

# Family Program Guide

## Fall 2019



A listing of community programs and services for families with children from infants to 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](mailto: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](http://www.leedsgrenville.com/en/services/child-and-youth--programs.aspx)

# Parent Education

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## PLAY & LEARN SCHEDULE

Parenting is hard work! A free drop-in program, throughout Leeds and Grenville, for: dads, moms, grandparents, caregivers and their children from birth to six years. Children have the opportunity to engage in experiences that promote inquiry and play-based learning. Children are encouraged to explore, create and play. Community guests visit the program. Community information is available. For more information, call the EarlyON Child and Family Centre (C.F.C.) 1-866-433-8933, extension 2374.

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

Commonwealth Public School  
166 Pearl Street, East  
Tuesdays to Fridays 9:00 – 11:30 a.m.  
Wednesdays 1:30 – 7:00 p.m.

### **Brockville Public Library**

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

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

375 William Street, South  
Mondays, Tuesdays, and Thursdays  
9:00 – 11:30 a.m.

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

Parish Hall Building, 2 – 40 Campus Drive  
(lower level), Kemptville Campus  
Education and Community Hub  
Tuesdays to Fridays 9:00 – 11:30 a.m.  
Thursdays 1:30 – 7:00 p.m.  
Saturdays 9:00 – 11:30 a.m.

### **Prescott EarlyON C.F.C.**

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

## POP-UP PLAY

Parenting is hard work, we can help! This is a free drop-in for dads, moms, grandparents, and caregivers with their children from birth – 6 years of age to come play! This program is offered in outreach locations across Leeds and Grenville. 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. For more information, call the EarlyON C.F.C. at 1-866-433-8933, extension 2374.

**Cardinal** (Tuesdays) 9:30 – 11:30 a.m.  
4050 Dishaw Street (Ingredion Centre)

**Athens** (Wednesdays) 9:30 – 11:30 a.m.  
1 Main Street, West (Municipal Building)

**Elgin** (Fridays) 9:30 – 11:30 a.m.  
26 Halladay Street (Public Library)

**Lansdowne** (Fridays) 9:30 – 11:30 a.m.  
1 Jessie Street (TLTI Community Room)



# Parent Education

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## LIMERICK FOREST NATURE PLAY

A free drop-in outdoor, nature program for dads, moms, grandparents and caregivers, with their children, aged birth to 6 years, located at the Limerick Forest Interpretive Centre.

Children 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) 9:30 – 11:30 a.m.

Old Homestead Trail, 1175 Limerick Road, Oxford Station

## RAILWAY TUNNEL STORYWALK

Join us at the red chairs for story time and a sensory walk through the Brockville Railway Tunnel. Guest reader each month. Bring a snack and older siblings welcome. Rain or shine; dress for the weather. Cancelled if thunder and lightning. Free. For more information, call the EarlyON C.F.C. at 1-866-433-8933, extension 2374.

**September 9, 16, 23, 30, October 7** (Mondays) 10:00 – 11:00 a.m.

Armagh Sifton Price Park

(outside the Brockville Railway Tunnel at Blockhouse Island)



## BABY TALK

Baby Talk is a free drop-in group for mothers, fathers and their babies age birth to one year. 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 or the Leeds, Grenville and Lanark District Health Unit at 1-800-660-5853.

**Brockville** EarlyON C.F.C., Commonwealth

Public School, 166 Pearl Street, East

Tuesdays 1:30 – 3:00 p.m.

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

375 William Street, South

Thursdays 1:30 – 3:00 p.m.

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

Parish Hall Building, 2 – 40 Campus Drive

(lower level) Kemptville Campus

Education and Community Hub

Wednesdays 1:30 – 3:00 p.m.

# Parent Education

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## TRIPLE P PARENTING CAFE

Come and explore solutions to normal, everyday parenting challenges! Babe in arms welcome. Free. For more information and parenting information, call the EarlyON Child and Family Centre (C.F.C.) 1-866-433-8933, extension 2374 or visit [www.triplep-parenting.ca](http://www.triplep-parenting.ca). To register, call 1-800-660-5853 or email [triplep@healthunit.org](mailto:triplep@healthunit.org).

### Bedtime Routines

**October 9** (Wednesday) 6:00 – 7:00 p.m.  
(during Play & Learn)  
Brockville EarlyON C.F.C., Commonwealth  
Public School, 166 Pearl Street, East

### Common Parenting Traps and How to Avoid Them

**October 24** (Thursday) 6:00 – 7:00 p.m.  
(during Play & Learn)  
Kemptonville EarlyON C.F.C., Parish Hall  
Building, 2 – 40 Campus Drive (lower level)  
Kemptonville Campus Education and  
Community Hub

### Disobedience

**November 13** (Wednesday) 6:00 – 7:00 p.m.  
(during Play & Learn)  
Brockville EarlyON C.F.C., Commonwealth  
Public School, 166 Pearl Street, East

### Biting and Hitting

**November 21** (Thursday) 6:00 – 7:00 p.m.  
(during Play & Learn)  
Kemptonville EarlyON C.F.C., Parish Hall  
Building, 2 – 40 Campus Drive (lower level)  
Kemptonville Campus Education and  
Community Hub

## 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! For information in Leeds and Grenville, call 1-800-660-5853 or email [triplep@healthunit.org](mailto:triplep@healthunit.org).

For general parenting tips visit [www.triplep-parenting.ca](http://www.triplep-parenting.ca).

For upcoming parenting sessions visit [www.healthunit.org](http://www.healthunit.org).

All sessions, including the on-line program are offered at no cost.



## FEEDING YOUR BABY

Feeding your baby solid food is an exciting time that comes with many questions. Join us and a Public Health Dietician/Nutritionist from the Health Unit to learn about the signs that your baby is ready for solid food, which and how much food to start with, allergies and more. Don't miss this hands-on experience where you will also be preparing and tasting homemade baby food! Babe in arms welcome. Free.

**October 29** (Tuesday) 1:30 - 3:00 p.m. (during Baby Talk)  
Brockville EarlyON C.F.C., Commonwealth Public School, 166 Pearl Street, East

# Parent Education

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## DENTAL SCREENING

A dental hygienist from the Leeds, Grenville and Lanark District Health Unit will offer dental screening and fluoride varnish to children, and provide information about the *Healthy Smiles Ontario* program. Verbal or written parental consent is required. Free. For more information, call the EarlyON C.F.C. at 1-866-433-8933, extension 2374.

**November 4** (Monday) 9:00 – 11:00 a.m.

Gananoque EarlyON C.F.C., 375 William Street, South

**November 8** (Friday) 9:30 – 11:00 a.m.

Elgin Public Library, 26 Halladay Street

**November 15** (Thursday) 9:30 – 11:30 a.m.

Kemptville EarlyON C.F.C., Parish Hall Building, 2 – 40 Campus Drive (lower level)

Kemptville Campus Education and Community Hub

**November 19** (Tuesday) 9:00 – 11:00 a.m.

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

## 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. Registration is required. Babe in arms welcome. Free. To register, call the EarlyON C.F.C. 1-866-433-8933, extension 2374.

**October 16, 23, 30** (Wednesdays) 5:30 - 7:00 p.m.

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

## BREASTFEEDING CONSULTATIONS

By phone or appointment with the Early Years Registered Nurse. Information assessment and support on an individual basis. Free. For more information, call Country Roads Community Health Centre, Early Years Team

1-888-998-9927, extension 246.

**Portland** Country Roads Community Health Centre, 4319 Cove Road

**Westport** Country Roads Community Health Centre, 79 Bedford Street

**Elgin** Guthrie House, 10 Perth Street



# Parent Education

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## **LA LECHE LEAGUE CANADA - BREASTFEEDING SUPPORT DROP-IN**

Mother-to-Mother breast feeding information and support facilitated by an accredited leader, plus lending library and refreshments. Babies and toddlers welcome! Free.

**Brockville Year-Round Program** (2<sup>nd</sup> Monday of each month) 9:30 – 11:30 a.m. EarlyON C.F.C., Commonwealth Public School, 166 Pearl Street, East  
For more information, call Julie 613-925-0067

### **Kemptville Year-Round Program**

(4<sup>th</sup> Thursday of each month) 10:00 a.m. – 12:00 p.m.  
North Grenville Public Library, 1 Water Street  
For more information, call Linda 613-258-4667

## **BREASTFEEDING CLINICS**

Our free breastfeeding clinic can provide you with information and support to give you the confidence to know your baby is breastfeeding well or to help you prepare for breastfeeding before your baby arrives. Consultations are one-on-one with registered nurses who are trained to provide support to breastfeeding families. For more information, please refer to [www.healthunit.org](http://www.healthunit.org). You may drop in or make an appointment by calling the Health Unit at 1-800-660-5853. Breastfeeding support is offered at the following Health Unit locations:

### **Brockville Health Unit**

458 Laurier Boulevard  
Monday and Friday 9:30 a.m. – 12:00 p.m.  
Please use the clinic entrance at the west side of the building.

### **Kemptville Health Unit**

2675 Concession Road  
Wednesday 9:30 – 11:30 a.m.

### **Smiths Falls Health Unit**

25 Johnston Street  
Monday and Friday 9:30 a.m. – 12:00 p.m.  
Please use the clinic entrance located at west side of the building.

### **Gananoque Health Unit**

Breastfeeding support is available by appointment only.

## **PARENT EDUCATION AND SUPPORT**

Free parent-child interaction, baby-child check-ups and guest speakers. For more information, call Country Roads Community Health Centre, Early Years Team at 1-888-998-9927, extension 246.

**Portland Group** - Country Roads Community Health Centre, 4319 Cove Road  
1<sup>st</sup> and 3<sup>rd</sup> Monday of the month, 10:00 a.m. – 12:00 p.m.

**Delta Group** - Delta Baptist Church, 24 King Street  
2<sup>nd</sup> and 4<sup>th</sup> Wednesday of the month, 10:00 a.m. – 12:30 p.m.

**Westport Group** – Westport Free Methodist Church, 85 Bedford Street  
4<sup>th</sup> Monday of the month, 10:00 a.m. – 12:00 p.m.

# Parent Education

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## INDIVIDUAL PARENT CONSULTATIONS

By appointment with the Early Years Registered Nurse. Content is flexible and can include topics such as: prenatal care, labour and delivery, newborn care, postpartum period, infant feeding and Triple P. Free. For more information, call Country Roads Community Health Centre, Early Years Team 1-888-998-9927, extension 246.

**Portland** Country Roads Community Health Centre, 4319 Cove Road

**Westport** Country Roads Community Health Centre, 79 Bedford Street

**Elgin** Guthrie House, 10 Perth Street

## CONNECTIONS: GOOD FOOD FOR A HEALTHY BABY

An on-going prenatal 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 pm

Wesleyan Church, 33 Central Avenue, East, Brockville

## HOW TO EAT FOR GOOD MENTAL HEALTH

Join registered holistic nutritionist, Devon Leigh, as she provides valuable insight on the role nutrition plays in mental health. For more information call 613-382-2436 or visit

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

**September 24** (Tuesday) 6:00 - 7:00 p.m.

Gananoque Public Library, 100 Park Street

# Infant and Toddler Programs

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## 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.

**September 26, October 3, 10, 17, 24, 31 and November 7, 14** (Thursday) 2:00 - 3:00 p.m.

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

**October 15, 22, 29, November 5, 12, 19, 26 and December 3** (Tuesdays) 1:30 - 2:30 p.m.

Gananoque EarlyON C.F.C., 375 William Street, South

**September 26, October 3, 10, 17, 24, 31 and November 7, 14** (Thursdays) 10:00 - 11:00 a.m.

Kemptville EarlyON C.F.C., Parish Hall Building, 2 - 40 Campus Drive (lower level)

Kemptville Campus Education and Community Hub

# Infant and Toddler Programs

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## TODDLER TIME

Stories, songs, crafts, finger plays and activities for children from birth to 3 years, and their caregivers. Free. For more information, call 613-924-2048 or E-mail [athenspl@bellnet.ca](mailto:athenspl@bellnet.ca).

**September 19 – June 18** 10:00 - 11:00 a.m. (Thursday mornings during the school year)

Township of Athens Public Library, 5 Central Street

# Preschool Programs

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## MINI MIND MASTERS

A fun, versatile, interactive program for parents, caregivers and their children that helps children build positive living skills which they can use anytime, anywhere for the rest of their lives. Free. Babes in arms welcome. To register, call the EarlyON C.F.C. at 1-866-433-8933, extension 2374.

**November 4, 11, 18 and 25** (Mondays) 1:30 - 3:00 p.m.

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

**November 2, 9, 16 and 23** (Saturdays) 9:30 - 11:00 a.m.

Kemptville EarlyON C.F.C., Parish Hall Building, 2 – 40 Campus Drive (lower level)

Kemptville Campus Education and Community Hub

## LIBRARY BOOKWORMS

Interactive family story time with books, music, rhymes, early literacy and numeracy activities and opportunities for co-operative play. Birth - 4 years. Free. To register, call 613-342-3936, extension 6424 or email [lisa@brockvillelibrary.ca](mailto:lisa@brockvillelibrary.ca).

**October 1 – November 19** (Tuesdays) 10:00 - 11:00 a.m.

**October 3 – November 21** (Thursdays) 10:00 - 11:00 a.m.

Brockville Public Library, 23 Buell Street

## RISE AND SHINE STORY TIME

Families and caregivers are invited to a free drop-in to meet and socialize with their babies and toddlers in our relaxed and comfortable library setting. Staff will lead stories, songs, rhymes and action games for a rounded morning of fun. We welcome busy little bodies and quiet watchers alike – everyone is welcome! Birth - 5 years. For more information call 613-382-2436 or visit [www.gananoquelibrary.ca](http://www.gananoquelibrary.ca).

**September 9 – December 9** (Mondays) 10:00 - 11:00 a.m.

Gananoque Public Library, 100 Park Street

# Youth Programs

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## KEMPTVILLE YOUTH CENTRE

A youth drop-in centre offering age appropriate programming for children age 12 to 18 years old. For more information, call 613-258-5212 or email [cordinator@KYC.team](mailto:cordinator@KYC.team).

**Mondays and Tuesdays** 2:00 – 7:00 p.m.

**Wednesdays and Thursdays** 2:00 – 8:00 p.m.

**Friday** 2:00 – 7:00 p.m.

Kemptville Youth Centre, 5 Oxford Street

# Family Programs and Events

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## SUPPER CLUB/FAMILY GYM TIME

Join us during Play & Learn for a light supper then play in the gym. Birth to 6 years with a parent or caregiver. Older siblings welcome. No registration is required. Free. For more information, call the EarlyON C.F.C. 1-866-433-8933, extension 2374.

**September 4, October 2, November 6 and December 4** (Wednesdays) 5:00 – 7:00 p.m.

5:00 – 6:00 p.m. Supper

6:00 – 7:00 p.m. Gym

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

## TRIP 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 – 6 years of age. Meet at the fire station. Free. To register, call the EarlyON C.F.C. 1-866-433-8933, extension 2374.

**September 21** (Saturday) 10:00 – 11:00 a.m.

North Grenville Fire Department

259 County Road 44, Kemptville

**October 8** (Tuesday) 1:30 – 2:30 p.m.

Gananoque Fire Department

340 Herbert Street



# Family Programs and Events

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## **FIRE ENGINE VISITING EARLYON**

The fire engine will be visiting during Play & Learn! Come and explore the fire engine and learn about fire prevention. Free. For more information, call the EarlyON C.F.C. at 1-866-433-8933, extension 2374.

**October 4** (Friday) 11:00 – 11:30 a.m.

Lansdowne, Township of Leeds and 1000 Islands Community Room (upstairs)  
1 Jessie Street

**October 8** (Tuesday) 11:00 – 11:30 a.m.

Cardinal Ingedion Centre, 4050 Dishaw Street

**October 24** (Thursday) 11:00 – 11:30 a.m.

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



## **FUN WITH POTTERY**

Come and join local potter, Krista Cameron, during Play & Learn. We will explore and create using clay. Creations will be taken to be fired in the kiln and returned at a later date. Free. To register, call the EarlyON C.F.C. at 1-866-433-8933, extension 2374.

**October 17** (Thursday) 9:30 – 11:00 a.m.

Gananoque EarlyON C.F.C., 375 William Street, South

**October 25** (Friday) 9:30 – 11:00 a.m. (during Play & Learn)

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

**November 26** (Tuesday) 9:30 – 11:00 a.m.

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

## **HOME CHILDCARE HUB**

An opportunity for home childcare providers to meet for information sharing, including; programming and environment ideas, community information and programs, current resources and research. Free. For more information, call the EarlyON C.F.C. at 1-866-433-8933, extension 2374.

**November 7** (Thursday) 6:00 – 7:30 p.m.

Kemptville EarlyON C.F.C., Parish Hall Building, 2 – 40 Campus Drive (lower level)  
Kemptville Campus Education and Community Hub

**November 20** (Wednesday) 5:30 – 7:00 p.m.

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

# Family Programs and Events

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## LET'S PLAY MUSIC TOGETHER

Learn about music therapy with Cordon Purcell, all while having fun singing, dancing and making music with your child, birth to 6 years. It will be a fun learning experience for both parents and children during Play & Learn. The music will be a celebration of the holidays. Free. For more information, call the EarlyON C.F.C. 1-866-433-8933, extension 2374.

**November 30** (Saturday) 10:45 – 11:30 a.m.

Kemptville EarlyON C.F.C., Parish Hall Building, 2 – 40 Campus Drive (lower level)  
Kemptville Campus Education and Community Hub

## HOLIDAY SING-A-LONG AT LIMERICK FOREST NATURE PLAY

Parents and caregivers with their children birth – 6 years of age are invited to bring their instrument along and share a snack while celebrating the holiday season. This event will be held in the Limerick Forest Interpretive Centre. Bring indoor shoes and outdoor clothing. Free. For more information, call the EarlyON C.F.C. 1-866-433-8933, extension 2374.

**December 16** (Monday) 10:00 – 11:00 a.m.

Limerick Forest Interpretive Centre, 1175 Limerick Road, Oxford Station



## HOLIDAY CELEBRATION

Join us for some holiday fun experiencing the sights, smells and sounds of the holiday season during Play & Learn/Pop-Up Play! For children birth to 6 years. Free. For more information, call the EarlyON C.F.C. 1-866-433-8933, extension 2374.

**December 3** (Tuesday) 9:30 – 11:30 a.m.

Cardinal Ingredion Centre, 4050 Dishaw Street

**December 4** (Wednesday) 9:30 – 11:30 a.m.

Athens Town Hall, 1 Main Street, West

**December 6** (Friday) 9:00 – 11:30 a.m.

(during Play & Learn)

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

**December 6** (Friday) 9:30 – 11:30 a.m.

Lansdowne, Township of Leeds and 1000 Islands, Community Room  
1 Jessie Street (upstairs)

**December 10** (Tuesday) 9:00 – 11:30 a.m.

Gananoque EarlyON C.F.C., 375 William Street, South

**December 12** (Thursday) 9:00 – 11:30 a.m.

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

**December 13** (Friday) 9:30 – 11:30 a.m.

North Grenville Fire Department, 259 County Road 44, Kemptville

**December 13** (Friday) 9:30 – 11:30 a.m.

Elgin, Rideau Lakes Public Library, 26 Halladay Street

# Family Programs and Events

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## GANANOQUE UKULELE JAM

The Gananoque Ukulele Players meet every Wednesday afternoon for toe-tapping tunes and good company. All are welcome to join in.

Enjoy signing, playing and learning tips and techniques. All skill levels are welcome!

Five ukuleles are available for loan. For more information, call 613-382-2436 or visit

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

**September 4 – December 18**

(Wednesdays) 1:00 - 3:00 p.m.

Gananoque Public Library, 100 Park Street



## STORYTIME AT THE LIBRARY

Parent, grandparents, caregivers and their children birth to 6 years are invited to join us for story time and activities. Share the joy of reading and spark your child's curiosity with books. For more information, call 613-925-4340.

**September 13 and 27** (Fridays) 10:00 – 11:30 a.m.

**October 11, 18, and 25** (Fridays) 10:00 – 11:30 a.m.

**November 15, 22, and 29** (Fridays) 10:00 – 11:30 a.m.

**December 6 and 13** (Fridays) 10:00 – 11:30 a.m.

Prescott Public Library

360 Dibble Street, West

## GANANOQUE and 1000 ISLANDS 7<sup>TH</sup> ANNUAL SCARY STORY CONTEST

Calling all young writers! Submit a story of 500 words or less for the chance to win 1<sup>st</sup>, 2<sup>nd</sup> or 3<sup>rd</sup> place in your age category. Guidelines will be available at local schools and the library in early September. To register or for more information, call 613-382-2436 or visit

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

**September 23** (Monday) Entry opens.

**October 14** (Monday) Entries are due in.

**October 30** (Wednesday) Winners announced.

Gananoque Public Library, 100 Park Street



# Family Programs and Events

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## UNRAVELLED

Love to knit or crochet? Want to learn? Bring your projects along and socialize with other yarn-happy people in a fun, relaxed environment. Young children should attend with an adult. Free. For more information, call 613-342-3936, extension 6424 or email [lisa@brockvillelibrary.ca](mailto:lisa@brockvillelibrary.ca).

**October 1 – November 19** (Tuesdays) 3:30 – 5:00 p.m.

Brockville Public Library, 23 Buell Street

## LEGO CLUB

Building with LEGO; new challenges/themes every week. A program for children, age 4 to 12, and their caregivers. Free. For more information, call 613-924-2048 or [athenspl@bellnet.ca](mailto:athenspl@bellnet.ca).

**October 2019 to June 2020** (First two Fridays of each month) 6:30 – 7:30 pm

Township of Athens Public Library, 5 Central Street

## LEGO FAMILY CHRISTMAS VILLAGE BUILDING CONTEST

Calling all LEGO families! Enter a LEGO Christmas Village creation on a standard plate for a chance to win LEGO's holiday set. Every family entry receives a free minifig and prizes will be awarded based on public vote at our Holiday Pot Luck & Kitchen party. Free. To register or for more information, call 613-382-2436 or visit [www.gananoquelibrary.ca](http://www.gananoquelibrary.ca).

**November 19** (Tuesday) 7:00 p.m. Entries are due.

**December 3** (Tuesday) 5:00 - 7:00 p.m. Winners announced

Gananoque Public Library, 100 Park Street

## HOLIDAY POT LUCK & KITCHEN PARTY

Join us for shared food and music at our library style kitchen party! Bring a favorite holiday dish to share (and the recipe). Bring an instrument if you play. Enjoy stories and simple good times together. LEGO will be out for the kids to play. To register or for more information, call 613-382-2436 or visit [www.gananoquelibrary.ca](http://www.gananoquelibrary.ca).

**December 3** (Tuesday) 5:00 - 7:00 p.m.

Gananoque Public Library, 100 Park Street

## MERRICKVILLE CO-OPERATIVE PLAYGROUP

A co-operative playgroup, all members are asked to participate in the weekly running of the playgroup such as: setting up, putting away toys/crafts and taking care of coffee/tea in the kitchen. Every effort is appreciated. Birth - 5 years. Free. For more information, E-mail [merrickvilleplaygroup@gmail.com](mailto:merrickvilleplaygroup@gmail.com).

**September – June** (Wednesdays) 10:00 a.m. - 12:00 p.m.

Merrickville Community Centre, 106 Read Street

# Family Programs and Events

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## STORYTIME AT THE LIBRARY

Parent, grandparents, caregivers and their children birth to 6 years are invited to join us for story time and activities. Share the joy of reading and spark your child's curiosity with books. For more information, call 613-925-4340.

**September 13 and 27** (Fridays) 10:00 – 11:30 a.m.

**October 11, 18, and 25** (Fridays) 10:00 – 11:30 a.m.

**November 15, 22, and 29** (Fridays) 10:00 – 11:30 a.m.

**December 6 and 13** (Fridays) 10:00 – 11:30 a.m.

Prescott Public Library, 360 Dibble Street, West

# Other Services and Programs

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## DO YOU NEED HELP REDUCING YOUR 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?



You could expect to pay:

Total Family Income Per Year (line 236 of your Canada Revenue Agency Notice of Assessment)	\$35,000.00	\$80,000.00
# of Children birth – 12 years	1	2
Your Monthly Child Care Cost	\$882.00	\$1,860.00
Cost with Fee Subsidy	\$125.00	\$1,166.00

**A monthly savings of:**

**\$757.00**

**\$694.00**

The above figures are examples only. Actual cost for your family will be calculated during the application process. For more information about the program, 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).

# Other Services and Programs

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## **DEVELOPMENTAL SERVICES OF LEEDS AND GRENVILLE, CHILDREN'S SERVICES, INCLUSIVE CHILD CARE**

This service enhances opportunities for the inclusion of children, birth to 12 years, with special needs in licensed early learning and care programs throughout the United Counties of Leeds and Grenville. Inclusive Child Care works in partnership with families and the community to promote the right of families to have access to child care choices within their community, provide extra support for children in order to enable them to fully participate in a licensed early learning and care program and be included with their peers, and support licensed early learning and care programs in their efforts to develop and provide an inclusive child care environment. For information or to make a referral call 1-866-544-5614 or 613-345-1290, or visit [www.developmentalservices.com](http://www.developmentalservices.com).



**DSL**  
DEVELOPMENTAL SERVICES  
OF LEEDS AND GRENVILLE

Enhancing Abilities, Promoting Independence,  
Advocating for Inclusive Communities

## **INFANT AND CHILD DEVELOPMENT PROGRAM**

An early intervention program providing service and supports to infants/preschoolers (birth - age 5 years) and their families in Leeds and Grenville. Any parent may refer if they have concerns about their child's development. Community agency or professional individual may refer a child with the parent's permission. For more information, call Brockville General Hospital community based service 613-345-1662.

## **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 has a longer, more in depth visit at 18-months as it is the last in the series of scheduled health care visits prior to a child starting school. During the visit, parents will have the opportunity to discuss their child's growth and development and ask any questions they may have regarding healthy child development, parenting, and community resources. Free. For more information, call the Health Action line at Leeds, Grenville and Lanark District Health Unit, 1-800-660-5853 or visit [www.18monthvisit.ca](http://www.18monthvisit.ca).

# Other Services and Programs

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## PRENATAL CLASSES

**In-Person Prenatal Classes** are led by Public Health Nurses and run once per week for 3 weeks. Topics include breastfeeding, preparing for labour and delivery and caring for your newborn and yourself. An on-line module on how to have a healthy pregnancy is also available and encouraged for woman to access early on in their pregnancy.

**On-line Prenatal Course** covers the same topics as the in-person classes as well as information on having a healthy pregnancy, and is ideal for families, who have scheduling conflicts, like to learn at their own pace, are on bed rest or just want a refresher. To register call Leeds, Grenville and Lanark District Health Unit 1-800-660-5853, extension 2294.

**Young Parent Prenatal Classes** are led by a Public Health Nurse who will provide a non-judgemental and open setting for learning. The program uses videos, activities, peer support, and open discussion to help people learn how to have a healthy pregnancy. Information and support is available week-days from 8:30 a.m. to 4:30 p.m. Please call the Leeds, Grenville and Lanark District Health Unit at 1-800-660-5853.



## INDIVIDUAL PRENATAL EDUCATION

Prenatal education tailored to individual interests, needs and availability. Choose from a variety of topics. Facilitated by an Early Years Registered Nurse, by appointment. Free and for more information, call Country Roads Community Health Centre, Early Years Team 1-888-998-9927, extension 246.

Country Roads Community Health Centre  
4319 Cove Road, Portland

Country Roads Community Health Centre  
79 Bedford Street, Westport

Guthrie House, 10 Perth Street, Elgin

## LOOKSEE DEVELOPMENTAL SCREEN (formerly N.D.D.S.)

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 [www.lookseechecklist.com](http://www.lookseechecklist.com).



# Other Programs and Services

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## **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.

## **AUTISM ONTARIO**

Autism is a developmental disorder affecting the brain's normal development of a person's social and communication skills. Diagnosis of autism usually occurs in early childhood. These services are located outside of Leeds and Grenville, but provide service to Leeds and Grenville. For more information, call 613-507-7896, extension 502.

## **FIRST YEAR, FIRST VISIT**

Open and free to all residents of Leeds, Grenville and Lanark that have children birth to 4 years of age. This allows the parents and caregivers to discuss proper oral care for infants and young children to observe any signs of early childhood tooth decay at an early stage. For more information, contact Leeds, Grenville and Lanark District Health Unit at 1-800-660-5853 or [www.healthunit.org](http://www.healthunit.org).

By appointment: Monday to Friday 9:00 a.m. - 4:00 p.m.

Health Unit Offices and Family and Child Groups at various locations in Leeds, Grenville and Lanark.

## **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. Age Group is birth to 6 years (also available 7 - 17 years). Free. For more information, contact the Leeds, Grenville and Lanark District Health Unit 1-800-660-5853 or [www.healthunit.org](http://www.healthunit.org).

By appointment: Monday to Friday 9:00 a.m. - 4:00 p.m.

Health Unit Offices and Family and Child Groups at various locations in Leeds, Grenville and Lanark.

# Other Programs and Services

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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.

Please note, families with access to other dental insurance may still be eligible to apply. 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.



## **POSITIVE OPPORTUNITY PARTNERSHIPS (P.O.P.) FOR KIDS**

P.O.P. is a service dedicated to ensuring that recreational opportunities exist in our community for children and youth who would not ordinarily be able afford the cost of participation. Available to residents of Town of Gananoque and Township of Leeds and Thousand Islands. For more information, call the Parks and Recreation Department 613-382-2149, extension 1411.

## **MAKING PLAY POSSIBLE**

Making Play Possible endeavors to give all children and youth living in Leeds and Grenville the opportunity to engage in play regardless of the barriers which they face. These barriers may be financial, geographic or physical and/or mental health difficulties.

Participation in recreation and social opportunities are important to a child's healthy development. Every child and youth within Leeds and Grenville deserves a chance to learn, grow and have fun by having access to these kinds of opportunities. Being involved in recreational experiences is important to helping kids be mentally and physically healthy. Children need to have fun, feel important, build skills, feel proud, have adult role models, be respected, hangout with other kids, be unique and feel involved. For more information, call 1-800-809-2494.

# Other Programs and Services

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## CHILDREN'S MENTAL HEALTH OF LEEDS AND GRENVILLE

Children's Mental Health provides services for children and their parents, with our Early Years team focusing upon the emotional, behavioural needs of children under six. We provide in home visits, early intervention if you are concerned about your child's mental health and we work with parents to prepare for kindergarten transitions and offer a range of Triple P individual and group learning activities. There are no charges for services as funding is provided by the Ministry of Children and Youth Services. Parents can call our Prompt Services at 1-800-809-2494 and ask for help or visit 779 Chelsea Street, Suite BU, Brockville.

### Walk-In Clinic

#### Brockville

Wednesdays 11:00 a.m. – 7:00 p.m.  
779 Chelsea Street, Suite BU

#### Kemptville

Wednesdays 11:00 a.m. – 5:30 p.m.  
2 – 40 Campus Drive, Parish hall  
(temporary location during renovations)



## LANGUAGE EXPRESS PRESCHOOL SPEECH AND LANGUAGE PROGRAM

Language Express provides speech and language assessment and therapy services for young children in Lanark, Leeds, and Grenville Counties. Services are free and are available from birth until the end of junior kindergarten. Don't wait and see! We can help your child and provide helpful 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 his/her age.
- 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.

Check the milestones at [www.language-express.ca](http://www.language-express.ca). For more information or to make a referral call 1-888-503-8885. Language Express accepts referrals for children from birth until November 30 of the year they turn 4, for example, children born in 2015 must be referred by November. 30, 2019.

# Other Programs and Services

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## 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 <https://www.canada.ca/en/employment-social-development/services/learning-bond.html>.

## 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).

**Kids Help Phone** 

## 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.

## 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.

## 211 EASTERN ONTARIO

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

## 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 1-800-268-9017