

## MULTIPLE BIRTHS CANADA

Organization works to improve health care and support networks for multiple birth individuals and their families. **1-866-228-8824** or visit [www.multiplebirthscanada.org](http://www.multiplebirthscanada.org).

Multiples Mornings once a month at the Owen Sound, Port Elgin, and Warton Ontario Early Years Centres.

## MOTHERISK HELPLINE

For online information visit [www.motherisk.org](http://www.motherisk.org)

**A) Home Line** - information about the risk or safety of chemicals, prescription and over-the-counter drugs, herbal products, x-rays, chronic disease and infections during pregnancy. 1-416-813-6780

**B) Alcohol and Substance Use** - information about the fetal effects of alcohol, nicotine and drugs. 1-877-327-4636

**C) Nausea & Vomiting in Pregnancy** - information on "morning sickness" and how to treat it. 1-800-436-8477

**NATIVE CHILD WELFARE** 519-534-3818

## ONTARIO EARLY YEARS CENTRES

A place where parents, caregivers and children can access supports and early learning interactive activities focused on healthy child development ages 0-6 years.

Owen Sound	519-371-7034	Hanover	519-364-6025
Markdale	519-986-3692	Warton	519-534-5550
Meaford	519-538-0545	Lion's Head	519-534-5550
Kincardine	519-396-3322	Tobermory	519-534-5550
Walkerton	519-881-2739	Thornbury	519-599-2577
Port Elgin	519-389-5762	M'Wikwedong	519-371-1147

Visit [www.ontarioearlyyears.ca](http://www.ontarioearlyyears.ca) for more information.

## ONTARIO WORKS

Provides financial and employment assistance.

Grey 519-376-7324

[www.grey.ca/health-social-services/social-services/ontario-works/](http://www.grey.ca/health-social-services/social-services/ontario-works/)

Bruce 519-881-0431 [www.brucecounty.on.ca/ontworks.php](http://www.brucecounty.on.ca/ontworks.php)

## PARENTING INFORMATION AND RESOURCES

Caring for Kids (Parents' section)

[www.caringforkids.cps.ca/index.htm](http://www.caringforkids.cps.ca/index.htm)

About Kids Health

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

Canadian Pediatric Society

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

Safe Kids Canada

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

## RECALLED FOOD AND CHILDREN'S PRODUCTS

This new website informs families of recalled food and children's products.

[www.healthycanadians.gc.ca](http://www.healthycanadians.gc.ca)

## PUBLIC HEALTH

A variety of learning opportunities and services available including group sessions for parents and children, prenatal classes, home-visiting program, breastfeeding support, dental services, nutrition and physical activity resources, smoking cessation, immunization and sexual health clinics in Grey and Bruce. Visit [www.publichealthgreybruce.on.ca](http://www.publichealthgreybruce.on.ca) or contact:

Owen Sound & Walkerton 519-376-9420 or 1-800-263-3456

## SECOND CHANCE KIDS

Support and financial resources for Grey-Bruce families who have children hospitalized in a larger centre.

Joanne Chapman 519-371-9650

## SUBSIDIZED HOUSING

Grey County 1-800-567-4739 Bruce County 1-800-265-3022  
Housing: Wigwamen [www.wigwamen.com](http://www.wigwamen.com) 416-481-4451

## TELEHEALTH ONTARIO

Ask a registered nurse your medical questions 24 hours a day.

1-866-797-0000

## THAMES VALLEY CHILDREN'S CENTRE

A regional rehabilitation centre for children and young adults with physical disabilities, communication disorders, developmental delays, and autism spectrum disorder. [www.tvcc.on.ca](http://www.tvcc.on.ca)

Kincardine Early Childhood Services

Owen Sound Autism Program

Referrals: 1-866-516-5368 ext 58708

## THE FAMILY Y COMMUNITY EMPLOYMENT SERVICES

Employment Resource Centres, counsellors and training for people 16 years or older.

Owen Sound 519-371-9222

Hanover 519-364-3163

Housing Registry: [www.ymcaowensound.on.ca/housing\\_registry.cfm](http://www.ymcaowensound.on.ca/housing_registry.cfm)

## THE WOMEN'S CENTRE (GREY & BRUCE)

Support services to women in crisis including: 24 hour crisis line, safe shelter, affordable housing, transportation, counselling, information and advocacy. Contact 519-371-1600 or 1-800-265-3722 or visit [www.bmts.com/~womenscentre/](http://www.bmts.com/~womenscentre/).

## WOMEN'S HOUSE OF BRUCE COUNTY

Services include support and counselling, safe shelter, 24 hour crisis line, community counselling, transportation, and a children's program.

Contact 519-396-9655 or 1-800-265-3026 or visit [www.whsbg.on.ca](http://www.whsbg.on.ca)

or call Sexual Assault line 1-866-578-5566

# Community Resources for Parents



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[www.publichealthgreybruce.on.ca](http://www.publichealthgreybruce.on.ca)

## BREASTFEEDING SUPPORTS

**Healthy Baby Centres in Grey Bruce** – Call Public Health to find out where the nearest Healthy Baby Centre is to you. Come and meet other new parents and a Public Health Nurse to discuss adjusting to parenthood, family and baby health, as well as breastfeeding support.

Owen Sound 519-376-9420 or 1-800-263-3456  
Walkerton 519-881-1920 or 1-800-821-7714

[www.publichealthgreybruce.on.ca](http://www.publichealthgreybruce.on.ca)

**Marion Cooper** – Breastfeeding Clinic each Wednesday at the Health Unit in Walkerton. Call 519-881-1920 to register.

### Owen Sound Grey Bruce Health Services

Brenda Scott, R.N., IBCLC (By appointment) 519-372-3928

**Dr. Jack Newman** – Canadian College of Naturopathic Medicine

[www.drjacknewman.com/](http://www.drjacknewman.com/) 1-416-498-0002

**La Leche League** – Helps mothers across Ontario to breastfeed through support from other mothers and education. Call 1-800-665-4324 or visit [www.lllc.ca/](http://www.lllc.ca/).

**Hospitals** in Grey and Bruce – call the hospital nearest you, and ask to speak to a maternal/child nurse.

**Breastfeeding Information at Caring for Kids – Canadian Pediatric Society**

<http://www.caringforkids.cps.ca/pregnancybabies/Breastfeeding.htm>

## CANADIAN MENTAL HEALTH ASSOCIATION (GREY & BRUCE)

Offers information on subjects dealing with mental health and mental illness. Contact 519-371-3642 or visit [www.cmhagb.org](http://www.cmhagb.org)

## CENTRE FOR ADDICTION AND MENTAL HEALTH

(resources) [www.camh.net](http://www.camh.net) 1-800-463-6273

For more information on mental health and addiction services in Grey Bruce, visit [www.mhagb.ca](http://www.mhagb.ca).

## CHILD CARE

For a listing of daycares and/or homecare providers in each county call:  
Bruce County Social Services-Daycare Division 1-800-265-3005  
Grey County Social Services-Children's Services Dept. 1-800-265-3119  
For more information about choosing childcare, visit the Ministry of Children and Youth Services at [www.children.gov.on.ca](http://www.children.gov.on.ca).

## CHILDREN'S AID SOCIETY

Child protection, remedial and support services to families.

Visit [www.brucecas.ca](http://www.brucecas.ca) or [www.greycas.org](http://www.greycas.org) for more information or contact:

Bruce County 519-881-1822 Grey County 519-376-7893

## CHOICES

Provides assessment/counselling for youth whose lives are being affected by alcohol and/or other drug abuse.

519-371-5487 or 1-800-265-3133

**CHIPPEWAS OF NAWASH HEALTH CENTRE** 534-0373

**CHIPPEWAS OF SAUGEEN MINO BIMAADSAWIN**

**HEALTH CENTRE** 797-3336

## COMMUNITY MENTAL HEALTH TEAMS

Self-referral for mental health services including counselling & consultation for people 16 years and older. 1-877-888-5855

Hanover 519-364-7788 Southampton 519-797-2880

Markdale 519-986-3030 Kincardine 519-797-2880

Owen Sound 519-371-8850 Wiarton 519-534-4388

## COMMUNITY LIVING

Infant development and Preschool Resource provide information, resources, support and advocacy for parents regarding infant and child development.

Visit the Ontario Association for Infant and Child Development at

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

Owen Sound & District 519-370-0866

Walkerton & District 519-881-3713 [www.clwalkerton.org](http://www.clwalkerton.org)

Kincardine & District 519-396-9434 [www.clkd.ca](http://www.clkd.ca)

## CRISIS PREGNANCY CENTRE

Practical, emotional and spiritual support to those in distress as a result of a crisis pregnancy, during and following the pregnancy to new mothers, fathers and families.

Owen Sound 519-371-2004 Hanover 519-364-4242

## EATRIGT ONTARIO

Information line connecting people with Registered Dietitians

Open 9:00 a.m. – 5:00 p.m. 1-877-510-5102

## FETAL ALCOHOL SPECTRUM DISORDER (FASD)

### SUPPORT GROUP

Call Margaret Sprenger for more information 519-371-8400

**FOOD BANKS** ~ For a listing of food bank services call 211.

[www.211greycounty.ca](http://www.211greycounty.ca)

[www.211brucecounty.ca](http://www.211brucecounty.ca)

## GOOD FOOD BOX PROGRAM

An affordable fresh produce purchase and distribution system

Open to all. 1-800-263-3456

## GREY BRUCE FOOD LINK

<http://www.foodlinkgreybruce.com/>

## HEALTH CARE SERVICES

Directory for health care services. [www.thehealthline.ca](http://www.thehealthline.ca)

## INTEGRATED PRESCHOOL SPEECH AND LANGUAGE SERVICES

A service committed to the principals of early identification and treatment for children with speech and language delays.

519-376-9420 ext. 1233

## KEYSTONE, CHILD, YOUTH & FAMILY SERVICES

A children's mental health service provides counselling and programs for families with children 0-16 yrs. Visit [www.bgcskids.org](http://www.bgcskids.org) or contact 1-800-567-2384. Program descriptions listed below.

**A) Cradlelink:** a homevisiting program for expecting and new parents.

**B) Healthy Beginnings - Prenatal and Infant Nutrition Program:** a program for pregnant women needing extra support.

**C) Parent Mutual Aid:** a parent support program for parents of children 0-6 years who would like support in their parenting role.

Owen Sound 519-371-4773 Meaford 519-538-0545

Port Elgin 519-389-5762 Hanover 519-364-9946

Kincardine 519-389-5762 Wiarton 519-534-5550

## LET'S GROW

Is your child between 0-6 years of age? Call or email Public Health to subscribe and you will receive free valuable parenting and child health information. Call 519-376-9420 or 1-800-263-3456.



## LEGAL AID

Free legal advice.

Grey County 519-376-9130 Bruce County 1-800-668-8258

## MEN'S PROGRAM

Offers help for men who are abusing their wives or partners

(My Dad's Group). 519-372-2720

[www.greycas.org/n-mens%20program.htm](http://www.greycas.org/n-mens%20program.htm) or [www.endabusenow.ca](http://www.endabusenow.ca)

## MENTAL HEALTH CRISIS LINE OF GREY BRUCE

Responds to emergency situations 24 hrs a day, 7 days a week. Want to talk? Need someone who will listen? Service is confidential.

1-877-470-5200

## MIDWIVES GREY BRUCE – [www.midwivesgreybruce.com](http://www.midwivesgreybruce.com)

Labour, birth, postpartum care 519-371-2886

## METIS NATION OF ONTARIO

Aboriginal Healing and Wellness Program 519-370-0435

Grey-Owen Sound Metis Council