

Community Resource List for Families

211 is a free and confidential service that connects people to the social and community supports they need. Call, text or chat. Visit the website www.211ontario.ca or call 211.

Examples of what 211 can find help with:

- Employment, training and income support such as recreation subsidies, childcare subsidies, and income tax clinics
- Housing, such as finding rental housing, subsidized housing and utility help
- Food Banks, Community Meals and Community Gardens
- Health and mental health services
- Newcomer and immigrant services
- Seniors Services and home care
- Government programs and services
- Parenting and family programs
- Disability supports

MENTAL HEALTH AND ADDICTION SERVICES

- **CMHA Grey Bruce**

The Canadian Mental Health Association Grey Bruce branch offers mental health and addiction services and information. 519-371-3642 or www.cmhagb.org

- **Brightshores Health System, Mental Health and Addictions**

Provides mental health support for clients. 519-376-3303 or www.brightshores.ca

- **988 Suicide Crisis Helpline**

Call or text 9-8-8. A safe place to talk, 24 hours a day, every day. Call anytime if you need help or are worried about someone else. If safety is at risk, call 911 right away. www.988.ca

- **Hope for Wellness**

Available 24/7 to all Indigenous people across Canada. Visit www.hopeforwellness.ca to chat online or call 1-855-242-3310.

- **MomsOverMatter - Postpartum Mood Disorder Resources**

Free, confidential, web application that delivers information about postpartum mental health. www.momsovermatter.ca

- **Kids Help Phone**

Kids Help Phone offers free, 24/7 e-mental health services to young people in Canada. You can text, call or connect online. Visit www.kidshelpphone.ca or call 1-800-668-6868.

- **ConnexOntario**

A free and confidential service offering support through phone, chat, text, and email for people in Ontario. Provides information about mental health, gambling, and addiction services available. Call 1-866-531-2600 or visit www.connexontario.ca

- **Quitting Smoking or Vaping**

Learn about programs and services to support your quitting journey. Visit www.publichealthgreybruce.on.ca/Your-Health/Smoke-and-Vape-Free-Living

HEALTH INFORMATION

- **Health811**
Visit [Health811.ontario.ca](https://health811.ontario.ca) or call 811 24 hours a day. Find health services or information or get health advice from a registered nurse or registered dietitian.
- **Health Care Connect**
1-800-445-1822 or www.ontario.ca/healthcareconnect
Sign up to find a primary Health Care Provider
- **Grey Bruce Navigation Line**
1-844-806-3093 or www.greybruceoht.ca
Grey Bruce OHT offers assistance in navigating health or social services in the Grey Bruce area.
- **Grey Bruce Public Health**
519-376-9420 or www.publichealthgreybruce.on.ca
A variety of resources and services available including online prenatal, dental services, nutrition and physical activity resources, smoking cessation, immunization and sexual health clinics.
- **Urgent Care Ontario**
For individuals that have an urgent medical issue but cannot see their primary health care provider due to availability or they do not have a family health care provider. Visit www.urgentcareontario.ca
- **Brightshores Health System Virtual Urgent Care**
<https://www.brightshores.ca/virtual-urgent-care/>
Virtual urgent appointments if you don't have a healthcare provider or cannot access your health care provider in a timely manner.
- **Ontario Poison Centre**
Available 24 hours a day 1-844-POISON-X or 1-844-764-7669
www.ontariopoisoncentre.ca
- **First Exposure**
Information about the safety of medications, plant and environmental substances and other exposures during pregnancy and lactation. www.firstexposure.ca
- **Immunization InfoLine**
Offers families comprehensive information from a trusted health-care professional about all immunizations offered during pregnancy and childhood. www.sickkids.ca/en/care-services/support-services/immunization-info/line/

BREASTFEEDING SUPPORTS

- **Health811**
Ask a registered nurse your breastfeeding questions 24 hours a day. Call 811 or visit [Health811.ontario.ca](https://health811.ontario.ca)
- **La Leche League**
Get answers to questions, share support and meet others on the same journey as you. 1-800-665-4324 or visit www.lllc.ca
- **South East Grey Community Health Centre**
519-986-2222 or www.segchc.ca
- **Brockton and Area Family Health Team**
519-507-2021 or www.bafht.com
- **Hanover Family Health Team**
519-506-4348 or www.hanoverfht.ca
- **Brightshores Health System**
519-372-3928 or www.brightshores.ca/infant-feeding
- **Kincardine Family Health Team**
519-396-2700 or www.kincardinefht.ca

PRENATAL, POSTPARTUM AND PARENTING INFORMATION AND SUPPORT

- **Healthy Babies Healthy Children Program - Grey Bruce Public Health**

Healthy Babies Healthy Children is a free, confidential and voluntary home visiting program for Ontarians pregnant or parenting babies, toddlers and preschoolers. Our team of Public Health Nurses and Parent Support Workers is available for families that need a little extra help, support, or care. Parenting is hard. It's harder when money is tight, anxiety is high, parents are teary or depressed, the children are challenging, or supports are low. We can help!

519-376-9420 or 1-800-236-3456 or www.publichealthgreybruce.on.ca

- **Midwives Grey Bruce**

Prenatal, labour, birth and postpartum care. 519-371-2886 or www.midwivesgreybruce.com

- **Keystone Child, Youth & Family Services**

Children's mental health service providing counselling and programs for families with children 0-16 yrs.

1-800-567-2384 or www.keystonebrucegrey.org

- **Cradlelink:** a home visiting program for expecting and new parents.
- **Brighter Futures** This is a peer support group with a professional facilitator for parents of preschool children looking for support in their parenting role.
- **Healthy Beginnings:** A prenatal and infant nutrition program for pregnant women needing extra support with day-to-day stresses and challenges.
- **Grey Bruce Fetal Alcohol Spectrum Disorder (FASD) Program:** Provides support to families of children and youth with FASD or suspected FASD.

- **Prenatal Education may be offered by the following agencies, check for more information.**

- **Grey Bruce Public Health** Free online prenatal education. Register online.
www.publichealthgreybruce.on.ca/onlineprenatal
- **M'Wikwedong Indigenous Friendship Centre** Offers free classes. Everyone welcome.
519-377-4931 or www.mwikwedong.com
- **Hanover Family Health Team** Offers free classes. Call to register.
519-506-4348 or www.hanoverfht.ca
- **Brockton & Area Family Health Team** Offers free classes. Everyone welcome.
519-507-2021 or www.bafht.com
- **Brightshores Health System** Offers free classes. Everyone welcome.
519-372-3928 or www.brightshores.ca/birth-preparation
- **South East Grey Community Health Centre** Offers free classes. Everyone welcome.
519-986-2222 or www.segchc.ca

FAMILY SUPPORT

- **Bruce Grey Child & Family Services**

Child protection, remedial and support services to families. 1-855-322-4453 or 519-371-4453 or www.bgdfs.ca

- **Legal Aid**

Free legal advice. 1-877-832-1435 or www.gblegalclinic.com

- **United Way Grey Bruce**

1-800-794-1728 or <https://unitedwayofbrucegrey.com>

A non-profit organization that runs various community assistance programs. United Way Bruce Grey has front-line programs as well as connections to broader local community programs. For all the information on programs, you can call or text [211](tel:211). [211](tel:211) is free, confidential, and available 24/7.

- **Financial Literacy Program**
- **Utility Assistance Program**
- **Supportive Outreach Services (SOS), SOS Pop Up and Bruce County Outreach**
- **Good Food Box Program** An affordable fresh produce purchase and distribution system. Open to all.

CHILD AND DEVELOPMENTAL SERVICES

- **EarlyON Child and Family Centre**

EarlyON Child and Family Centres offer free, high-quality programs for families and children from birth to 6 years old. You can learn and play with your child, meet people and get advice from early childhood professionals.

Bruce County: <https://brucecounty.on.ca/human-services/earlyon>

Grey County: <https://www.grey.ca/childrens-services>

M'Wikwedong Indigenous Friendship Centre:

<https://mwikwedong.com/program/earlyon/>

Special Needs Programs and Licensed Childcare

- **Community Living Owen Sound & District**

519-370-0866 or www.communitylivingowensound.com

- **Community Living Walkerton & District**

519-881-3713 or www.clwalkerton.org

- **Community Living Kincardine & District**

519-396-9434 or www.clkd.ca

- **Bruce County Children's Services**

1-800-265-3005 or www.brucecounty.on.ca/childrens-services

- **Grey County Early Learning and Child Care**

519-369-4664 or www.grey.ca/childrens-services

- **TVCC**

A regional rehabilitation centre for children and young adults with physical disabilities, communication disorders, developmental delays, and autism spectrum disorder.

Preschool Speech and Language Services Referrals: 1-866-590-8822 or www.tvcc.on.ca

- **Infant Hearing Program**

If your baby did not have a hearing screen when they were born, and you have not been contacted by 2 weeks from the date of birth, please call 1-877-818-8255 or 519-663-0273.

SUPPORT FOR INDIGENOUS FAMILIES

- **Southwest Ontario Aboriginal Health Access Centre**

519-376-5508 or www.soahac.on.ca

- **Chippewas Of Nawash Health Centre**

519-534-0373

- **Mino Bimaadsawin Health Centre**

519-797-3792

- **Metis Nation of Ontario**

Healing and Wellness Program

519-370-0435 or www.metisnation.org

- **M'Wikwedong Indigenous Cultural Resource Centre**

519-371-1147 or www.mwikwedong.com

VIOLENCE AGAINST WOMEN SERVICES

- **The Women's Centre Grey Bruce**

Offers violence against women services including crisis line, emergency shelter, housing, counselling, second stage residential program, child and youth program, outreach services, women's legal advocate and anti-human trafficking program for youth.

Crisis Line: 519-371-1600 Main: 519-376-0755 or www.thewomenscentre.org

- **Women's House: Serving Bruce and Grey**

Offers free support, education and crisis intervention to women experiencing abuse including: in-house safe shelter services, abuse counselling, 24 hour crisis line, child witness program, community counselling, transitional support program, transitional housing, youth sexual assault and human trafficking program.

1-800-265-3026 or Sexual Assault line 1-866-578-5566 or www.whsbg.on.ca

- **Kabaeshiwim Respite Women's Shelter**

519-797-2521 or Crisis: 519-797-3677 or www.saugeenfirstnation.ca

- **Men's Program**

CMHAGB offers programs to support men to either address their own experiences of violence or who are trying to deal with relationships (such as addressing violence and abuse) or positive parenting in healthier ways. Three core initiatives include: Partner Assault Response, My Dad's Group and Male Survivor Program. 519-372-2720