

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
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
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

