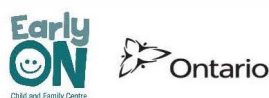


Your Guide BRANT

for Families, Children & Teens

**Your Guide is
made possible by:**



**BRANT COUNTY
HEALTH UNIT**



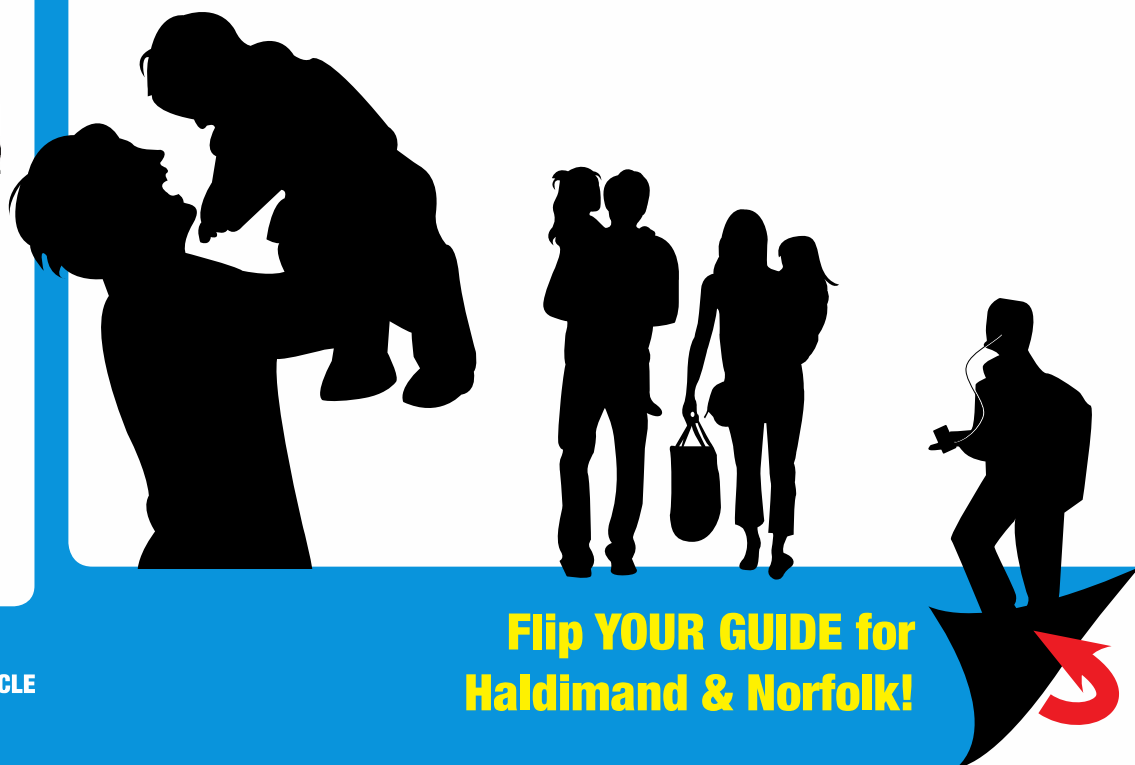
JANUARY TO JUNE 2022

Your Guide is also available online at www.contactbrant.net/yourguide

Use this publication to find free courses, workshops, events and groups for families, children and teens.

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Welcome to the Your Guide Brant!

The Your Guide is published twice annually with 2 issues covering January to June and July to December.

Available online at www.contactbrant.net/yourguide

Check through the Your Guide for programs listed by our partner agencies.

Check out the new Facebook page for families:

<https://www.facebook.com/BrantFamilyResources>

Please visit, like and share!

Welcome to the EarlyON Child and Family Centres

EarlyON Child and Family Centres offer free programs in the City of Brantford and the County of Brant for children from birth to 6 years old and their parents / caregivers.

EarlyONs are a place to learn and play with your child, meet people and get advice

- Enjoy reading, storytelling, songs, games and more
- Connect with other families and young children
- Learn about other services in the community
- Get advice from professionals trained in early childhood development
- Join in Indigenous Led programs and activities

EarlyONs take place in a variety of ways

- Scheduled indoor and outdoor programs
- "Pop-up" programming throughout the City of Brantford and the County of Brant
- Live virtual programming
- Live virtual parent chats
- The EarlyON YouTube Channel at www.bit.ly/EarlyONBrantfordBrant has hundreds of videos for children and parents, starring your favourite EarlyON staff

Visit www.brantford.ca/childrensservices to view EarlyON calendar, or follow EarlyON on Facebook at [facebook.com/earlyonbrantfordbrant](https://www.facebook.com/earlyonbrantfordbrant) for regular updates.

Pre-registration may be required. Please see the EarlyON Calendar for registration details.

All EarlyON programs follow health and safety guidelines. EarlyON Child and Family Centres are closed on most statutory holidays. Check the EarlyON calendar for details.



EarlyON Parenting / Caregiver Programs and Resources

EarlyON Child and Family Centres and virtual programs and parent chats invite conversations and information sharing about child development, parenting, nutrition, play and inquiry-based learning. Specific caregiver support programs include:

- Positive Discipline
- First Aid for Parents / Caregivers
- Teen Parenting Program
- Grandparents Drop In
- Just Baby and Me

Visit brantford.ca/childrensservices for more information and check out videos for parents and caregivers on the EarlyON YouTube Channel at www.bit.ly/EarlyONBrantfordBrant.

EarlyON Family Gatherings

Gahwajiya:de' Detenatgwa'ta'- Family Gatherings are EarlyON Child and Family programs led by Six Nations of the Grand River. Family Gatherings are based on cultural needs providing children and parents/caregivers with programming that reflect the Haudenosaunee culture and incorporate Mohawk and Cayuga languages.

Family Gatherings are respectful and nurturing environments for children, families and caregivers to interact with opportunities to build positive relationships through belonging, well-being, and engagement and incorporating Haudenosaunee culture, languages and awareness.

View the Family Gatherings calendar at www.brantford.ca/childrensservices.

Child Care

Looking for Child Care? To find quality, licensed child care programs and apply for child care, go to www.brantford.ca/childrensservices.

You may be eligible for child care subsidy. Go to www.brantford.ca/childrensservices and click on Financial Assistance to see if you may qualify.



Are you crunching the numbers?

Child care can be costly. **We can help.**

Brantford.ca/ChildrensServices | 519-759-7009

Brant County Health Unit

Access to Services during COVID-19 Pandemic

To help protect our community and slow the spread of COVID-19 in Brant County, Prenatal in-person classes have been cancelled until further notice.

Free Online Prenatal classes will continue to be available on our [Online Prenatal Page](#). The Health Unit remains open and available to answer questions. Email childhealth@bchu.org or call 519-753-4937, Ext. 464 to speak with a Public Health Nurse.

Prenatal drop-in group (25 years and under) Growing Healthy Together

Join the Canadian Prenatal Nutrition Program (CPNP) drop-in group at any time during your pregnancy and until your baby is six months old. You are welcome to bring one support person with you; a partner, friend, or family member. We provide a healthy meal, grocery store cards and bus passes. The program is a partnership with EarlyONs and Margot's Place.

Currently the group meets on-line via a Prenatal and Postnatal Facebook group. If you would like more information, please call our Family Line at 519-753-4937, Ext. 464.

Prenatal e-Learning

The Public Health Unit offers an online learning program about healthy pregnancy and childbirth, and parenting preparation classes that you can take conveniently from home. Once you register, you will have access to your e-Classes for 365 days. You can choose to pair on-line learning with our in-person series.

To register for e-Classes go to www.bchu.org, Clinics and Classes or Services-Prenatal.

Prenatal Classes

Our in-person two, two-hour prenatal classes are a great addition to the e-Classes and the information you will be learning. They will allow you to ask a Public Health Nurse your questions, meet other expectant parents, and practice skills learned in the e-Classes. The e-Class should be completed before attending the in-person classes.

To register for the two class in-person series, also go to www.bchu.org, Clinics and Classes or Services-Prenatal.



Triple Program

Access to Services during COVID-19 Pandemic

To help protect our community and slow the spread of COVID-19 in Brant County, the Triple P Seminars, Discussion Groups and Groups have been cancelled until further notice.

The Health Unit remains open and available to answer parenting questions. Email childhealth@bchu.org or call 519-753-4937, Ext. 464 to speak with a Public Health Nurse.

Triple P is an evidenced-based Positive Parenting Program that provides parents with new ideas, strategies, and skills to help build positive behaviours in their children (0-16). The groups and seminars are for parents only.

To register, please visit www.triplep-parenting.ca or call Contact Brant at 519-758-8228.

Seminars

Each seminar runs for 90 minutes. For parents of children ages 0-12, the three seminar topics are: The Power of Positive Parenting; Raising Confident, Competent Children; and Raising Resilient Children. For parents of children 10-16 the three seminar topics are: Raising Responsible Teenagers; Raising Competent Teenagers; and Getting Teenagers Connected.

Discussion Groups

Each discussion group runs for two hours and focuses on one of the following topics: Dealing with Disobedience; Managing Fighting and Aggression; Developing Good Bedtime Routines; and Hassle-free Shopping with Kids.

Groups

Each group runs for seven weeks and includes five group sessions and two individual phone consultations. Each session lasts about two hours. Parents will have the opportunity to share experiences and gain practical skills. Whether it is managing misbehavior or developing healthy routines at home, this Positive Parenting Program can help parents develop strategies that work.

These Triple P Programs are for parents who have their children living with them. For parents who do not have their children in their care, call Contact Brant at 519-758-8228 for the Triple P Pathways Group.

The Learning Hub

The Learning Hub is a place for Educators, Early Years Professionals and parents to access a variety of resources and seek support from our staff that have training in Early Childhood Education. Resources include books, loose parts and specialized equipment. There is also a study area for Educators to reflect on their practice and engage in meaningful dialogue about children's learning and development. The Learning Hub is located at 30 Bell Lane, Brantford. Please check out the new website to support Early Years Professionals! www.professionallearninghub.ca



Brantford Public Library

Main Branch - 173 Colborne St, Brantford
St. Paul Branch - 441 St. Paul Ave, Brantford
Phone: 519-756-2220

Home Based Activities with the Brantford Public Library

Check out the Home-Based Activities page at brantfordlibrary.ca to learn something new, watch a virtual story with your kids or discover a new STEAM activity to try at home! This is your go-to place to explore all the Brantford Public Library's virtual programs and events. Each Monday we post new events and activities for people of all ages.

Storytimes at the Library

Baby & Me – Mondays @ 10:30 a.m.

Babies start learning right from birth! Join us at the library for this baby storytime focusing on baby-parent bonding, rhythm and rhyme, interactive stories and songs. Registration required.

Preschool Storytime – Thursdays @ 10:30 a.m.

Join us at the library for stories, games, and early literacy activities to keep your preschooler learning and engaged!

Storytimes run from January 10, 2022 to June 2, 2022.

Storytimes Anytime Anywhere

Join us for stories, games, and early literacy activities to keep your preschooler learning and engaged. We have recorded storytimes at brantfordlibrary.ca/youtube, with new ones uploaded monthly.

Take and Make Kits

We have monthly themed take and make kits available for pick up at the Main and St. Paul branches. Look out for extra kits during March Break and PA Days.

Juice Box Book Talks Take and Make Kits

Listen to our Juice Box Book Talks podcast and pick up a unique activity kit related to each episode! The take and make kits have all the supplies you need to try an engaging hands-on activity.



Lansdowne Children's Centre

39 Mount Pleasant Street, Brantford
519-753-3153

Preschool Speech and Language

- 0-36 months Speech and Language milestones checklists for parents are available at EarlyON sites and on <http://www.lansdownecentre.ca>.
- For further information or to schedule a speech and language assessment for your child, call 519-753-3153 or 1-800-454-7186 (extension 249).



Autism Services

To register for Autism Services Contact
Ely at 519-753-3153 ext 268
email: emacdonald@lansdowneccc.com

Evidence Based Services for Children and Youth	Family Supports & Consultation
Virtual Social Groups	Training for Caregivers & Webinars
Fee-for-Service Options	1:1 Behavioural Intervention



Lansdowne Children's Centre
Follow us for up to date information



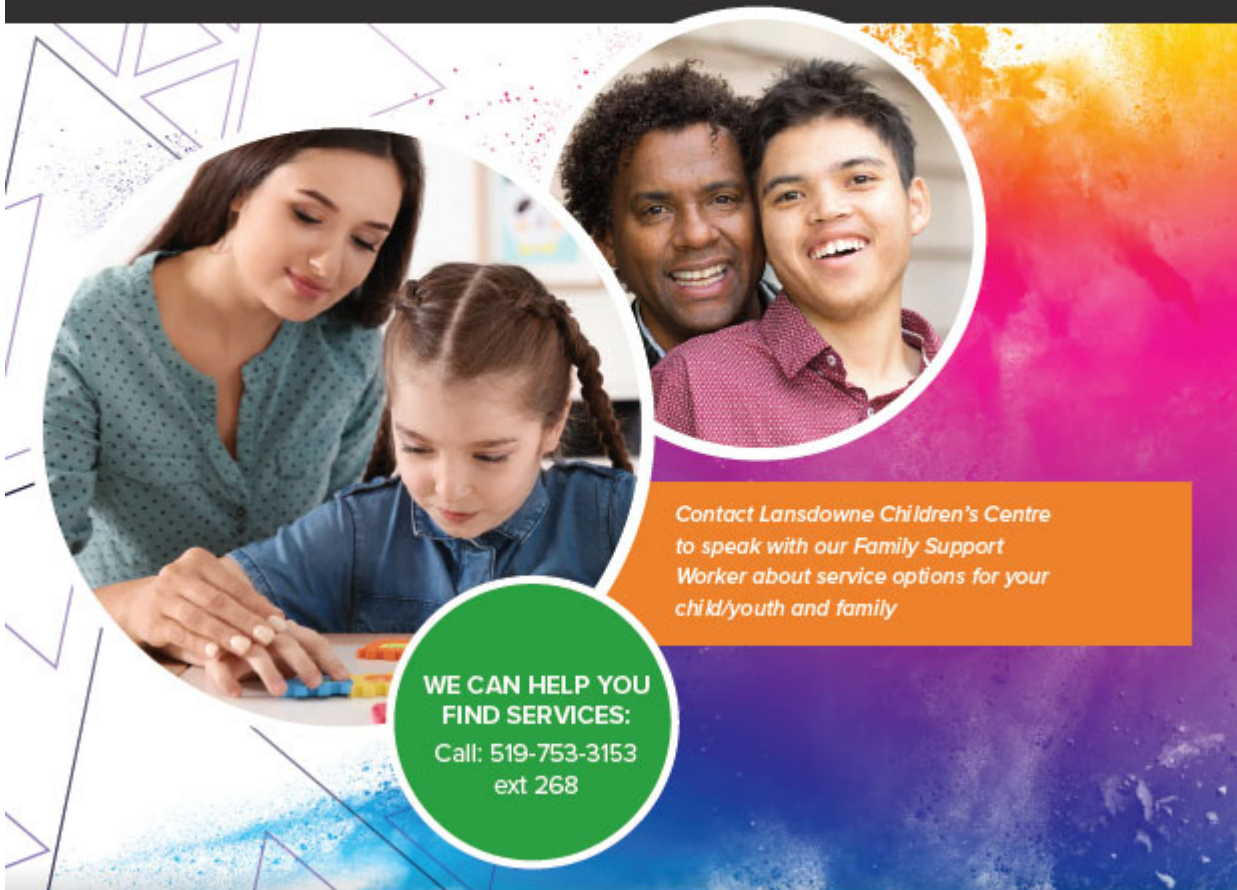
PROVIDING **AUTISM SERVICES**

to children, youth and families

CALL TO FIND OUT IF **FREE** OR
FOR-PURCHASE SERVICES ARE RIGHT FOR YOU!

We are:

- An eligible provider for Evidence-Based Services
- An eligible provider for Ontario Autism Program (OAP)
- A local provider for Ministry-Funded Foundational Family Services



Contact Lansdowne Children's Centre
to speak with our Family Support
Worker about service options for your
child/youth and family

WE CAN HELP YOU FIND SERVICES:

Call: 519-753-3153
ext 268



39 Mount Pleasant Street
Brantford, ON N3T 1S7
www.lansdownecentre.ca



Lansdowne Children's Centre
Lansdowne Children's Centre



@LansdowneBrant
@LansdowneChildrens



Dalhousie Place Supervised Access Centre

82 Charlotte St, Brantford
Phone: 519-751-0466

K.A.T.C.H (Kids and the Changing Home)

Open to any child 6-12 years. A free 6-week program for children living with separation and divorce. Provides a safe and child-focused setting for children to learn coping skills while dealing with conflict in separation and divorce. Offers a safe place to learn about our feelings and expression in our own families. Helps children better understand various family dynamics and their own situation.

The residential parent can call and complete an intake by phone.

A certificate of completion will be provided.

For more information, start dates, or to register call 519-751-0466, Ext. 116 or go to www.dalhousieplace.com.

Planning for the Children After Parent Separation

Open to any caregiver. One-time information group session for separated parents, grandparents and caregivers. Focuses on how children are impacted following parental separation and during the custody and access process. Each parent attends a separate session.

A certificate of attendance and resource materials are provided.

For more information, start dates or to register call 519-751-0466, Ext. 116 or go to www.dalhousieplace.com.



Start Here.



We are your front door to services for children and youth with mental health concerns, developmental disabilities, and special needs. We are the first place to contact for information, access to services, and coordinated planning for children, youth and families

We are your path to Children's Services.

519-758-8228 or www.contactbrant.net



Contact Brant is open to serve you.

Phones are answered Monday to Friday from 8:30 a.m. to 4:30 p.m.

Appointments are made at your convenience before, during, and after these office hours.

Referrals can also be made online by youth, families and professionals using the secure referral link:

<https://contact-brant.ontarionow.ca/external-referral/>

Coming soon – Ontario Autism Program Urgent Response Services.

Contact Brant will be the regional provider for Brant, Haldimand-Norfolk, Hamilton and Niagara.

Watch our website for updates.



Contact Brant manages the Community Information website, listing over 2,600 local services and resources.

An easy way to find local services:

www.info-bhn.ca



A **Service Coordinator** provides information, support, and helps families navigate the service system, by working with you and your education, health and community services.

Call Contact Brant to see if Coordinated Service Planning could help your family.

519-758-8228



There is help for families whose child/youth has Fetal Alcohol Spectrum Disorder (FASD), or suspected FASD.

Call the FASD Coordinator at Contact Brant for help with understanding FASD, services available, supports and strategies.

519-758-8228



The FASD Caregiver Support Group offers **peer to peer support.**

When: Second Wednesday of the month

Time: 6:30 p.m. to 8:00 p.m.

Where: Currently a Virtual group meeting

Contact the leaders of this support group:

Email: fasdbrant@contactbrant.net or

Call: 519-758-8228, Ext. 236



MENTAL HEALTH 'WALK-IN' CLINICS

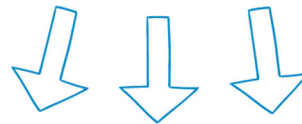
TALKING TO A MENTAL
HEALTH COUNSELLOR
TODAY WOULD MAKE A
BIG DIFFERENCE!



FOR CHILDREN & YOUTH UP TO
18 YEARS & THEIR FAMILIES

**OPEN TO ALL RESIDENTS
BRANTFORD-BRANT**

Woodview is making it easier
to get the mental health help
when you need it!



1 Call 519-752-5308 and press '0'
or text 226-920-4427

2 We'll book you a face-to-face
or virtual appointment with
a Woodview counsellor!

☒ **FREE**
☒ **CONFIDENTIAL**

☒ **NO REFERRAL NEEDED**
☒ **NO HEALTH CARD NEEDED**

Are you in crisis? Call St. Leonard's 24/7 Mental Health Crisis Line at 519-759-7188 (ALL AGES)

Call Contact Brant for access to other child and youth mental health services
at 519-758-8228 www.contactbrant.net



**Immediate in-centre
openings available!**

BRANTFORD AUTISM SERVICES

**In-Centre
Services**

**Family Skill
Development**

**call us
directly!**



Jessica Gallino, Intake Worker

905-689-4727 ext. 115

brantfordautismservices@woodview.ca



World Autism Awareness Day
2 April

Crisis Services

Crisis Services provides immediate crisis support and/or counseling for individuals experiencing mental health, addictions or situational crisis for all ages.

Contact the Crisis line at 519-759-7188 or 1-866-811-7188 for more information.

Groups

All group are currently offered virtually.

Contact 519-754-0253 for groups times and more information.

Hopeful Journeys	S.M.A.R.T. Families Group	Artistic Expressions
<p>Open to anyone 16 years and older.</p> <p>For individuals experiencing addiction and mental health recovery. The group is an open support group led by Peer Support.</p> <p>Friday from 3:00 pm to 4:00 pm (virtually).</p> <p>To register, email Alison at: agibson@st-leonards.com</p>	<p>Open to anyone 16 years and older.</p> <p>For individuals with a family member or loved one who has addiction issues. The group provides emotional support and real-life tips on how to care for yourself while caring for your loved one.</p> <p>Wednesdays from 6:30 pm to 8:00 pm (virtually).</p> <p>To register, email Sonia at: skrizikova@st-leonards.com</p>	<p>Open to anyone 16 years and older.</p> <p>For individuals who are experiencing ongoing mental health and/or addictions recovery. Core focus of the group will be positive self-reflection and change using art as a therapeutic medium.</p> <p>Thursdays from 5:00 pm to 7:00 pm (virtually).</p> <p>To register, email Raven at: rwilkins@st-leonards.com</p>

Youth Resource Centre

For referrals or more information, contact the YRC at 519-758-9644.

The Youth Resource Centre is committed to providing support and encouragement to youth in our community who are experiencing homelessness or at risk of experiencing homelessness.

The YRC provides:

- Safe shelter, warm bed, food and support.
- Emergency, short and long-term accommodation for youth aged 15 to 19.
- Connection to a Nurse Practitioner from Grand River Community Health Centre.
- Assistance with securing long-term housing.
- Individual Life Skills Coach to help with resume building, employment opportunities financial literacy, apartment searching and other essential life skills such as cooking, hygiene, and household chores.
- Weekly planning with a counsellor to meet set and achieve individual goals.
- Daily Check-ins.

Attention Families of Brantford/Brant!

Check out the new Facebook page for families.



Your Guide - Family resources for Brantford and Brant



Your Guide - Family resources for Brantford and Brant

@BrantFamilyResources · Community Service

Send Message

Home Videos Photos About More ▾

Like



Please visit, like and share!

EarlyON

Child and Family Centre



Enjoy FREE, quality drop-in programs for children aged 0-6 and their parents and caregivers.

EarlyON Centres offer a wide range of locations and hours, including evenings and weekends.

Visit our website for a complete list of programs
www.earlyonbrantfordbrant.ca



CRISIS SERVICES

225 FAIRVIEW DRIVE, UNIT #1,
BRANTFORD, ON

Call the Crisis Line at:

Local 519-759-7188

Toll Free 1-866-811-7188

Services Provided Include:

- Immediate Telephone Crisis Counselling (24 hours, 7 days/week, 365 days/year)
- Mental Health Clinic available in Brantford, Paris and virtually.
 - Appointments must be booked in advance
 - COVID-19 Safety precautions for in-person sessions
 - To book an appointment please call 519-758-7188
- Referrals to the Crisis Outreach & Support Team (COAST)
- Connection to Addiction Services
- Naloxone Kits and Harm Reduction supplies
- Linkages to ongoing service

<http://www.st-leonards.com>



Register for Kindergarten Today

Learn what you need to register and locate your school at grandere.ca



Supporting families with in-person and virtual care.

To learn more:

www.lansdownecentre.ca

519-753-3153 or

1-800-454-7186, Ext. 206



www.dalhousieplace.com

Brantford and District Supervised Access Centre
Haldimand-Norfolk Supervised Access Centre

"Dedicated to providing a Safe, Neutral & Child Focused facility for Supervised Access"

Funded by the Ministry of the Attorney General of Ontario
and Community donations



Offering Counselling,
Financial Empowerment, &
Developmental Services.

519-753-4173
office@willowbridge.ca

Willowbridge.ca

BRANT COUNTY
HEALTH UNIT



Pregnant?

Prepare for the journey with our
online classes.

Get the most reliable, up-to-date information on having a healthy pregnancy and baby! Watch videos, take quizzes, and use practical tools all in one place. Visit bchu.org/onlineprenatal today to sign up and get started!

Your Voice Matters.

Did you know? The goal of Woodview's youth & family engagement considers youth and families as **equal partners** in the co-creation of the programs and services that YOU use.

99% of youth surveyed
responded that they felt
respected at Woodview.

[Client Satisfaction Survey 2020]



woodview.ca/youthengagement



COMMUNITY INFORMATION
Brant, Haldimand & Norfolk
www.info-bhn.ca

A website of local programs and
services

www.info-bhn.ca

KINDERGARTEN REGISTRATION

JAN. 3 – FEB. 25, 2022

REGISTER ONLINE AT CATHOLICEDUCATION.CA



BRANT HALDIMAND NORFOLK
Catholic District School Board