

COMMUNITY AND SOCIAL SERVICES

Community Association of Prescott-Russell (champlainhealthline.ca/).....613 632-9746

Food Banks

Alfred 613 679-4269
Bourget..... 613 293-9855/613 487-2443
Casselman 613 764-5203
Embrun.....613 443-2793
Family Centre (Hawkesbury)..... 613 632-6959/1 866 363-3210
Hawkesbury613 636-0666
L'Original613 675-1999
Riceville613 673-3350/613 524-3140
Rockland (Clothing thrift store).....613 446-7594
Vankleek Hill (Community Assistance Fund Enterprise – secondhand clothing).....613 678-8119

Meals on Wheels

Clarence Creek613 488-3203
Hawkesbury613 632-0274/613 632-0939
L'Original613 675-4617
Rockland613 482-0438

Soup Kitchen (Hawkesbury) – meals served Tuesdays from 11:30 a.m. to 1:00 p.m.....613 632-0274

Green Box (basket filled with fresh fruits & vegetables, cost \$10)

Hawkesbury and surrounding areas.....1 800 267-7120/613 632-4355 ext. 241

Early Years Centre.....613 764-3434/1 866 764-3434

Fruit is offered to the children during playgroup, and there are workshops on how to make homemade baby puree. Stimulating toys may be borrowed from the toy lending library.

Housing Services (www.prescott-russell.on.ca/en/social-services/social-housing).....

..... 613 675-4642/1 800 667-9825 ext. 6504

Our Children Our Pride/Family Centres (www.groupeaction.ca)

.....613 632-7837/1 866 363-3210

Diapers and Formula Program

Through this program, families can receive diapers and formula (milk supplement) for infants, free, in exchange for their active participation in one of our playgroups. A clothesline is also available to the families.

La Leche League Canada (www.lllc.ca)..... 613 238-5919 /1 800 665-4324

An organization where mothers can get support and advice regarding breastfeeding.

United Way Prescott-Russell (www.centraideunitedwaypr.virtuo.ca/en/)..... 1 877 881-3667

Alfred..... 613 679-4699

See back for more information

COMMUNITY AND SOCIAL SERVICES

Valoris for children and adults of Prescott-Russell (www.valorispr.ca).....613 673-5148/1 800 675-6168
Casselman..... 613 764-0014
Hawkesbury..... 613 632-1101

Communities That Care (CTC) is a community initiative, launched in the Casselman, Clarence-Rockland, and Hawkesbury regions, that uses community mobilization to reduce risk factors and increase protective factors in the community.

Volunteering: We are constantly searching for community actors who will help us accomplish our Mission "To be of service to vulnerable persons in Prescott-Russell by supporting them within their families and community so that they daily experience a good life".

Well-being for children, child protection: Our mandate is to protect children from neglect and abuse, to promote their development, and to assist families in providing experiences and living conditions that promote their development and that of their children.

Prescott and Russell Community Services

Prescott East

Hawkesbury, L'Orignal, Chute-à-Blondeau, Vankleek Hill, St-Eugène, Ste-Anne-de-Prescott.....
..... 613 632-0939/1 800 267-0853

Russell North

Rockland, Clarence Creek, Wendover, St-Pascal, Hammond, Bourget, Curran 613 488-3203

Russell South

Embrun, Limoges, Russell, Casselman, St-Albert, Marionville..... 613 538-4890/1 888 393-3323

Prescott West

St-Bernardin, Lefavre, Plantagenet, Alfred, Fournier, St-Isidore..... 613 678-2332/1 888 414-4494

Additional information can be obtained by visiting their website at www.servcompr.com

CHILDREN WITH SPECIAL NEEDS

Blind-Low Vision Early Intervention 613 688-3979/1 866 432-7447
Early Intervention Services for children who are blind or have low vision.

Canadian National Institute for the Blind (www.inca.ca)..... 613 936-2300
A comprehensive program of direct services, information resources, parent, peer support, and advocacy training for children with vision loss and their families.

Infant Hearing Program

Communication Development Services and Family Support to children already identified with a permanent hearing loss.

Additional information can be obtained by visiting their website at www.pghc.com

Integration Services (www.prescott-russell.on.ca/en/social-services/child-care-services)
.....613 764-3434/1 866 764-3434
Our mandate is to provide support to day care centres and home child care licensed agencies integrating children with special needs.

Autism Ontario (formerly Autism Society Ontario) (www.autismontario.com)416-246-9592
The leading source of information and referral on autism and one of the largest collective voices representing the autism community. Members are connected through a volunteer network of Chapters throughout the Province of Ontario.

Children’s Hospital of Eastern Ontario (CHEO) 613 737-7600

Autism Program of Eastern Ontario 613 745-5963/1 877 542-2294
The Autism Program of the Children’s Hospital of Eastern Ontario offers an array of services such as an Intensive Behavioural Intervention Program (IBI), and ASD School Support Program, as well as a program offering services and support to children and youth diagnosed with an Autism Spectrum Disorder, based on Applied Behaviour Analysis (ABA).

Additional information can be obtained by visiting their website at www.cheo.on.ca

Ottawa Children’s Treatment Centre (www.octc.ca)..... 613 932-2327/1 800 565-4839
Provide specialized care for children with multiple physical, developmental, and associated behavioural needs.

Valoris for Children and Adults of Prescott-Russell (www.valorispr.ca) 613 673-5148/1 800 675-6168

PHYSICAL AND MENTAL HEALTH

Hospitals

Hawkesbury & District General Hospital (www.hgh.ca).....	613 632-1111
Children's Hospital of Eastern Ontario (CHEO) (www.cheo.on.ca)	613 737-7600
Eastern Ontario Health Unit	613 933-1375/1 800 267-7120
Casselman.....	613 764-2841/1 800 267-8260
Hawkesbury.....	613 632-4355/1 800 565-2314
Rockland.....	613 446-1400
Poison Control	1 800 267-1373

Addiction & Mental Health Services

Addiction Services of Eastern Ontario (aseo-steo.org/en/)	613 936-9236/1 800 272-1937
Al-Anon/Alateen	613 860-3431/1 888 425-2666
Alcoholics Anonymous	613 938-1984
DART (crisis)	1 800 565-8603
Canadian Mental Health Association (www.cmha-east.on.ca)	1 800 493-8271
Hawkesbury.....	613 632-4924
Distress Center	613 238-3311
Équipe psycho-sociale pour enfants et adolescents francophones	613 938-7112
Mental Health Crisis Line (www.crisisline.ca)	1 866 996-0991
Mental Health Service Information Ontario	1 866 531-2600
Prescott-Russell Mental Health Community Centre	613 446-5139/1 800 267-1454
The Centre for Addiction and Mental Health (Ontario only)	1 800 463-6273

Centre de santé communautaire de l'Estrie (www.cscestrrie.on.ca)

Embrun.....	613 487-1802
Bourget.....	613 487-4182

Centre Novas – CALACS francophone de Prescott-Russell (www.centrenovas.ca)

Casselman.....613 764-5700/1 866 772-9922 ext. 221
For Francophone victims/survivors of sexual assault aged 16 years and over.

Francophone helpline (Fem'aide) – Web Site: www.femaide.ca; Email: info@femaide.ca

(Helpline available 24 hours per day, 7 days a week)

For services in English or other languages, call:

The Assaulted Women's Helpline.....	1 866 863-0511
TTY (for the deaf).....	1 866 863-7868

Champlain Community Care Access Centre (www.ccacjobs.ca/en/index.html).....1 800 538-0520

Community Care Access Centres (CCAC) provide a single point of access to health and personal support services to help people live independently in their homes or to facilitate their transition into a long-term care home.

See back for more information

PHYSICAL AND MENTAL HEALTH

Maison Interlude House (www.maisoninterludehouse.ca)

Crisis Line/Shelter Service/General Information..... 613 632-1131/1 800 267-4101

Outreach/Transitional Support Program.....613 525-5338/1 800 461-1842

The Office of Child and Family Service Advocacy.....1 800 263-2841

The Office of Child and Family Service Advocacy listens, problem solves, mediates complaints, negotiates with service providers or government officials, networks with the community, and intercedes on behalf of children, youth or young adults when they cannot speak for themselves.

Valoris for Children and Adults of Prescott-Russell (www.valorispr.ca) 613 673-5148/1 800 675-6168

Child-family intervention (mental health) from birth to 17 years old. This mandate is to provide quality services in mental health to children and families to enable them to smoothly integrate into society.

CHILD CARE SERVICES

Child Care Services of the United Counties of Prescott and Russell.....
.....613 675-4642/1 866 667-9825 ext. 6301

Licensed Home Child Care Programs

Alfred

Centre éducatif Les Petits Trésors 613 679-4373 ext. 229

Bourget

Garderie Sacré Cœur de Bourget 613 487-2734 ext. 224

Casselman

Centre éducatif au Jardin des Câlines 613 764-0415

Centre éducatif Quatre Saisons 613 764-3559

Garderie Quatre Saisons 613 764-3552

Clarence Creek

Garderie Ste-Félicité 613 446-5853

Embrun

Centre éducatif La Diversité 613 443-2188

Centre éducatif au Jardin des Câlines 613 443-0877

Centre éducatif de la Rivière Castor 613 443-2226

Circle of Friends 613 443-4428

Garderie des Amis Embrun Inc. 613 443-0643

Hammond

Centre Préscolaire et Parascolaire St-Mathieu.....613 446-6001

Hawkesbury

Centre éducatif Jacqueline Lafrenière/Soleil des Petits 613 632-4491

Centre Parascolaire Soleil des Petits 613 632-4491

L'Oasis des Petits 613 632-9636

Limoges

Centre éducatif au Jardin des Câlines.....613 443-9288

Garderie Les P'tits Cœurs d'Embrun.....613 443-5643

L'Orignal

Centre d'animation parascolaire Champlain..... 613 676-1551

L'Atelier des Petits Champlain 613 675-8888

Plantagenet

Centre éducatif Les Petits Trésors.....613 673-4880 ext. 229

Rockland

Garderie Carrefour-Jeunesse 613 446-6700

Garderie Le Carrousel 613 446-5853

Garderie St-Patrick's School Age Day Care Centre..... 613 446-4406

Garderie Ste-Trinité.....613 446-0505

Rockland Public School Daycare..... 613-446-6001

See back for more information

CHILD CARE SERVICES

Russell

Early Learning Kindercare	613 445-0445
Garderie Kinder Kids Early Year Inc.....	613 445-3801
Garderie L'Arche des Amis.....	613 445-3760
Russell Cooperative Nursery School.....	613 445-3182

St-Albert

Centre éducatif au Jardin des Câlins.....	613 987-2157
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St-Isidore

Centre éducatif au Jardin des Câlins.....	613 524-2945
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St-Pascal-Baylon

Garderie Parascolaire de St-Pascal-Baylon.....	613 913-5552
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Vankleek Hill

Centre d'animation parascolaire Champlain.....	613-676-1551
Centre éducatif Champlain Learning Center	613 678-2397
Garderie Champlain Day Nursery.....	613 678-2123

Wendover

Centre éducatif Les Petits Trésors -Wendover	613 673-1473 ext. 229
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Child Care Subsidy

Child Care Subsidy is a program of the United Counties of Prescott and Russell Child Care Services Division that helps families reduce their child care costs in licensed child care programs. Subsidy is administered by the United Counties of Prescott and Russell and may cover all, or part, of eligible families' child care costs. The amount of subsidy provided is determined by an income test.

To apply for a Child Care Subsidy, please call 613 675-4642/1 800 667-9825 ext. 6301.

Prescott and Russell Licensed Home Child Care Agency

The Prescott and Russell Licensed Home Child Care Agency offers a quality service that is equitable, affordable, and accessible to all the residents of the United Counties of Prescott and Russell. The supervised home child care must adhere to the standards and regulations of the Day Nurseries Act of the Ministry of Education of Ontario (EDU). We offer fulltime child care for children from 6 weeks to 10 years of age inclusively. We also offer home child care for children before and after school.

Additional information on Licensed Child Care programs and Child Care Subsidies in your area can be obtained by visiting the website at www.prescott-russell.on.ca/en/social-services/child-care-services

LITERACY / LIBRARIES

Libraries

Alfred.....	613 679-2663
Bourget.....	613 487-9488
Casselman.....	613 764-5505
Clarence-Rockland	613 446-5680
Embrun.....	613 443-3636
Hawkesbury	613 632-0106 ext. 2250
Limoges.....	613 443-1630
Plantagenet	613 673-2051
Russell.....	613 445-5331
St-Albert	613 987-2143
St-Isidore	613 524-2252
Wendover	613 673-2923

Centre d'alphabétisation « Moi, j'apprends » du comté de Russell Inc. (www.bdaa.ca/moijapprends)

Casselman.....	613 764-0968
Embrun.....	613 443-2390
Ottawa	613 748-3879
Rockland.....	613 446-5312

RCAT: Referral Centre for Adult Training (www.cafa-rcat.on.ca)

Hawkesbury	613 632-9664/1 800 830-6531
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SCHOOL BOARDS

**CONSEIL DES ÉCOLES PUBLIQUES
DE L'EST DE L'ONTARIO** 1 888 332-3736

Additional information can be obtained by visiting their website at www.cepeo.on.ca

**CONSEIL SCOLAIRE DE DISTRICT CATHOLIQUE
DE L'EST ONTARIEN**..... 613 675-4691/1 800 204-4098

Additional information can be obtained by visiting their website at www.csdceo.ca

**CATHOLIC DISTRICT SCHOOL BOARD OF EASTERN
ONTARIO**..... 613 258-7757/1 800 443-4562

Additional information can be obtained by visiting their website at www.cdsbeo.on.ca

UPPER CANADA DISTRICT SCHOOL BOARD

Administrative Office Brockville 1 800 267-7131
Oxford Public School 1 888 402-3522

Additional information can be obtained by visiting their website at www.ucdsb.on.ca

EARLY YEARS

Early Years Centre of Glengarry-Prescott-Russell 613 764-3434/1 866 764-3434

Satellites

Embrun..... 613 443-1614
Hawkesbury..... 613 632-6959/1 866 363-3210
Rockland.....613 446-4220
Alexandria 613 525-3163

The Ontario Early Years Centre of Glengarry-Prescott-Russell is a learning centre that provides parents and caregivers of children up to six years of age a place where they can participate in a variety of free programs and activities. The programs touch the 5 domains according to “The Early Learning Framework”: physical, social, emotional, cognitive, and language skills.

Additional information can be obtained by visiting the website at www.prescott-russell.on.ca/en/social-services/child-care-services

Groupe Action for the children, family and community of Prescott-Russell

Our Children our Pride/Family Centres:613 632-7837/1 866 363-3210
Embrun..... 613 443-1614
Hawkesbury..... 613 632-6959/1 866 363-3210
Rockland..... 613 446-4220

Through the Family Center, we strengthen the capacity of families and communities to ensure the healthy development of children through high quality education and prevention. We target families with children aged from birth to six years old and offer programs that allow parents to enhance their parenting skills so that they are equipped to facilitate the development and learning of their children.

Additional information can be obtained by visiting the website at www.groupeaction.ca and clicking on the “Family Center” tab.

Community and Learning Hubs

Alfred – please contact the Hawkesbury Family Centre at..... 613 632-6959/1 866 363-3210
Casselman 613 764-3434/1 866 764-3434
Hawkesbury 613 632-6959/1 866 363-3210

Objectives of the Hubs:

- *To promote the overall development of the child according to “The Early Learning Framework”: physical, social, emotional, cognitive, and language skills.*
- *Break the isolation for the parent.*
- *Increase children’s skills.*
- *Increase parental knowledge.*
- *Increase parent-child interactions.*
- *Integrate various programs and services.*
- *Offer support and referral to parents of children with special needs.*
- *Reinforce the family’s social circle.*