



COMMUNITY RESOURCE GUIDE

“Parenting Support”

Family Space Quinte

301 MacDonald Avenue, Belleville

613-966-9427 or 1-800-952-2279

Family Space Quinte is home to the Ontario Early Years Centre, Resource Consultant Program and maintains access to licensed home daycare providers. They offer a variety of programs including:

- *New Parent Group* (for new parents and caregivers of babies' birth to 12 months, includes nutrition, mother's wellness, infant massage, home/car safety, back to work, early literacy, music, scrapbooking and more)
- *Babies & Beyond* (group for moms under the age of 21, includes socializing, childcare, prenatal health, parenting tips, child development, nutrition, breastfeeding support and more)
- *Early Learning Playgroups* (drop-ins for caregivers and children birth to 6 years)
- *Triple P Parenting* (Positive Parenting Program, see full description below)
- *Early Literacy Program* (resources to stimulate literacy development for parents of children birth to 6 years)
- *Toddler Time* (music, art and creative programming for toddlers 12 – 24 months)
- *Grandparents Group* (a support and resource group for grandparents raising their grandchildren)
- *Quinte Autism Network* (a support and resource group for parents of children ages birth to 12 with autism)
- *Daddy n' Me* (an activity and dinner group for fathers, uncles or grandpa's with children birth to 6 years)
- *Live Love Latch* (support & information for breastfeeding moms)

There are also satellite Ontario Early Years Centres (OEYC) in Prince Edward County (613-476-8142 or www.pechildcareservices.com); North Hastings (613-332-0179); and on the Trenton military base (613-965-3575).

Public Health/Child Health CARE Line

613-966-5500 x. 223 or 1-800-267-2803 x. 223

The Hastings and Prince Edward Counties Health Unit provides a variety of support services to assist pregnant women, new parents, children and families. Programs include prenatal classes; breastfeeding support; nutritional programs; child development, parenting & safety information; as well as pediatric medical and dental services.

The Health Unit also offers a free support line called the *Child Health CARE Line*, which is staffed by public health nurses and provides resources & education to parents and caregivers of children 0 - 12 years, from Monday to Friday, 8:30 am to 4:30 pm.



In addition, all new parents are referred to the *Healthy Babies, Healthy Children* program, which is a free, voluntary program that provides parents with advice and support for children birth to 6 years of age.

Explore all of these resources, and more, at <http://www.hpechu.on.ca>

Telehealth Ontario**1-866-797-0000**

Available 24/7, Telehealth Ontario is a free, confidential telephone service you can call to get health advice or general health information from a Registered Nurse.

Family Health Teams

In addition to primary medical care, most Family Health Teams (FHTs) now provide a full range of health, nutritional, perinatal, mental health and supportive services for families and children. Some FHT services require you to be a patient of one of the primary care physicians, while other services are open and available to anyone in the designated community. Please contact the FHT in your area for further details.

- Prince Edward FHT – 613-476-0400 or www.pefht.ca (Outreach Nurse – Peggy Neal @ 613-885-8805)
- Brighton Quinte West FHT (Brighton/Trenton) – 613-475-1555 or www.bgwfht.ca
- Central Hastings FHT (Madoc) – 613-473-1167 or www.chfht.ca
- Trent Hills FHT (Cambellford) – 705-653-1801 or www.thfht.com
- Northumberland Hills FHT (Cobourg) – 905-396-0547
- North Hastings FHT (Bancroft) www– 613-332-5692 or www.northhastingsfamilyhealthteam.com
- Bancroft FHT – 613-332-6300 or www.bancrofffht.ca

CDC - Good Baby Box/Good Food Box**613-968-2466 or 1-877-879-2966**

The Community Development Council (CDC) operates the *Good Baby Box* which helps families stretch their food dollar by offering formula at reduced costs as well as other baby supplies (diapers, wipes, solid foods) for infants and toddlers. In addition, they offer Good Food Boxes for families and individuals, as well as a community kitchen and other food-related services. Please contact the CDC nearest to you for further details:

- Belleville – 613-968-2466 Madoc – 613-473-5255 Bancroft – 613-332-3419 Tweed – 613-478-1211

Belleville & Quinte West Community Health Centre**Belleville - 613-962-0000
Quinte West - 613-965-0698**

For residents of Belleville and Quinte West, the BQWCHC offers a variety of programs for parents and children including: *Prenatal Education, Triple P Parenting, Healthy Cooking on a Budget*, and a *Sexual Health Clinic* for adolescents and adults. The Centre can also arrange access to registered dieticians, or registered social workers for counselling to improve coping, deal with relationship challenges or manage mental health and addiction issues. For a review of the Centre's complete programming, please visit www.bqwchc.com

Gateway Community Health Centre**613-478-1211**

For residents of Centre Hastings (includes Tweed, Madoc, Marlbank & Marmora), Gateway's Early Years RN and Early Years Child Development Worker deliver specialized programming and support to parents, caregivers, infants and children. From prenatal education to afterschool programs, their dedicated staff provide both individual and group services, including *Cradling Arms* (for parents of newborns & toddlers), *Babies & Beyond* (for mom under the age of 21), *Learning Begins*, *Kids Have Stress Too* and *True You* (a self esteem group for moms and daughter). For a review of the Centre's complete programming, please visit www.gatewaychc.org

Carseat Clinics

The Belleville & Quinte West Community Health Centre also offers monthly car seat clinics at no charge to parents. Please call 613-962-0000 ext. 233 to schedule your appointment. The current posting is also available on the Centre's website at www.bgwchc.com/calendar



For families in Prince Edward County, please contact Prince Edward Child Care Services @ 613-476-8142

Triple P (Positive Parenting Program)

613-968-1144

Triple P is a parenting and family support strategy that aims to prevent severe behavioral, emotional and developmental problems in children by enhancing the knowledge, skills and confidence of parents. You might be concerned about an infant's sleep-patterns or persistent crying, toddler tantrums, mayhem at mealtimes, aggression, teasing, defiance, signs of depression or substance abuse. Whatever your parenting need, Triple P has the information and resources to help. Services are free, confidential and offered at multiple locations throughout the community.



Community Partners for Success

613-771-9659

This resource is geared to low income families, and offers parenting education (eg. budgeting, food preparation, menu planning), as well as parent support groups and subsidized licensed child care (to eligible parents). They offer services in both Belleville and Quinte West. Please contact them directly for further details.



Clothing & Baby Items (gently used or consignment items):

Wee Share Baby

Sommerville Centre 1.5 km North of 401
6835 Hwy 62 North, Belleville ON K8N 4Z5
613-966-7428

Regional Infant Hearing Program

1-800-267-7875 x. 565

Your baby should have a hearing screening in hospital prior to discharge. If some reason this wasn't done, you will hear from the Infant Hearing Program. If your baby needs a screening please contact "Baby Talk" at the number above.

Highland Shores Children's Aid Society

613-962-9291

The Highland Shores Children's Aid Society provides several support programs for parents dealing with a variety of challenges, as well as links to community resources such as *Helping Hands* and *Triple P*. Visit their website at www.highlandshores.ca for information on:

- safe sleep practices for infants (downloadable brochure)
- stages of child restraint use (download the 4 stages chart)
- childproofing your home (downloadable brochure)
- supervision of children (downloadable brochure)
- internet safety and communicating with your teens!



Mohawk Family Services - Maternal Child Health Program

613-967-3603 ext. 139

For residents of Tyendinaga, Mohawk Family Services operates a Maternal Child Health Program which includes Early Childhood Development, Healthy Babies/Healthy Children, breastfeeding support and a variety of education, health and nutritional programs.

Telephone Support/Hotlines:



613-966-5500 x. 223	Child Health CARE line
1-877-439-2744	Motherisk Helpline
211	Ontario Information & Referral Service
1-866-531-2600	Ontario Mental Health Helpline
1-800-565-8603	Ontario Drug & Alcohol Helpline
310-OPEN (310-6736)	Openline/Openmind
1-877-377-7775	Child, Youth & Family Crisis Line
613-966-3074	3 Oaks Crisis Line (for women & children)

Other helpful websites:

www.211ontario.ca (Referral service for all community & social services in Ontario)

www.hpechu.on.ca (Hastings & Prince Edward Counties Health Unit)

www.mothersrisk.org (Mothersrisk @ Sickkids - general information)

www.familyspace.ca (Family Space – Ontario Early Years Centre)

www.beststart.org (Best Start - general information)

www.cdcquinte.com (Community Development Council of Quinte)

www.families-first.ca/services.php (services in Bancroft area)

www.youthconnect.ca (Youth Connect)

www.children.gov.on.ca (Ministry of Children & Youth Services)

www.tripleontario.ca (Triple P Ontario)

www.cra-arc.gc.ca/bnfts/cctb/menu-eng.html (Canadian Child Tax Benefit)

www.youthhab.ca (Youthhab – services for adolescents)

www.kidsmentalhealth.ca (Children's Mental Health Ontario)

www.cmhs-hpe.on.ca (Children's Mental Health Services - local)

www.helpingotherparentseverywhere.com (HOPE network)

www.ontario.ca/healthysmiles (Healthy Smiles Ontario - pediatric dental care)

