

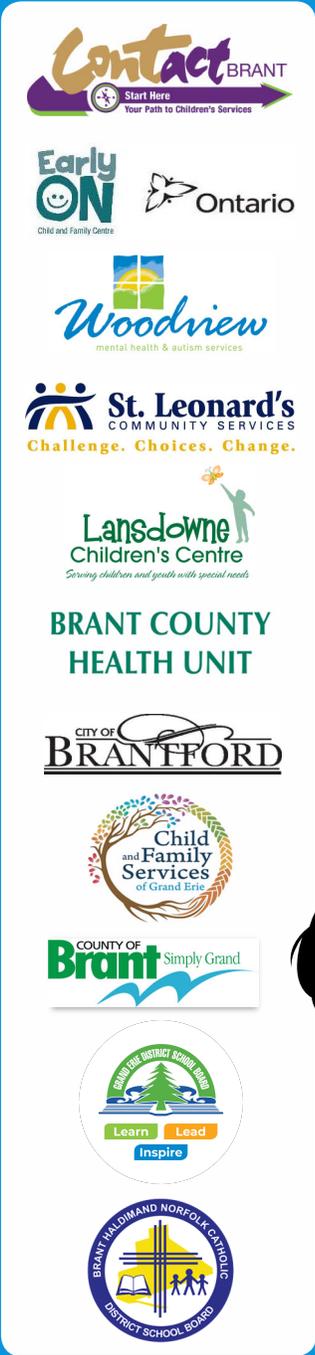
# Your Guide

# BRANT

*for Families, Children & Teens*

**JANUARY TO JUNE 2023**

Your Guide is made possible by:

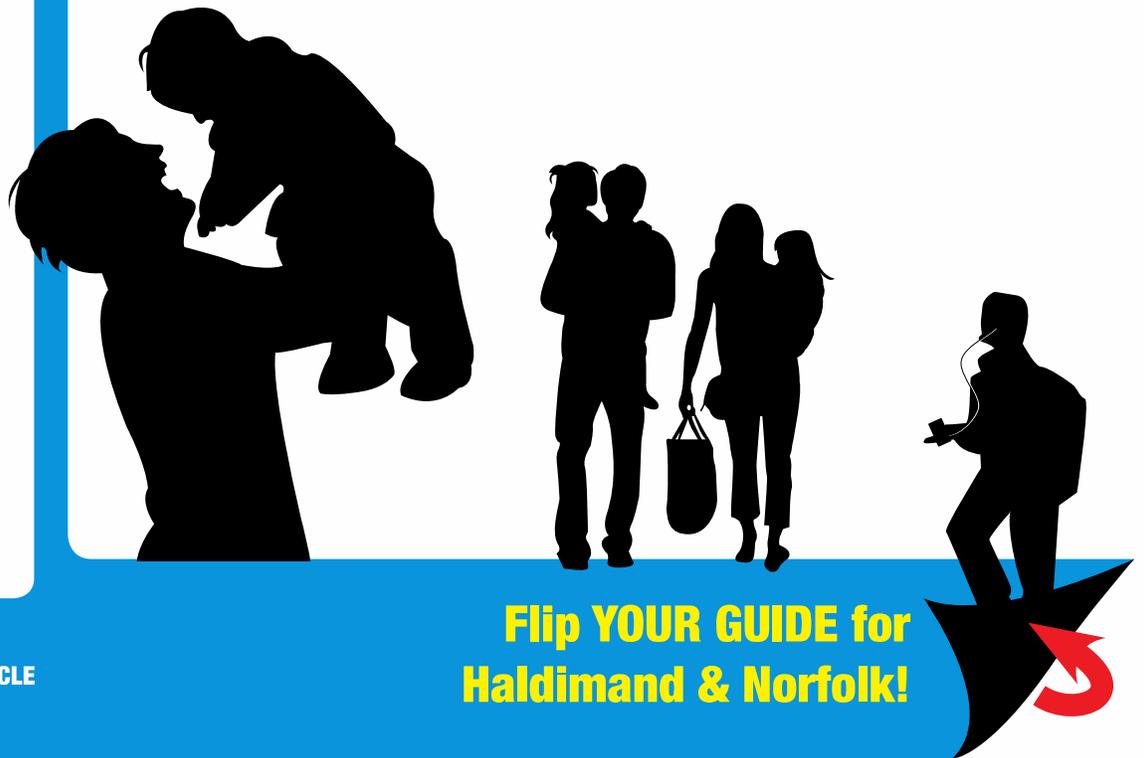


Your Guide is also available online at [www.contactbrant.net/yourguide](http://www.contactbrant.net/yourguide)

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

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**Flip YOUR GUIDE for Haldimand & Norfolk!**



## 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](http://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!

**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](http://www.bit.ly/EarlyONBrantfordBrant) has hundreds of videos for children and parents, starring your favourite EarlyON staff

Visit [www.brantford.ca/childrenservices](http://www.brantford.ca/childrenservices) to view EarlyON calendar. Subscribe to the calendar to get weekly emails. And follow EarlyON on Facebook at [facebook.com/earlyonbrantfordbrant](https://www.facebook.com/earlyonbrantfordbrant) for regular updates.

Pre-registration is generally not required, please see the EarlyON Calendar for any 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, 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](http://brantford.ca/ChildrensServices) for more information and check out videos for parents and caregivers on the EarlyON YouTube Channel at [www.bit.ly/EarlyONBrantfordBrant](http://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](http://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](http://www.brantford.ca/childrensservices).

You may be eligible for child care subsidy. Go to [www.brantford.ca/childrensservices](http://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](http://Brantford.ca/ChildrensServices) | 519-759-7009

The advertisement features a young child in a striped shirt standing next to a wooden abacus. The background is a light blue wall with a blackboard. The text is in a clean, sans-serif font, with the main headline in a larger, bold font.

## **Brant County Health Unit**

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

Going to be a mom? Our prenatal and postnatal drop-in group offers a safe, comfortable environment for pregnant women and new moms facing challenging circumstances, where your choices and opinions are valued and respected.

Come to the Canadian Prenatal Nutrition Program (CPNP) drop-in group at any time during your pregnancy and until your baby is six months old. We cover pregnancy, labour and delivery, breastfeeding, caring for your baby, and more! You are welcome to bring one support person with you: a friend, family member, partner, etc. We provide a healthy meal, grocery gift cards and bus passes.

This FREE program takes place every Wednesday at 3:30 p.m. for postnatal and 4:15 p.m. for prenatal women at Margot's Place at the St. Andrew's Community Centre, 95 Darling St., Brantford (through the main entrance).

**The health unit is also continuing the [Prenatal and Postnatal Facebook group](#) for women 25 and under who are pregnant or whose baby is six months and under.**

### **Prenatal e-Learning**

The Brant County Health Unit offers a free online learning program about healthy pregnancy and childbirth and parenting preparation 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](http://www.bchu.org), Clinics and Classes or Services-Prenatal.

### **Prenatal Classes**

Our in-person two-hour prenatal class is a great addition to the e-Classes and the information you will be learning. This 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 class.

To register for the in-person class, also go to [www.bchu.org](http://www.bchu.org), [Clinics and Classes](#) or [Services-Prenatal](#).

### **Triple Program**

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](http://www.triplep-parenting.ca).

**The Brant County Health Unit is open and available to answer parenting questions. Email [childhealth@bchu.org](mailto:childhealth@bchu.org) or call 519-753-4937, Ext. 464 to speak with a Public Health Nurse.**



## 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](http://www.professionallearninghub.ca)



## **Brantford Public Library**

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

### **Baby & Me Storytime – Mondays @ 10:30 a.m. – Main Branch**

Join us every Monday for in-person rhymes, sensory development activities, motor skill methods, stories, and socializing among babies and caregivers. Books from our collection will be carefully selected with a particular theme in mind and available for borrowing. This is a drop-in program.

### **Getting Ready for Kindergarten – Tuesdays @ 1:30 p.m. – Main Branch**

Preschoolers ages 3+ will enjoy this 8-week long, kindergarten readiness program focusing on curriculum milestones and social skills! Parents & caregivers must remain in the library and can observe through our glass children's program room! Register once for this 8-week session; weekly program length is 45 minutes. Registration is required.

Session 1: January 10 to February 28, 2023

Session 2: April 4 to May 23, 2023

### **Kids Night Out**

Drop-in for hands-on activities and explore challenges with science, technology, engineering, art and math. We invite you to challenge your brain critically and creatively!

Tuesdays @ 6:30 p.m. – Main Branch

Wednesdays @ 6:30 p.m. – St. Paul Branch

### **Storytime at St. Paul – Wednesdays @ 10:30 a.m. – St. Paul Branch**

In this weekly storytime hosted every Wednesday, preschoolers will develop a love for reading by learning easy rhymes, repeating phrases, exploring story props, and strengthening comprehension, together! Books from our collection will be carefully selected to help bring the learning home. This is a drop-in program.

### **Preschool Stars Storytime – Thursdays @ 10:30 a.m. – Main Branch**

In this weekly storytime hosted every Thursday, preschoolers will develop a love for reading by learning easy rhymes, repeating phrases, exploring story props, and strengthening comprehension, together! Books from our collection will be carefully selected to help bring the learning home. This is a drop-in program.

## Juice Box Book Talks

Listen to our monthly podcast of reading recommendations for kids grades 1-8. An archive of episodes is available at [www.brantfordlibrary.ca](http://www.brantfordlibrary.ca).

## Learning and Homework Help

The Library is pleased to partner with the Laurier Students for Literacy Club to offer unique opportunities for Brantford children and youth to build on academic skill, improve their confidence and gain an appreciation for lifelong learning. The winter term runs January 30 to April 7. No program February 21-24 due to university closure. For more information visit [brantfordlibrary.ca/calendar](http://brantfordlibrary.ca/calendar) or contact [lsflclub@gmail.com](mailto:lsflclub@gmail.com).

### Programs offered:

Homework Help Drop-in (Grades 3-8) – Monday and Thursday (Main) / Tuesday and Wednesday (Online)

Book Buddies (Grades 2-6) – Monday to Thursday (Main and Online)

Reading Club (Grades 7 and 8) – Monday to Thursday (Main and Online)



### 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.



## Autism Services

To register for Autism Services  
 Contact the Family Support Workers  
 at 519-753-3153 ext 268  
 email: autism@lansdownecc.com

Evidence Based Services for Children and Youth	Family Supports & Consultation
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.lansdowneccentre.ca](http://www.lansdowneccentre.ca)



Lansdowne Children's Centre



@LansdowneBrant



Lansdowne Children's Centre



@LansdowneChildrens



inspiring hope &  
strengthening lives  
for over 60 years

## Brantford, we're here for you.

Woodview supports children and youth up to 18 years (& their families)  
with high-quality mental health & autism services:

Get services  
in-person, by phone  
or virtually - when,  
where and how is  
best for *you!*

Counselling & Outreach Services  
Peer, Family & Parent Support & Engagement  
Youth Wellness Hub  
Autism Services (In-Centre, Home & Group)  
Community Education & Training

**519-752-5308**  
**woodview.ca/brantford**

Scan to learn more!



 643 Park Road North (Main Office)

 Harmony Square, #106-107 (Youth Hub)

 25 Bell Lane (Brantford Autism Services)

 + additional community spaces

## Start Here.



We are your front door to services for children and youth with mental health concerns, developmental disabilities, and special needs. Contact Brant is the first place for children, youth and families to connect to community services, understand available resources, and receive coordinated supports.

**519-758-8228 or [www.contactbrant.net](http://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/>**

## URS Ontario Autism Program: Urgent Response Service

Children and youth living in the communities of Brant, Haldimand-Norfolk, Hamilton and Niagara, and registered with the Ontario Autism Program, are eligible for the Urgent Response Service when experiencing new or recently worsening high-risk behaviours. URS offers short-term supportsto respond rapidly to the targeted high-risk behaviour to reduce the risk of harm to the child/youth, others, or property.

**Call Contact Brant to see if you are eligible for the Urgent Response Service.**



**COMMUNITY INFORMATION**  
Brant, Haldimand & Norfolk  
[www.info-bhn.ca](http://www.info-bhn.ca)

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](http://www.info-bhn.ca)**



**Coordinated  
Service Planning  
Brant**

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**



FASD Service Coordinators help families whose child/youth has Fetal Alcohol Spectrum Disorder (FASD), or suspected FASD, to provide strategies and help navigate services.

FASD Coordinators also provide FASD education sessions to families and professionals.



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](mailto:fasdbrant@contactbrant.net)** or

Call: 519-758-8228, Ext. 236

### 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

Contact 519-754-0253 for more information.

<b>Hopeful Journeys</b>	<b>S.M.A.R.T. Families Group</b>	<b>Artistic Expressions</b>
<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><b>Fridays from 2:30 pm to 4:00 pm, at 133 Elgin Street.</b></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><b>Wednesdays from 6:30 pm to 8:00 pm at 225 Fairview Drive.</b></p>	<p>Open to anyone 16 years and older.</p> <p>For individuals who are experiencing ongoing mental health and/or addictions recovery.</p> <p>Core focus of the group will be positive self-reflection and change using art as a therapeutic medium.</p> <p><b>Thursdays from 5:00 pm at 225 Fairview Drive.</b></p>

## **Station House, Cornerstone House and Supportive Housing**

We offer a full range of Housing services.  
Please contact us at 519-758-9644 or [housing@st-leonards.com](mailto:housing@st-leonards.com).

### **Station House provides:**

- Safe and a structured environment for young people between 15-17 years of age who are experiencing homelessness or who are at risk of homelessness
- Support planning, case management transition planning and referrals.
- Program leisure activities and life skills coaching in group and individual setting

Cornerstone House has both Shelter and Transition housing programs.

### **Cornerstone House Shelter provides:**

- Single rooms with warm bed, nutritious food, and support, transition planning and referrals.
- Shelter up to 90 days for individuals 18-29 years of age. Co-ed environment.

### **Cornerstone Transitional House program provides:**

- Co-ed, semi-independent program for people between the 18-29 years of age who are ready to learn the skills they need to live independently
- Client driven self-identified goals, case management, life skills coaching and referrals.
- Transition planning and follow-up support when graduating from the program.

### **Supportive Housing program provides:**

- Our Youth Supportive Housing program, Live Well Brantford Brant, is funded by the City of Brantford and supports individuals that are between the ages of 16 – 29. Our Addiction Support Housing program supports individuals that are 18+ years of age and is funded through the Ministry of Health.
- Housing subsidies and support with first and last month's rent (if criteria is met)
- Support planning, case management, life skills programming, transition planning and referrals.
- Rent Smart certification; providing tenants with the knowledge, skills and confidence to find and maintain good housing via a 6-week certificate program offered by our housing counsellors.

## 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 or go to [www.dalhousieplace.com](http://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, or go to [www.dalhousieplace.com](http://www.dalhousieplace.com).



### 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 Q ...

**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](http://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
  - For more information please call 519-759-7188
- 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>



## Engagement Network

... where **your** voice and story make a difference!



Are you someone who wants to:

- stay **connected**
- be part of **positive change**
- offer **peer support**
- make a **difference**
- choose **your availability**
- share **your lived experience**



Woodview Mental Health and Autism Services



[brantengagement@woodview.ca](mailto:brantengagement@woodview.ca)

← Scan to learn more!



Providing child welfare services to the communities of:  
Brantford | Brant | Haldimand | Norfolk |  
Mississaugas of the Credit First Nation

519-753-8681 | Toll Free 1-888-753-8681  
[www.cfsge.ca](http://www.cfsge.ca)

**BRANTFORD OFFICE:**  
P.O. Box 774, Stn Main  
70 Chatham Street  
Brantford ON N3T 5R7

**TOWNSEND OFFICE:**  
70 Town Centre Drive  
Townsend ON N0A 1S0





[www.dalhousieplace.com](http://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"*



Offering Counselling,  
Financial Empowerment, &  
Developmental Services.



519-753-4173  
office@willowbridge.ca

Willowbridge.ca



Kindergarten registration is now open!  
Visit [granderie.ca/kindergarten](http://granderie.ca/kindergarten) today



A website of local programs and services

[www.info-bhn.ca](http://www.info-bhn.ca)



Supporting families with in-person  
and virtual care.  
To learn more:

[www.lansdownecentre.ca](http://www.lansdownecentre.ca)

519-753-3153 or 1-800-454-7186

# KINDERGARTEN REGISTRATION

REGISTER EARLY FOR FRENCH IMMERSION  
JAN. 9 – FEB. 24, 2023

REGISTER ONLINE AT [CATHOLICEDUCATION.CA](http://CATHOLICEDUCATION.CA)



BRANT HALDIMAND NORFOLK  
Catholic District School Board

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](http://bchu.org/onlineprenatal) today to sign up and get started!