

# COMMUNITY RESOURCES GUIDE

## Township and Local Services

## Physical Health

## Mental Health and Wellbeing

## Recreation

## Support for Families

## Community Services

### FOY Township Office:

*Administrative Services; Tax Payments, Planning and Zoning; By-laws; Booking Facilities; Dog Tags; Building Permits and Inspections; Recreation; Waste Disposal and Recycling; Burn Permits; Information - Township Committees*

613-923-2251

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

### Public Works

613-923-5074

### Fire Protection/Prevention

613-923-5216

### Library

613-923-1790

### Business Directory

<https://directory.leedsgrenville.com/>

### Post Office

613-923-5512

### Front of Yonge School

613-923-5284

### Legion

613-923-5000

### Pharmacy

613-923-1133

### Mallorytown Freshmart

613- 923-2167

### Skyward Active Health Centre

613-704-1600

### Mallorytown Pharmacy and Health Centre

613-923-1133

### Mallorytown Unattached Patient Clinic

613-923-1175

<https://www.ucfht.com/mallorytown>

### Telehealth Ontario

8-1-1 (non-urgent)

### Poison Centre

1-800-268-9017

### Hospitals

Brockville General

613-345 5649

BGH in-Home Palliative Care

613-345-5649 x52170

Children's Hospital of Eastern Ontario 613-737-7600

### Lifelabs

1-877-849-3637

Leeds, Grenville and Lanark

District Health Unit

1-800-660-5853

*Including: Immunization, parenting programs, pre and post-natal support*

[www.healthunit.org](http://www.healthunit.org)

## SUPPORT FOR SENIORS

Community and Primary Health

Care (CPHC)

613-342-3693

*Support for seniors including: frozen meals, transportation, respite, footcare, lifeline, exercise classes, home help.* [www.cphcare.ca](http://www.cphcare.ca)

Seniors Resource Guide

<https://mallorytown.ca/seniors-resource-directory/>

### For Children and Youth

Children's Mental Health of Leeds and Grenville

613-498-4844

<https://www.cmhlq.ca/>

KIDS Help Phone Line (24 hours)

1-800-668-6868

Family and Children's Services

613-498-2100

### For Adults

Lanark, Leeds-Grenville

Addictions and Mental Health

613-342-2262

<https://llqamh.ca/community-addictions-services.php>

Mental Health Crisis Line

1-866-281-2911

Alcoholics Anonymous

613-284-2696

[info@lanarkleedsaa.org](mailto:info@lanarkleedsaa.org)

## EMERGENCIES

9-1-1

OPP

1-888-310-1122

## SUICIDE CRISIS LINE

9-8-8

### Municipal Parks

Tony Kall Park (located at Mallory Coach House) – *picnic tables, benches, gazebo*

Recreation Park – *soccer, baseball, outdoor rink and pond, pickleball courts, playground equipment, pavilion with picnic tables*

613-923-2251

Mallorytown Landing - Thousand

Islands National Park

*Hiking trails, day use area, boat ramp, paddling, island camping,*

613-923-5261

<https://parks.canada.ca/pn-tp/on/1000>

Thousand Islands Parkway -

St. Lawrence Parks Commission

*38 km. bike trail, Brown's Bay Park (day use swimming, boat*

*ramp, picnic area)*

<https://www.stlawrenceparks.com/to-do/beaches/>

### Historic Sites

Mallory Coach House

*Historic artifacts and information about the area; permanent exhibit*

*devoted to Canada's first glassworks site*

613-923-2251

<https://mallorytownglass.ca>

### Mallorytown Legion

613-923-5000

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

### School Boards

Upper Canada District School Board 613-342-0371

Catholic District School Board of Eastern Ontario 613-258-7757

Conseil des ecoles catholique du Centre-Est 613- 744-2555

Conseil des ecoles publiques de l'Est de l'Ontario 613-742-8960

### Licensed Child Care and

### Childcare Subsidies

Children's Services – United

Counties of Leeds-Grenville

613-342-3840 x 2351

### Parenting Support

EarlyON Child and Family Centres

Brockville Main Site

1-866-433-8933

*Parent education and support, programmes for young children and families*

### Triple P Parenting (for parents with kids 0 to 16)

*For parenting sessions and information call:*

1-800-660-5853

[www.triplep-parenting.org](http://www.triplep-parenting.org)

### Special Needs

KidsInclusive

1-855- 544-3400 ext. 3175

*Services for children and youth with physical, neurological and/or developmental challenges*

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

### Support for Youth

RNJ Youth Services

613-342-4238

### Food Security

Brockville and Area Food Bank

613-342-0605

Athens Food Bank

613-246-0402

Meals on Wheels (Seniors) 613-342-3693

### Housing and Social Assistance

United Counties of Leeds and Grenville

1-800-267-8146

### Legal Aid Ontario, Brockville –

613-341-2800 x2252

### Violence/Abuse Related Support

Assault Response and Care Centre (ARCC)

1- 800-567-7415

Leeds and Grenville Interval

House (24 hours)

1-800-267-4409

Victim Services 1-800-939-7685

*(information on Elder Abuse, fraud, scams)*

### Income Tax Assistance

Volunteer Centre Income Tax Services

613-499-9393 x23

### Employment Resources

Employment & Education Centre

613-498-2111