

# Parenting Supports in Leeds, Grenville & Lanark

## Family Support

[Find a Doctor or Nurse Practitioner](#)  
811

[Health Information & Symptom Check](#)  
811  
Live online chat available

[South East Health Unit](#)  
1-800-660-5853

[Triple P Parenting Program](#)  
1-800-660-5853

[Healthy Babies Healthy Children](#)  
1-800-660-5853

[Dental Programs](#)  
1-800-660-5853

**Housing**  
[Leeds & Grenville](#)  
1-800-267-8146  
[Lanark](#)  
1-888-952-6275

**Ontario Works**  
[Leeds & Grenville](#)  
1-800-267-8146  
[Lanark](#)  
1-888-999-1142

[Upper Canada District School Board](#)  
1-800-267-7131

[Catholic District School Board](#)  
1-800-443-4562

[Conseil des écoles catholiques du Centre-Est \(CECCE\)](#)  
French catholic school board  
1-888-230-5131

## Programs for Children

[EarlyON Child and Family Centres](#)  
Leeds & Grenville  
1-866-433-8933 ext. 2351

[Children's Resources on Wheels – CROW](#)  
Lanark  
1-800-267-9252

**Baby Talk (0-12mos)**  
[Locations](#)  
1-800-660-5853 ext. 2467

**Big Brothers/Big Sisters**  
[Leeds & Grenville](#)  
613-345-0281  
[Lanark](#)  
613-283-0570

[Connect Well](#)  
Child, Youth & Family Services and Programs  
1-800-667-2617

[YMCA](#)  
Brockville & Area  
613-342-7961

**Child Care Fee Subsidy**  
[Leeds & Grenville](#)  
1-800-267-8146  
[Lanark](#)  
613-267-4200

**Subsidy for Recreational Activities**  
[Their Opportunity](#)

[Jumpstart](#)

[Kidsport](#)

## Growth & Development

[Infant & Child Development Program of Leeds & Grenville](#)  
Toll Free 1-855-544-3400 ext. 2078

[Developmental Services of Leeds & Grenville](#)  
1-866-544-5614

[ConnectWell - Infant and Child Development Program – Lanark](#)  
1-888-284-2204

[Language Express Preschool Speech and Language](#)  
1-888-503-8885

[Infant Hearing Program](#)  
Toll-free: 1-855-544-3400 ext. 3175

## Child Protection/ Safety

**Family & Children's Services**  
Lanark, Leeds and Grenville  
1-855-667-2726

**Interval House**  
[Leeds & Grenville](#)  
1-800-267-4409  
[Lanark](#)  
613-253-3336  
**24-Hour Crisis Line:**  
1-800-267-7946

[Kids Help Phone](#)  
1-800-668-6868  
Text: 686868

[Poison Control](#)  
1-844-764-7669

[OPP](#)  
Emergency call 911  
Non-emergency  
1-888-310-1122

**Infant/Child Car Seats:**  
[Transport Canada](#)  
1-800-333-0371  
[SEATS for Kids](#)  
info@seatsforkids.ca

## Food/Nutrition

[Health811](#) – Connect with a Registered Dietitian  
811

[Unlock Food](#)  
811

[Leeds, Grenville & Lanark District Health Unit](#)  
1-800-660-5853

[Community Food Programs](#)  
Free/Low cost meals  
1-800-660-5853

[Food Banks LGL](#)  
1-800-660-5853

**Connect Well**  
[Good Foods for a Healthy Baby Program](#)  
1-888-284-2204 ext 3100

[Infant Feeding Clinics](#)  
LGL District Health Unit  
1-800-660-5853

**Student Nutrition Programs:**  
[Healthy Eating for Better Learning – Leeds & Grenville](#)  
[Food for Thought - Lanark](#)

## Mental Health

[Children's Mental Health of Leeds and Grenville](#)  
1-800-809-2494  
After hours crisis line:  
1-800-668-6868

[Open Doors for Lanark Children & Youth](#)  
1-877-232-8260

[Lanark, Leeds & Grenville Addictions & Mental Health](#)  
1-866-499-8445

[Mental Health 24/7 Crisis Line](#)  
988

[Pacific Post Partum Support Society](#)  
1-855-255-7999 – toll free  
604-255-7999 – text for support

[Smokers' Helpline](#)  
1-866-797-0000

[Other Supports](#)

