

Community Resource List for Families

MENTAL HEALTH AND ADDICTION SERVICES

- **Canadian Mental Health Association (Grey & Bruce)**
Mental Health and Addiction Services: Offers information on subjects dealing with mental health and mental illness. 519-371-3642 or www.cmhagb.org
- **Talk Suicide Canada (Formerly Canada Suicide Prevention Service)**
Talk to a crisis responder 24/7/365 - 1-833-456-4566
Text with a crisis responder 4pm to midnight ET daily - 45645
Find information on how to help someone else, including local resources. - <https://talksuicide.ca>
- **Postpartum Mood Disorder Online Supports - Internet Resources**
 - **Pacific Postpartum Support Society** www.postpartum.org
Offers support and information for women and their families experiencing prenatal or postpartum depression.
 - **Postpartum Support International** www.postpartum.net
Information about postpartum depression and a forum for people experiencing postpartum mood disorders to find online group support sessions or peer mentoring.
 - **Postpartum Progress Blog** www.postpartumprogress.com
Information about postpartum depression and a private forum for people experiencing postpartum mood disorders to support each other.
 - **Postpartum Mood Disorder Project** www.postpartumresource.com
Video where several moms talk about their experiences with postpartum mood disorders.
 - **Toronto Public Health Website** www.toronto.ca/community-people/children-parenting
Information and videos about postpartum depression and anxiety. Click on child and family health and then postpartum depression and anxiety.
 - **MomsOverMatter** www.momsovermatter.ca
Free, confidential, web application that delivers information about postpartum mental health.
- **Wes For Youth Online** www.wesforyouthonline.ca
Connect with a counselor in a secure online environment. Service available for youth up to 18 years of age.

HEALTH INFORMATION

- **211** is a three-digit phone number and website www.211ontario.ca that provides information and referral to community and social services in Ontario.
- **Public Health**
519-376-9420 or www.publichealthgreybruce.on.ca
A variety of learning opportunities and services available including on-line prenatal, home-visiting program, breastfeeding support, dental services, nutrition and physical activity resources, smoking cessation, immunization and sexual health clinics in Grey and Bruce.

- **Health Connect Ontario**
811 or healthconnectontario.health.gov.on.ca/static/guest/home
Ask a registered nurse your medical questions 24 hours a day.
- **Health Care Services**
Directory for health care services. www.southwesthealthline.ca
- **Health Care Connect**
1-800-445-1822 or www.ontario.ca/healthcareconnect
Sign up to get a Health Care Provider
- **Grey Bruce Health Services Virtual Urgent Care**
www.gbhs.on.ca/virtual-urgent-care
Virtual appointments when you don't have a healthcare provider
- **Midwives Grey Bruce**
519-371-2886 or www.midwivesgreybruce.com
Labour, birth, postpartum care

BREASTFEEDING SUPPORTS

- **La Leche League**
Helps mothers across Ontario to breastfeed through support from other mothers and education. Regular meetings locally.
1-800-665-4324 or visit www.lllc.ca
- **Health Connect Ontario**
Ask a registered nurse your breastfeeding questions 24 hours a day.
811 or healthconnectontario.health.gov.on.ca/static/guest/home
- **South East Grey Community Health Centre (Markdale)**
Kayley McMillan IBCLC
519-986-2222 or www.segchc.ca
- **Walkerton Breastfeeding Clinic (Walkerton)**
Marion Cooper, R.N., Lactation Consultant
519-507-2021 ext. 41
- **Hanover Family Health Team (Hanover) – for rostered patients**
Amy Dow, R.D. IBCLC
519-506-4348 or www.hanoverfht.ca
- **Grey Bruce Health Services (Owen Sound)**
Megan Herron, IBCLC,
519-372-3928
- **Mama Nurse Lactation Consulting Services (Kincardine, Port Elgin, Walkerton, Goderich- Home visits available) Some OHIP covered services available.**
Tori Hamilton R.N. IBCLC 519-832-4500 or 519-386-7853 www.themamanurse.com

PRENATAL AND PARENTING INFORMATION

- **Healthy Babies Healthy Children Program - Grey Bruce Health Unit**

Healthy Babies Healthy Children is a free, confidential and voluntary home visiting program for Ontarians pregnant or parenting babies, toddlers and preschoolers. Our team of Public Health Nurses and Parent Support Workers is available for families that need a little extra help, support, or care. Parenting is hard. It's harder when money is tight, anxiety is high, parents are teary or depressed, the children are challenging, or supports are low. We can help! 519-376-9420 or 1-800-236-3456 or www.publichealthgreybruce.on.ca

- **Keystone Child, Youth & Family Services**

A children's mental health service provides counselling and programs for families with children 0-16 yrs. 1-800-567-2384 or www.keystonebrucegrey.org

- **Cradlelink:** a home visiting program for expecting and new parents.
- **Healthy Beginnings: Prenatal and Infant Nutrition Program:** a program for pregnant women needing extra support.
- **Parent Mutual Aid:** a parent support program for parents of children 0-6 years who would like support in their parenting role.

- **Prenatal Classes**

- **Grey Bruce Health Unit-** Free online classes. Register online. www.publichealthgreybruce.on.ca
- **M'WIKWEDONG Native Cultural Resource Centre-** offers free in person classes. Everyone welcome. 519-377-4931 or www.mwikwedong.com
- **Hanover Family Health Team-** offers in person classes. Call to register. 519-506-4348 or www.hanoverfht.ca
- **Brockton & Area Family Health Team (BAFHT)-** offers free in person classes. Everyone welcome. 519-507-2021
- **Grey Bruce Health Services (GBHS) -** offers free in person classes. Everyone welcome. 519-372-3928

DEVELOPMENTAL SERVICES

- **EarlyON Child And Family Centre**

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

Bruce County: <https://brucecounty.on.ca/human-services/earlyon>

Grey County: <https://www.grey.ca/childrens-services>

- **Preschool Special Needs Programs**

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

- **Ontario Association For Infant And Child Development**

www.oaicd.ca

- **Community Living Owen Sound & District**

519-370-0866 ext. 102 or www.communitylivingowensound.com

- **Community Living Walkerton & District**
519-881-3713 or www.clwalkerton.org
- **Community Living Kincardine & District**
519-396-9434 or www.clkd.ca
- **Bruce County Childrens Services**
519-881-0431 or 1-800-265-3005 or www.brucecounty.on.ca/childrens-services
- **Grey County Childrens Services**
519-376-7112 or www.grey.ca/childrens-services
- **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.
Preschool Speech and Language Services Referrals: 1-866-590-8822 or www.tvcc.on.ca

FIRST NATIONS SERVICES

- **Southwest Ontario Aboriginal Health Access Centre**
519-376-5508 or www.soahac.on.ca
- **Chippewas Of Nawash Health Centre**
519-534-0373
- **Mino Bimaadsawin Health Centre**
519-797-3792
- **Metis Nation Of Ontario**
Aboriginal Healing and Wellness Program - 519-370-0435
- **M'wikwedong Native Cultural Resource Centre**
519-371-1147 or www.mwikwedong.com

VIOLENCE AGAINST WOMEN SERVICES

- **The Women's Centre (Grey & Bruce) Inc.**
Support services to women in crisis including: 24 hour crisis line, safe shelter, affordable housing, transportation, counselling, information and advocacy.
1-800-265-3722 or www.thewomenscentre.org
- **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.
1-800-265-3026 or Sexual Assault line 1-866-578-5566 OR www.whsbg.on.ca

- **Kabaeshiwim Respite Women’s Shelter**
519-797-2521 or Crisis: 519-797-3677 or www.saugeenfirstnation.ca
- **Men’s Program**
Offers help for men who are abusing their wives or partners My Dad’s Group – A parenting program for fathers who struggle with their parenting skills.
519-372-2720

FAMILY SUPPORT

- **Bruce Grey Child & Family Services**
Child protection, remedial and support services to families.
1-855-322-4453 or 519-371-4453 or www.bgcfs.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 or to find and apply for childcare visit www.brucecountychildcare.ca
 - Grey County Social Services-Children’s Services Dept.
1-800-265-3119 or to find and apply for childcare visit www.greycountychildcare.ca
- **Ontario Works**
Provides financial and employment assistance.
 - Grey County: 519-376-7324 or www.grey.ca/social-assistance
 - Bruce County: 519-881-0431 or www.brucecounty.on.ca/income-and-employment-supports
- **Subsidized Housing**
 - Grey County: 1-800-567-4739
 - Bruce County: 1-877-396-3450
 - Ontario Aboriginal Housing Services: 1-866-391-1061 or www.OntarioAboriginalHousing.ca
- **Habitat For Humanity**
A non-profit housing organization that helps to build affordable homes in partnership with low income families.
519-371-6776 or www.habitatgreybruce.ca
- **Legal Aid**
Free legal advice.
1-877-832-1435 or www.gblegalclinic.com
- **Multiple Births Canada**
Organization works to improve health care and support networks for multiple birth individuals and their families.
1-866-228-8824 or www.multiplebirthscanada.org
- **Grey Bruce Fetal Alcohol Spectrum Disorder (Fasd) Leadership Team**
Leadership Team provides resources about Fetal Alcohol Spectrum Disorder for Grey-Bruce parents, community members, and social service, justice and health agencies. Contact Keystone Child, Youth and Family Services at 1-800-567-2384 or www.keystonbrucegrey.org
- **Good Food Box Program**
An affordable fresh produce purchase and distribution system. Open to all.
1-800-263-3456 or www.publichealthgreybruce.on.ca

- **Food Banks**

For a listing of food bank services call 211 or www.211ontario.ca

- **YMCA Of Owen Sound Grey Bruce**

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/community-initiatives/housing-services

- **United Way Grey Bruce**

A non-profit organization that runs various community assistance programs, including the Financial Literacy Program, the Utility Program, and the Backpack Program.

1-800-794-1728 or <https://unitedwayofbrucegrey.com>