

# Parenting Supports in Leeds, Grenville & Lanark

## Family Support

### Housing

[Leeds & Grenville](#)  
1-800-267-8146  
[Lanark](#)  
613-267-4200 or  
1-888-952-6275

### Ontario Works

[Lanark](#)  
1-866-878-9588  
[Leeds & Grenville](#)  
1-800-267-8146

### Find a Doctor

[Health Care Connect](#)  
1-800-445-1822

### Telehealth Ontario

1-866-797-0000

### Healthy Babies Healthy Children

1-800-660-5853

### Dental Programs

1-800-660-5853

### LGL Health Unit

1-800-660-5853

### Upper Canada District School Board

1-800-267-7131

### Catholic School Board

Kemptville Office  
1-800-443-4562  
Smiths Falls Office  
1-800-267-7945

### Triple P

[www.triplep-parenting.ca](http://www.triplep-parenting.ca)  
1-800-660-5853

## Programs for Children

### Ontario Early Years Centre – L & G

613-341-9044 or  
1-866-433-8933

### Children's Resources on Wheels - Lanark

613-283-0095 or  
1-800-267-9252

### Baby Talk (0-12mos) Locations

1-800-660-5853

### Big Brothers/Big Sisters Leeds & Grenville

613-345-0281  
[Lanark](#)  
613-283-0570

### Lanark Parent & Children's Group

1-888-284-2204

### YMCA

Brockville & area  
613-342-7961

### Child Care Fee Subsidy Leeds & Grenville

1-800-267-8146  
[Lanark](#)  
613-267-4200 ext 2302

### Subsidy for Recreational Activities Leeds & Grenville Making Play Possible

613-498-4844 or  
1-800-809-2494

### Positive Opportunity Partnership (POP)

Gananoque  
613-382-2149

## Growth & Development

### Preschool Speech & Language

613-283-2742 or  
1-888-503-8885

### Infant Hearing Program

1-800-267-7875  
ext 1145

### Infant & Child Development Program of Leeds & Grenville

613-345-1662

### Lanark Infant and Child Development Program

613-257-7121 or  
1-800-667-2617

### Developmental Services of L&G

613-345-1290  
1-866-544-5614

### Inclusive Childcare

Leeds & Grenville  
1-866-544-5614

### Lanark Early Integration Program

613-257-7121 or  
1-800-667-2617

### Connections

Lanark  
Home Visiting Program  
1-888-284-2204

## Child Protection/ Safety

### Family & Children's Services

Leeds & Grenville  
613-498-2100  
Lanark  
613-264-9991

### Interval House Leeds & Grenville

613-342-8815  
[Lanark](#)  
613-257-5960

### Kids Help Phone

1-800-668-6868

### Poison Control

1-800-268-9017

### OPP

Emergency call 911  
Non-emergency  
1-888-310-1122

### Infant/Child Car Seats: Transport Canada

### SEATS for Kids

613-284-0026

### St. John's Ambulance

Leeds & Grenville  
613-342-2974

## Food/Nutrition

### EatRight Ontario

1-877-510-5102

### Leeds, Grenville & Lanark District Health Unit

[www.healthunit.org](http://www.healthunit.org)  
1-800-660-5853

### Community Food Programs: Food Calendars

### Food Banks in Leeds, Grenville and Lanark

### Connections

Leeds, Grenville & Lanark  
Good Food for a Healthy  
Baby Program  
1-888-284-2204 or  
1-800-660-5853

### Breastfeeding Clinics

LG&L District Health Unit  
1-800-660-5853

## Mental Health

### Children's Mental Health of Leeds & Grenville

613-498-4844 or  
1-800-809-2494

### Open Doors for Children and Youth (Lanark)

613-283-8260 or  
1-877-232-8260

### Mental Health Crisis Line

1-866-281-2911

### Pacific Post Partum Support Society

1-855-255-7999

### Lanark, Leeds & Grenville Addictions & Mental Health

1-866-499-8445

### Smokers Helpline

1-877-513-5333

