



# **Family Program Guide**

United Counties of Leeds and Grenville

## **January to July 2026**

**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)

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# 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. Free. For more information, call the EarlyON Child and Family Centre (CFC) at 1-866-433-8933, extension 2351.

**Athens Joshua Bates Centre**, 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.

**Cardinal Ingression 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, and 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.

**Brockville Public Library**, 23 Buell Street

Saturdays 10:30 a.m. – 12:00 p.m.

**Prescott Public Library**, 360 Dibble Street

Thursdays 9:30 – 11:30 a.m.

## Nature Play & Learn

Join us outside for a variety of nature play-based learning experiences. Families, caregivers and their children, aged birth to 6 years, will explore what nature has to offer in your own backyard. Free. 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. Year-Round Program.

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

Tuesdays 9:00 – 11:30 a.m.

**Limerick Forest Interpretive Centre**, 1175 Limerick Road, Oxford Station

Wednesdays and Fridays 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 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. 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 – United Counties of Leeds and Grenville Building**, 555 King Street, West  
Thursdays 1:30 – 3:00 p.m.

## **Family Gym Time**

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

**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**, (Lansdowne Branch) 1 Jessie Street  
Thursdays 10:00 – 11:00 a.m.

## Nature Walk

Families and caregivers with their children birth to 6 years of age are invited to join us for a child paced 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. 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 17** Friday 10:00 a.m. – 11:00 a.m.

Landon's Bay, 1000 Islands National Park, 302 Thousand Islands Parkway, Gananoque

**April 24** Friday 10:00 a.m. – 11:30 a.m. (during Play & Learn)

Limerick Forest Interpretive Centre, 1175 Limerick Road, Oxford Station

## Road Map To Child Care

Navigating the transition into licensed child care can feel overwhelming. Join us for an information session designed to guide families through the process of finding and accessing child care in Leeds and Grenville, and where we'll explore commonly asked questions. Whether you're just starting to explore child care options or ready for next steps, this session will provide practical information, helpful resources, and peace of mind. Free. To register, call the EarlyON C.F.C. at 1-866-433-8933, extension 2351.

**May 26** Tuesday 6:30 – 8:00 p.m. Virtual

## Home Child Care Networking Café

A networking café where home child care providers are invited to come connect, share ideas and create resources with each other. Free access to program planning resources, including machine and die cutter and library. Bring your questions to our qualified staff who can help you with program ideas, community resources, and more. Light refreshments provided. Free. To register, call the EarlyON C.F.C. at 1-866-433-8933, extension 2351.

**April 28** Tuesday 6:30 – 8:00 p.m.

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

**May 5** Tuesday 6:30 – 8:00 p.m.

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

## Outreach Visit – Merrickville Community Playgroup

An EarlyON C.F.C. Resource Consultant is now accessible regularly at the Merrickville Community Playgroup, to answer your questions on child development, parenting, or community resources. Free. For more information, call the EarlyON C.F.C. at 1-866-433-8933, extension 2351.

**January 14, April 8, May 20 and June 17**

Wednesdays 10:00 a.m. – 12:00 p.m.

Merrickville Community Centre, 106 Read Street

## 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 programs, are offered at no cost in Leeds, Grenville and Lanark County. For more information, visit [www.triplep-parenting.ca](http://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 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, extension 2467 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

Pregnant individuals can take part in a weekly group which includes cooking with a registered dietitian, talking with professional about pregnancy/health/parenting, all while connecting with other moms in a relaxed social setting. Eligible participants can also receive weekly food vouchers and transportation to/from the group. Those living in Leeds and Grenville outside our service area, can access food vouchers and support through our partnership with local agencies, with registration. Free. For more information, call 613-257-2779 or 1-888-284-2204, extension 3100, email [connections@connectwell.ca](mailto:connections@connectwell.ca) or visit the website at [Connections Program Info - ConnectWell](#). In-Person groups are held at ConnectWell Community Health from 10:00 a.m. - 12:00 p.m., at the following locations:

**Tuesdays** Carleton Place, 30 Bennett Street

**Thursdays** Perth, 12 Harvey Street

**Fridays** Smiths Falls, 73 Beckwith Street, North



# INFANT AND PRESCHOOL PROGRAMS

## Infant Massage

A five (5) week series that teaches parents basic baby massage for their babies, birth to 9 months. Please note, this is not a certification training. Free. To register call the EarlyON C.F.C. at 1-866-433-8933, extension 2351. Follow us on Facebook for multiple dates and locations to be announced in the Spring.

## 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.

**January 29, February 5, 12, 19, 26 and March 5** Thursdays 2:00 – 3:00 p.m.

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

**March 31, April 7, 14, 21, 28 and May 5** Tuesdays 2:00 – 3:00 p.m.

Prescott - United Counties of Leeds and Grenville Building, 555 King Street, West

**May 13, 20, 27 and June 3, 10, 17** Wednesdays 1:30 – 2:30 p.m.

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

## Mini Mind Masters

Families and caregivers with their children age 4 – 6 years, are invited to join this program that helps children build positive living skills which they can use anytime, anywhere for the rest of their lives. Free. To register, call the EarlyON C.F.C. at 1-866-433-8933, extension 2351.

**February 3, 10, 17, 24** Tuesdays 4:00 – 5:30 p.m.

Prescott Public Library, 360 Dibble Street, West

**June 2, 9, 16, 23** Tuesdays 4:00 – 5:30 p.m.

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

# **FAMILY PROGRAMS AND EVENTS**

## **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 23** Friday 10:00 – 11:00 a.m. (during Story Time)

Prescott Public Library, 360 Dibble Street, West

**January 26** Monday 9:00 – 11:30 a.m. (during Play and Learn)

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

**January 26** Monday 9:30 – 11:30 a.m. (during Play and Learn)

Cardinal Ingredion Centre, 4050 Dishaw Street

**January 26** Monday 9:00 – 11:30 a.m. (during Play and Learn)

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

**January 26** Monday 9:00 – 11:30 a.m. (during Play and Learn)

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

**January 28** Wednesday 9:30 – 11:30 a.m. (during Play and Learn)

Limerick Forest Interpretive Centre, 1175 Limerick Road, Oxford Station

**January 29** Thursday 9:30 – 11:30 a.m. (during Family Gym Time)

Elgin Community Hall, 47 Main Street

**January 29** Thursday 10:00 – 11:00 a.m. (during Story Time)

Leeds and Thousand Islands Public Library, (Lansdowne Branch) 1 Jessie Street

**January 30** Friday 9:30 – 11:30 a.m. (during Play and Learn)

Athens Joshua Bates Centre, 1 Main Street, West

## **Making Mealtime Family Learning Time**

To celebrate Family Literacy Day, join us in your sleepers for literacy-based activities that make mealtime family learning time. For parents, caregivers and their children birth to 6 years. Free. Older siblings welcome.

A light supper will be available. To register, call the EarlyON C.F.C. at 1-866-433-8933, extension 2351.

**January 27** Tuesday 4:30 – 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. Free. Older siblings welcome. For more information, call the EarlyON C.F.C. at 1-866-433-8933, extension 2351.

**February 9** Monday 9:00 – 11:30 a.m. (during Play and Learn)

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

**February 12** Thursday 9:30 – 11:30 a.m. (during Family Gym Time)

Elgin Community Hall, 47 Main Street

**February 13** Friday 9:00 – 11:30 a.m. (during Play and Learn)

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

**February 13** Friday 9:30 – 11:30 a.m. (during Play and Learn)

Athens Joshua Bates Centre, 1 Main Street, West

**February 13** Friday 9:00 – 11:30 a.m. (during Play and Learn)

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

**February 17** Tuesday 3:30 – 6:30 p.m.

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

## Valentine 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 treats to celebrate Valentine's Day! 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.

**February 13** Friday 9:30 – 11:30 a.m.

Limerick Forest Interpretive Centre, 1175 Limerick Road, Oxford Station

## Valentine Day Celebration

Let's share the love! Family, friends, neighbors and the world. Showing love and appreciation for everyone. 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.

**February 14** Saturday 10:30 a.m. – 12:00 p.m. (during Play and Learn)

Brockville Public Library, 23 Buell Street

## March Break Madness

Come join us for special programming over 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 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.

**March 16, 17, 18, 19, 20** 9:00 – 11:30 a.m. (during Play and Learn)

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

**March 16, 17 and 18** 9:00 – 11:30 a.m. (during Play and Learn)

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

**March 16, 17, 18, 19, 20** 9:00 – 11:30 a.m. (during Play and Learn)

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

**March 20** Friday 9:30 – 11:30 a.m. (during Play and Learn)

Limerick Forest Interpretive Centre, 1175 Limerick Road, Oxford Station

**March 21** Saturday 10:30 a.m. – 12:00 p.m. (during Play and Learn)

Brockville Public Library, 23 Buell Street

## Visit to the Fire Station

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

### March Date to be Determined

North Grenville Fire Station, 259 County Road 44

### March Date to be Determined

Cardinal Fire Station, 4035 Dishaw Street

**March 17** Tuesday 10:00 – 11:00 a.m.

Prescott Fire Station, 302 Centre Street

**March 20** Friday 1:30 – 2:30 p.m.

Brockville Fire Station, 360 Laurier Boulevard

## Family Music Time

Join us as we sing, move and make music together. Our time together will include musical instruments, parachute, and a story. For parents, caregivers and their children 18 months to 6 years. Babe in arms and older siblings welcome. Free. To register, call the EarlyON C.F.C. at 1-866-433-8933, extension 2351.

**March 26 and April 2, 9, 16** Thursdays 10:00 – 11:00 a.m.

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

**May 1, 8, 15, 22** Fridays 10:00 – 11:00 a.m.

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

**May 14, 21, 28 and June 4** Thursdays 10:00 – 11:00 a.m.

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

## 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 15** Monday 9:00 – 11:30 a.m. (during Play and Learn)

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

**June 18** Thursday 9:30 – 11:30 a.m. (during Family Gym time)

Elgin Community Hall, 47 Main Street

**June 19** Friday 9:30 – 11:30 a.m. (during Play and Learn)

Athens Joshua Bates Centre, 1 Main Street, West

**June 19** Friday 9:00 – 11:30 a.m. (during Play and Learn)

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

**June 19** Friday 9:00 – 11:30 a.m. (during Play and Learn)

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

## Foley Mountain Forest School

Come and join our experienced outdoor educators for a morning of play, exploring, and learning in the forest! Free. Children of any age are welcome and are to be accompanied by a parent(s) or caregiver. Pre-registration is required. To register or for more information, email [rebecca.whitman@rvca.ca](mailto:rebecca.whitman@rvca.ca), call 613-723-3255 or visit <https://www.rvca.ca/outdoor-education/foley-mountain-ca/foley-mountain-forest-scool>.

**January 17 to June 20** third Saturday of each month.

Foley Mountain Conservation Area, Foley Mountain Lane, Westport

# COMMUNITY SERVICES PROGRAMS

## DO YOU NEED HELP REDUCING YOUR LICENSED CHILD CARE OR RECREATION CAMP PROGRAM COSTS?

Did you know that Fee Subsidy supports eligible families who live in Leeds and Grenville, by paying up to 100% of their child care or recreation camp costs. Fee Subsidy is available for:

- Children from infant to 5 years of age, enrolled in licensed child care program sites that are enrolled in the Canada Wide Early Learning Child Care (CWELCC) initiative in Leeds and Grenville.
- Children enrolled in licensed child care, or School Board operated extended day programs, exclusively serving children age 6 to 12 years of age.
- Children between 4 to 12 years of age enrolled in a recreation camp program.



For more information about Fee Subsidy for families, call 613-342-3840 or 1-800-267-8146, extension 2351 or email [childcare@uclg.on.ca](mailto:childcare@uclg.on.ca).

To apply for Fee Subsidy, visit [Application for Child Care Fee Subsidy - United Counties of Leeds and Grenville](#) to access the online application or scan the QR Code.

## 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. Visit our [milestones page](#) or complete the Language Express [Communication Checkup](#) to see if your child's development is on track.
- 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 that affects communication development, 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 start school. Visit [www.language-express.ca](http://www.language-express.ca) for ideas on how to help your child, to complete the Language Express Communication Check-up, and to make a referral. You can also call us at 1-888-503-8885 for more information or to make a referral.

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

## 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](#)

## 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 South East 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 South East 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 South East 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 South East Health Unit at 1-800-660-5853.

## Healthy Smiles Ontario (HSO)

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

1. HSO Basic Program (Core) - Family must meet an income level to qualify, based on the number of children 17 and under in the family.
2. HSO Emergency and Essential Stream 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. HSO Preventive Services Only 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.

For more information, contact the Southeast Public Health at 1-800-660-5853 or visit [SoutheastPH.ca](http://SoutheastPH.ca) or the [HSO website](#), or call the 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 (HSO) 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 Southeast Public Health at 1-800-660-5853 or visit [SoutheastPH.ca](http://SoutheastPH.ca).

## **Fluoride Varnish Program**

The Oral Health Program of the Southeast Public Health 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, and how often it should be applied. Free to children who meet eligibility criteria. For more information, contact the Southeast Public Health at 1-800-660-5853 or visit [SoutheastPH.ca](http://SoutheastPH.ca).

## **Canadian Dental Care Plan (CDCP)**

Applications are open for eligible Canadians, including children under 18 years of age. For more information on eligibility requirements, how to apply, and covered services, please visit the [CDCP website](http://CDCP website), call 1-833-537-4342, or visit a Service Canada site in your area.

## **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 and values in helping all autistic individuals (children, youth and adults), and families in their communities, have access to meaningful supports, information, education and connections through unique programs and services, so they are equitably and seamlessly supported across their life course in reaching their full potential. For more information, call 1-800-474-7789 or visit <https://www.autismontario.com/programs-services>.

## **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**

Southeast 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.

## **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>.

## **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 overdoses. 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 1-844-764-7669.

## **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](http://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 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** (Kemptville, Oxford Mills, Merrickville)

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

## 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

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

Monday, Saturday and Sunday Closed

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 11:30 a.m. – 1:00 p.m.

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

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

Second Tuesday of each month 9:00 – 10:00 a.m.

For more information and to register, call 613-213-4828 or 613-349-6464

### **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 613-507-3311

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

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

Thursday (third Thursday of each month) 5:00 – 7:00 p.m.

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

**Kemptville - Salvation Army**, 200 Sanders Street

Food Hampers available. 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

Wednesdays (first and third Wednesday of each month) 5:00 – 7:00 p.m.

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

**North Grenville Community Meals Association**- Williamson Memorial Hall (The Armoury)

25 Reuben Crescent, Kemptville.

Tuesdays 4:00 – 7:00 p.m. (free dinners)

Free dinners. For more information, email [NGCMAssociation@gmail.com](mailto:NGCMAssociation@gmail.com)

**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 To Friday 10:00 a.m. – 1:30 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](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. – 2:00 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](#)

**Westport Food Bank**, 43 Bedford Street

Thursdays (second and fourth Thursday each month) 9:00 – 11:30 a.m.

For more information, email [norman@rideau.net](mailto:norman@rideau.net) or call 613-273-5289