year they turn 4. For example, children born in 2018 must be referred by November 30, 2022. 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.

Notes & Quotes

The child begins to perceive the world not only through their eyes but also through their speech.

- Lev Vygotsky

Community Services and Programs

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/>

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 Health Action line at Leeds, Grenville and Lanark District Health Unit at 1-800-660-5853 visit 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.



Notes & Quotes

**Guide my thoughts lovingly back
to the baby within me,
whose life is a masterpiece that takes patient time to create.**

- Mothering Spirit

Community Services and Programs

ORAL HEALTH EDUCATION AND DENTAL SCREENING

The dental team from Leeds, Grenville and Lanark District Health Unit will provide oral health information and dental screening for children. Fluoride varnish may be provided. Verbal or written consent is required. The dental team will also assist eligible families apply for the Healthy Smiles Ontario Program. Free. For more information, call the EarlyON C.F.C. at 1-866-433-8933, extension 2374.

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 or visit 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.

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.

Community Services and Programs

CHILDREN'S MENTAL HEALTH OF LEEDS AND GRENVILLE

Children's Mental Health 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. To make an appointment, parents can call us at 1-800-809-2494. Limited spaces available. Please call in advance to secure an appointment time.

Walk-In Clinic Brockville (In-Person)

Wednesdays 11:00 a.m. – 7:00 p.m.

779 Chelsea Street, Suite BU

Walk-In Clinic throughout Leeds and Grenville (Virtual Appointments)

Wednesdays 11:00 a.m. – 5:30 p.m.

AUTISM ONTARIO

Autism Ontario is dedicated to increasing public awareness about autism and the day-to-day challenges faced by individuals with autism, their families, and the professionals with whom they interact. The organization and its chapters share common goals of providing information and education, supporting research, and advocating for programs and services for the autism community. For more information, call 1-800-474-7789, extension 253



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

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

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.

Community Services and Programs

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.

TELEHEALTH ONTARIO

Telehealth Ontario is a free, confidential service you can call to get health advice or information. A Registered Nurse will take your call 24 hours a day, seven days a week. To contact us call 1-866-797-0007.

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 [Canada Learning Bond for those under 18 years old – About the Bond - Canada.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, call Max at 613-342-3936, extension 6423 or email max@brockvillelibrary.ca or visit <https://brockvillelibrary.ca/programs-and-events/teen-programs/>
Brockville Public Library, 23 Buell Street
Tuesdays 5:00 – 7:00 p.m.

Brockville Pride

Email brockvilleprideweek@gmail.com or visit <https://www.brockvillepride.com/>

Gananoque Pride Alliance

Email ganpride@gmail.com or visit <https://www.facebook.com/GanPrideAlliance/>

North Grenville Pride

(Kemptonville, Oxford Mills, Merrickville)
Email info@ngpride.ca or visit <https://www.ngpride.ca/>

Community Services and Programs

FOOD BANKS / ASSISTANCE

Athens Food Bank/Crisis Fund Association, Elgin Street, North

Mondays 5:00 – 7:00 p.m.

For more information, call 613-924-9112

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

Brockville and Area Food Bank, 58 Buell Street

Tuesday to Friday 10:00 a.m. – 2:45 p.m.

To make an appointment, call 613-213-0605 or visit

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

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

Monday to Friday 1:00 – 3:00 p.m.

For more information, call 613-345-6498 or email 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](#)

Brockville - Thousand Islands Baptist Church Food Cupboard, 229 Park Street

(corner of Front Avenue, East)

For more information, call 613-342-9552 or visit [The Food Cupboard ★ Grace Community Church \(gracebrockville.com\)](#)

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. (beginning April 1)

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, call 613-213-4828 or 613-928-2217

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

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

For more information, call 613-507-3311

Gananoque and Area Food Bank, 497 King Street, East

Mondays, Wednesdays and Fridays 12:30 – 2:45 p.m.

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

Community Services and Programs

FOOD BANKS / ASSISTANCE

Kemptville - Salvation Army, 200 Sanders Street

Tuesdays and Thursdays 9:00 a.m. – 3:00 p.m.

For more information, call 613-258-3583 or visit

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

Merrickville - Rideau Community Health Services Emergency Food Cupboard

354 Read Street

Tuesdays 9:00 a.m. – 4:00 p.m.

For assistance any other day, call 613-269-3400, extension 247

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

503 Clothier Street, West

To register, call 613-258-3683

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

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

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

Tuesdays 5:00 – 7:00 p.m.

For more information, call 613-925-2444 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

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

Fourth (4th) Thursday of each month 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](#)

Westport Food Bank, United Church, 27 Church Street

To register, email sgrundy@rideau.net or call 613-273-3031