

■ ■ ■ ■ ■ **Your Guide** ■ ■ ■ ■ ■ **HALDIMAND & NORFOLK** *for Families, Children & Teens*

**Your Guide is
made possible by:**



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 Haldimand Norfolk!

The Your Guide is published twice annually with two 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.

Welcome to the EarlyON Child and Family Centres

H-N REACH EarlyON Child and Family Centre programming information

Program Registration at
earlyon@hnreach.on.ca

Visit our website hnreach.on.ca



Haldimand-Norfolk
REACH

Find us on 

[Haldimand-Norfolk REACH](#)

&

[HN REACH EarlyON Child and Family Centre](#)

MCFN EarlyON Child and Family Centre programming information

Program Registration at
www.keyon.ca

Visit our website at mncfn.ca



Find us on 

[MCFN EarlyON](#)





Early Years Check In

The Early Years Check In is an easy form to use and can be completed for any child 18 months to 6 years old. Learn about resources available to you online and in the community.

Call 1-866-463-2759

EarlyON Child and Family Centres

Parent & Child Free Interactive Programs for children 0-6 years

Location	Mon	Tues	Wed	Thurs	Fri	Sat
Caledonia *New Location* 282 Argyle Street South Unit 4	<p>EarlyON Child and Family Centres provide programming for children and families. We offer a range of services and resources where you can:</p> <ul style="list-style-type: none"> • join fun activities such as storytelling, arts, science, sing-alongs and games • get advice from professionals trained in early childhood development • find out about other family services in your community • connect with other families with young children <p>We offer programs and activities on weekdays, evenings and weekends to fit the needs of families in their communities.</p> <p>We hope to see you soon in person or virtually! At the time of publication, we could not confirm our program times and locations. Please visit our website or Facebook pages (below) for up to date information and schedules.</p> <div>    </div> <div> www.hnreach.on.ca Facebook/EarlyON Facebook/MCFN EarlyON </div> <div>  </div>					
Cayuga J.L. Mitchener School 60 Munsee St., South						
Delhi Delhi United Church 105 Church St., West						
Dunnville Mapleview Elementary School 223 Fairview Ave., West						
Houghton Houghton Public School 505 Fairground Side Rd						
Hagersville Hagersville Secondary 70 Parkview Road 289-758-5599						
Jarvis Jarvis Public School 14 Monson St.						
Langton Sacred Heart Public School 26 Albert St.						
Mississaugas of the Credit First Nation 659 New Credit Road 289-758-5599						
Port Dover Lakewood Elementary 713 St. George Street						
Port Rowan St. John's Anglican Church 46 Front Road						
Selkirk Selkirk Public Library 34 Main St., West						
Simcoe 12 Colborne St., North						
Waterford Waterford United Church 135 Main St., South						

Well Baby / Breastfeeding Drop-in

In Partnership with Haldimand Norfolk Health Unit

Drop-in may be affected by the COVID-19 pandemic. Please refer to [HNHU](#) and [H-N REACH](#) website.

Well Baby is a free program for parents of infants and toddlers to talk to a Public Health Nurse about breastfeeding, infant feeding, growth and development, community resources and other questions you may have concerning your infant and toddler.



Prenatal Classes

In-person prenatal classes may be affected by the COVID-19 pandemic. Please check the HNHU website <https://hnhu.org/clinics-classes/prenatal-classes/> for up-to-date information.

The Haldimand-Norfolk Health Unit offers a combination of online and in-person prenatal classes. The prenatal program is available to residents of Haldimand and Norfolk County.

To register for the online prenatal program go to: <https://hnhu.org/clinics-classes/prenatal-classes/>.

To register for in-person Prenatal Classes call the Health Unit at 519-426-6170 (Simcoe) or 905-318-6623 (Caledonia). These are led by a Public Health Nurse and provided in partnership with H-N REACH EarlyON Child and Family Centres. There is a program fee. Financial support available upon request.

For up to date information on dates and times visit:

- <https://hnhu.org/clinics-classes/prenatal-classes/>
- <http://www.hnreach.on.ca/earlyon-child-and-family-centres/>



HN-REACH Holiday Closures

Monday, January 3 – New Years Day
Monday, February 21 – Family Day
Friday April 15 – Good Friday
Monday, April 18 – Easter Monday
Monday May 23 – Victoria Day

HN-REACH EarlyON Outdoor Programs

EarlyON Outdoor programs are open to any parent/caregiver and their children 0-6 years old and their siblings. Location details will be provided upon registration.

To register call EarlyON Child and Family Centre at 905-765-1661 or 1-866-463-2759, or email earlyon@hnreach.on.ca.

January

Outdoor Play Ice and Snow

Outside play exploring ice and snow together.

Houghton	Monday, January 10	10 a.m.
Caledonia	Wednesday, January 12	10 a.m.
Delhi	Thursday, January 13	10 a.m.
Selkirk	Monday, January 24	10 a.m.
Simcoe	Wednesday, January 26	10 a.m.
Dunnville	Thursday, January 27	10 a.m.

February

Frosty Fest

Winter games and activities outside together.

Langton	Wednesday, February 2	10 a.m.
Houghton	Monday, February 7	10 a.m.
Caledonia	Wednesday, February 9	10 a.m.
Delhi	Thursday, February 10	10 a.m.
Simcoe	Wednesday, February 23	10 a.m.
Dunnville	Thursday, February 24	10 a.m.
Selkirk	Monday, February 28	10 a.m.

March

Signs of Spring

The seasons are changing. What can we notice?

Caledonia	Wednesday, March 9	10 a.m.
Delhi	Thursday, March 10	10 a.m.
Townsend	Wednesday, March 16	10 a.m.
Houghton	Monday, March 21	10 a.m.
Simcoe	Wednesday, March 23	10 a.m.
Selkirk	Monday, March 28	10 a.m.
Dunnville	Thursday, March 31	10 a.m.

April

April Showers

Let's have fun with water! Raindrops, rainbows, mud puddles and more.

Caledonia	Wednesday, April 6	10 a.m.
Delhi	Thursday, April 7	10 a.m.
Houghton	Monday, April 11	10 a.m.
Simcoe	Wednesday, April 20	10 a.m.
Dunnville	Thursday, April 21	10 a.m.
Selkirk	Monday, April 25	10 a.m.

May

May Flowers

April Showers bring May flowers! Find, examine and create.

Caledonia	Wednesday, May 11	10 a.m.
Delhi	Thursday, May 12	10 a.m.
Houghton	Monday, May 16	10 a.m.
Townsend	Wednesday, May 18	10 a.m.
Simcoe	Wednesday, May 25	10 a.m.
Dunnville	Thursday, May 26	10 a.m.
Selkirk	Monday, May 30	10 a.m.

June

Sports Sports Sports

Throw, catch, kick and run.. Let's practice our sports skills together.

Langton	Wednesday, June 1	10 a.m.
Caledonia	Wednesday, June 8	10 a.m.
Delhi	Thursday, June 9	10 a.m.
Houghton	Monday, June 13	10 a.m.
Jarvis	Wednesday, June 15	10 a.m.
Simcoe	Wednesday, June 22	10 a.m.
Dunnville	Thursday, June 23	10 a.m.
Selkirk	Monday, June 27	10 a.m.



H-N REACH EarlyON Indoor Programs

For current and up to date information on our Indoor Programs please contact EarlyON at 519-429-2875 or 1-866-463-2759 or visit our [websites](#) or [Facebook](#) pages for up to date information and schedules.

During the Covid-19 Pandemic, please refer to [H-N REACH](#) website for updated information.

Early Years Check In

Talk to an Early Years Facilitator about your child's developmental progress.
The Early Years Check In is an easy form to use and can be completed for any child
18 months to 6 years old.

Learn about resources available to you online and in the community.

Call 1-866-463-2759 for more information

MCFN EarlyON Programming

IN PERSON PROGRAMMING HAS RESUMED AT MCFN EARLYON!

The EarlyON weekly calendar is posted on the MCFN EarlyON Facebook page.

Pre-Registration through the KEyON system is REQUIRED

Pre-registration using your KEyON account is required to attend MCFN EarlyON programs and services. Only those pre-registered will be permitted to attend.

Planning your in-person visit? Create your account and become a KEyON member today.

Login to your KEyON account and view our individual site calendar for information on the dates and locations our programs will be offered.

If you have questions about KEyON, or need assistance with registration, contact a MCFN EarlyON staff member:

Katharine Brown, RECE, Coordinator

289-758-5599 or 365-323-4932

Shelby Riddell, RECE, Facilitator

shelby.riddell@mncfn.ca

Bridgette Ouwendyk, RECE, Facilitator

bridgette.ouwendyk@mncfn.ca

Jolene Hill SSW, Community Navigator

jolene.hill@mncfn.ca

Kelly Henry (Cultural Facilitator)

kelly.henry@mncfn.ca

KEyON

CREATING YOUR ACCOUNT



www.keyon.ca

Click on *Become a Member* to begin creating your account.

How we use info

Your information is only used for planning purposes. Each adult requires their own account.



Pre-registration

Once you have an account, you can pre-register for both virtual and in person programs at your favourite EarlyON centres.



Email Notifications

Confirm your email address to receive reminders of your pre-registrations or cancellations.



Quick Sign in

When you show up in person at the EarlyON centre, simply scan your QR tag and quickly sign in you and your child.



SAULT STE. MARIE
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CENTRE

ACORN
INFORMATION SOLUTIONS

Parenting Programs

Moms Talk

Wednesday's, January to March - 1:00 p.m. to 3:00 p.m.

Open to any parent/caregiver

Moms meet virtually to talk about things that matter to them including relationships, parenting, feeling alone and friendship.

For more information or to register, please call Barb at 519-587-2441 or 1-800-265-8087, Ext. 405.

During the Covid-19 Pandemic, please refer to [H-N REACH](#) website for updated information.

Positive Discipline in Everyday Parenting- Virtual Program

Want to raise your child, not your voice? Our problem-solving model promotes healthy child development and strong parent-child relationships for parents/caregivers with children up to the age of 6.

Co-Facilitated with Mississauga's of the Credit First Nation.

Tuesday's, January 11 to March 8, 2022 10:00 -11:30 a.m.

Zoom link will be provided

To register please call Barb at 519-587-2441 or 1-800-265-8087, Ext. 405.

During the Covid-19 Pandemic, please refer to [H-N REACH](#) website for updated information.

Positive Discipline in Everyday Parenting- In person Program

Want to raise your child, not your voice? Our problem-solving model promotes healthy child development and strong parent-child relationships for parents/caregivers with children up to the age of 6.

Caledonia EarlyON Tuesday, March 22 to May 10, 2022 - 6:00 p.m. to 7:30 p.m.

Simcoe EarlyON Wednesday, April 13 to June 1, 2022 - 6:00 p.m. to 7:30 p.m.

For more information or to register, please call Barb at 519-587-2441 or 1-800-265-8087, Ext. 405.

During the Covid-19 Pandemic, please refer to [H-N REACH](#) website for updated information.

For more information on Positive Discipline in Everyday Parenting refer to

<https://positivedisciplineeveryday.com>



In the Community

Development Check-In

Open to all parents/caregivers and their child 0 to 4 years. A virtual or in person session will include a brief developmental screen and discussion on key milestones.

To register, call H-N REACH, leave your name and phone number with Sonja at 519-587-2441 or 1-800-265-8087, Ext. 371.

Breastfeeding Support

Support is available by:

- Calling a Public Health Nurse at 519-426-6170 or 905-318-6623
- Attending a Well Baby and Breastfeeding Drop-in at the Early ON Centres
- Calling Telehealth Ontario at 1-866-797-0000
- Breastfeeding Buddies, support from another mom - Call 519-587-2441

Healthy Babies, Healthy Children Program

Healthy Babies, Healthy Children is a free home-visiting program for pregnant moms and families with infants and young children offering support such as:

- Having a healthy pregnancy
- Breastfeeding advice and support
- Promoting your child's growth and development
- Parenting support
- Connecting you to resources and programs in your community

For more information, contact the Haldimand Norfolk Health Unit at 519-426-6170 or 905-318-6623.

Dental Program

Healthy Smiles Ontario is a free program that provides dental care for low-income children age 17 and under. Services provided include:

- Regular visits to a dentist or dental hygienist
- Fluoride varnish
- Cleanings and scaling
- Fillings
- X-rays
- Treatment for urgent or emergency oral health issues
- Other treatment Services

To book a screening and see if your family qualifies, call the Health Unit at 519-426-6170, Ext. 3293, or go online www.ontario.ca/healthysmiles to learn more. * If your child receives OW, ODSP, ACSD or temporary care assistance coverage they are automatically enrolled in Healthy Smiles Ontario

Healthy Growth and Development Support and Resources

Check out www.hnhss.ca.

Dalhousie Place (Brantford & Haldimand Norfolk Supervised Access)

Please contact the Brantford office (519) 751-0466 or the Simcoe satellite office (519) 428-4838 ext. 32 for more information on programs and services available to you.

Notice

Haldimand Norfolk Health Unit programs may be affected by the COVID-19 pandemic. Please check the HNHU website at www.hnhu.org or call 519-426-6170 for up-to-date information.

Do you need help with Child Care Costs?

You may be eligible for Child Care Fee Subsidy, a program that helps families pay for licensed child care and qualified recreation programs.

Do I qualify?

You may be eligible for help with child care costs if you live in Haldimand or Norfolk, and have a child or children that require care and at least one of the following apply:

- You are employed
- You are attending school
- You are retraining
- You are a parent with special needs or therapeutic needs
- You have a child with special needs or therapeutic needs



Your eligibility and contribution towards the cost of care is based on the results of an income test. Check out our sample income test at www.hnss.org.

To register for a licensed program or to see a full list of licensed centres in Haldimand and Norfolk visit www.haldimandnorfolknelist.ca

To apply for Child Care Fee Subsidy:

Call 519-426-6170 or 905-318-6623, 519-582-3579 Ext. 3745 or visit www.hnss.org for more information.

**Health and
Social Services**
Haldimand and Norfolk

SIMCOE: P.O. Box 570, 12 Gilbertson Drive, Simcoe, ON N3Y 4N5
T: 519-426-6170 or 905-318-6623 or 519-582-3579 F: 519-426-9974
DUNNVILLE: 117 Forest Street East, Dunnville, ON N1A 1B9
T: 905-318-6623 F: 905-774-1538

Haldimand Norfolk OneList.

The safe, fast and convenient childcare registry.

Applying for child care is easier than ever with OneList, an online centralized childcare registry, waitlist and information service that simplifies the process of applying for child care. OneList provides you with:

- the ability to research different licensed child care providers and the type of care offered;
- maps of licensed child care program locations close to your home or work;
- the option to apply simultaneously to any number of licensed child care programs for multiple children;
- access to change your application anywhere, anytime; and,
- a highly secure website that ensures your privacy.

Get on OneList today!

To register visit:
HaldimandNorfolkOneList.ca
For support: call: 1.888.722.1540
or email: support@onehsn.com



Ontario



Lansdowne Children's Centre

12 Colborne St. N. EarlyON site, Simcoe
11 Colborne St. N., Simcoe
282 Argyle St. S., Caledonia
110 Ramsey Drive, Dunnville

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 247).



Dalhousie Place

Supervised Access Centre
228 John Street, Simcoe

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

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.

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.

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

A certificate of attendance and resource materials are provided.

Programs Funded by the United Way.



United Way
Haldimand and Norfolk



United Way
Brant



Haldimand-Norfolk

REACH

supporting children, families, communities

Healthy Moms Eating Well for 2

A Prenatal Nutrition Program designed to help you
"give your baby the healthiest start in life."

We offer free:

- ✓ Home visits
- ✓ Prenatal vitamins
- ✓ Food gift certificates for milk products, fruits & vegetables
- ✓ Meeting with our Dietitian
- ✓ Breastfeeding information and support



For more information, please contact the Outreach Worker at 519-587-2441 or 1-800-265-8087, Ext. 407.

Are you in Crisis?

Child & Youth Crisis Service is available
24 hours a day, 7 days a week for
children, youth and families.

1-866-32-REACH (1-866-327-3224)



Haldimand-Norfolk
REACH

supporting children, families, communities

AUTISM SERVICES

There are a range of evidence-based services and programs offered to children with Autism Spectrum Disorder and their families within a family-centred and flexible manner.

For inquiries please view the
H-N REACH Autism Service Guide available at
<http://www.hnreach.on.ca/autism-services/>.



Haldimand-Norfolk

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supporting children, families, communities

Call **Contact Haldimand-Norfolk**
(a division of H-N REACH) for more information about services in
Haldimand-Norfolk for children and youth under the age of 18.

519-587-2441 or 1-800-265-8087, Ext. 350

or visit www.hnreach.on.ca



Find us on

**Haldimand and Norfolk
TAPP-C**



**The Arson Prevention Program for Children
Fire Setting is Serious Business**

If you know of a child who is playing with fire please contact
1-800-265-8087 for support.



TAPP-C is a registered trademark of the Ontario Ministry of
Community Safety and Correctional Services.

For more information visit our website at www.hnreach.on.ca or

Find us on [Haldimand-Norfolk REACH](https://www.facebook.com/Haldimand-Norfolk-REACH)

Find us on [Haldimand-Norfolk REACH EarlyON Child and Family Centre](https://www.facebook.com/Haldimand-Norfolk-REACH-EarlyON-Child-and-Family-Centre)

KINDERGARTEN REGISTRATION

JAN. 3 – FEB. 25, 2022

REGISTER ONLINE AT CATHOLICEDUCATION.CA



BRANT HALDIMAND NORFOLK
Catholic District School Board



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

A website of local programs and services

www.info-bhn.ca



Providing therapy services
in-person and virtually in
Haldimand Norfolk

12 Colborne St. N. EarlyON site, Simcoe

11 Colborne St. N., Simcoe

282 Argyle St. S., Caledonia

110 Ramsey Drive, Dunnville

www.lansdownecentre.ca

519-753-3153 or 1-800-454-7186, Ext. 206



Offering Counselling,
Financial Empowerment, &
Developmental Services.



519-753-4173
office@willowbridge.ca

Willowbridge.ca



Register for Kindergarten Today

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



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.

Protect yourself and others from getting sick

Wash your hands

- after coughing or sneezing
- when caring for the sick
- before, during and after you prepare food
- before eating
- after toilet use
- when hands are visibly dirty
- after handling animals or animal waste



World Health
Organization



The Children's Aid Society
of Haldimand & Norfolk

We can all help keep kids safe
Foster a Child, Foster a Future
Adopt/Volunteer/Donate

1-888-CAS-KIDS www.cashn.on.ca

