

# 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

### Health Action Line

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](#)

[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

1-800-660-5853

**Community Food Programs:**

[Food Calendars](#)

www.healthunit.org

[Food Banks in Leeds, Grenville and Lanark](#)

www.healthunit.org

[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

