

2009/2010 Edition

# Healthy Beginnings

## A Resource Guide for Parents - Nipissing District & Area

Compiled by the Child Abuse Prevention Committee of the District of Nipissing

### PURPOSE

The Child Abuse Prevention Committee of the District of Nipissing is a multi-disciplinary group of volunteers concerned with the issue of child abuse prevention.

Our objective is to ensure increased public and professional awareness and understanding of the problem of child abuse and neglect and to contribute to its prevention. As one of our many projects the committee is proud to produce this pamphlet for the district of Nipissing.

*La plupart des organisations offrent des services en français. Composer le numéro de téléphone en question et demandez pour un(e) proposé(e) bilingue.*

### PARTICIPATING AGENCIES 2009

The Child Abuse Prevention Committee is made up of professionals from the following agencies as well as interested citizens from the district of Nipissing:

Community Living North Bay  
Children's Aid Society  
Community Action Program for Children  
Crown Attorney's Office  
Hands - The Family Help Network  
Nipissing Transition House  
North Bay Parry Sound District Health Unit  
North Bay and District Hospital  
North Bay Indian Friendship Centre  
North Bay Police Service  
One Kids Place  
Ontario Provincial Police  
Victim Witness Assistance Program

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*"Don't Break the Spirit"*

Child Abuse Prevention Committee  
of the District of Nipissing  
P.O. Box 1431  
North Bay, ON P1B 8K6

## Pregnant & Need Help

Aboriginal Community Action Program for Children <i>Ka:nen Our Children Our Future</i>	753-6420
Birthright <i>For pregnant women requiring assistance with pregnancy resources.</i>	474-2999
Community Action Program for Children - Ask for CAPC <i>Pre and post natal support for young women (up to 21 years) and their child.</i>	472-0910
Healthy Babies, Healthy Children Program <i>Home visiting program for pregnant women or parents of children under 6 years.</i>	474-1400 ext. 2351
Indian Friendship Centre <i>Prenatal Nutrition and Family Support Program</i>	472-2811
Lawrence Commanda Health Centre - Garden Village	753-3312
Maternal/Child Program–North Bay General Hospital Prenatal and Maternal/Newborn Clinics Childbirth Preparation Class Maternal/Child Social Worker	474-8600 ext. 4087 ext. 4083 ext. 4108
MotherCare Nipissing Prenatal Nutrition Program <i>A drop-in for pregnant women and mothers of babies 0-2 months. Trinity United Church (corner of Ferguson &amp; McIntyre) Wednesday morning 9:30 to 11:30 am.</i>	472-0910 ext. 295
Motherisk <a href="http://www.motherisk.org">www.motherisk.org</a> Alcohol, Nicotine & Substance Use Helpline Nausea & Vomiting of Pregnancy Helpline HIV Healthline & Network Safety of Drugs While Pregnant or Breastfeeding	1-877-327-4636 1-800-436-8477 1-888-246-5840 1-416-813-6780
North Bay Métis Council – Aboriginal Healthy Babies/Healthy Children Program <i>Home visiting Program for pregnant women or parents of children under 6 years.</i>	474-2593
North Bay Parry Sound District Health Unit Prenatal Information & prenatal classes for couples & youth. Tobacco Control Unit <i>Support, guidance and educational materials for pregnant and postpartum women wanting to quit smoking. One-on-one counselling in the quit smoking clinic is available by appointment. Second-hand smoke and smoke-free spaces information is also available.</i>	474-1400 ext. 2285 ext. 2372
Sexual Health Clinic <i>Pregnancy Testing and Options Counselling, Emergency Contraception, STI/HIV testing &amp; treatment, &amp; Birth Control Options Counselling</i>	474-1400 ext. 2289

## Parenting/Parent-Child Activities

Aboriginal Community Action Program for Children <i>Ka:nen Our Children Our Future.</i>	753-6420
Aboriginal Healthy Babies, Healthy Children (HBHC)	753-9665
Big Brothers & Big Sisters of North Bay & District	474-3041
Child Restraint Information	474-1400
Community Action Program for Children (CAPC) <i>Home visiting support for young women (up to 21 years) and their child.</i>	472-0910
Ontario Early Years Centre - Nipissing Information about Programs, Services, and Early Learning Sites Information about Best Start Hubs	474-8910 ext. 28 ext. 27
Family Enrichment Program <i>Support, guidance, and education for parents and families in a warm &amp; positive environment.</i>	472-2152
Healthy Babies, Healthy Children <i>North Bay Parry Sound District Health Unit. Home Visiting Program for parents of children to 6 years.</i>	474-1400 ext. 2351
Indian Friendship Centre <i>Healthy Babies, Healthy Children. Parenting program and family support.</i>	472-2811
Nipissing First Nation <i>Healthy Babies, Healthy Children Program</i>	753-3312
North Bay Métis Council HBHC <i>North Bay Métis Council. Home visiting program for pregnant women or parents of children under 6 years.</i>	474-2593
North Bay Public Library <i>Story time for children 2 &amp; up. Music for toddlers (1-2 years).</i>	474-4830
Parent Help Line	1-888-603-9100
Parenting Programs <i>North Bay Parry Sound District Health Unit. For parents of children ages 1-4, 5-12, pre-teens and teens.</i>	474-1400 ext. 2285
Play Your Part Parenting	472-0910
Preschool Speech and Language Services	476-5437
Supervised Access Crisis Centre	472-0678

## Health Care

Aids Committee of North Bay & Area	497-3560
<b>Breastfeeding Support</b>	
La Leche League (www.lllc.ca)	1-800-665-4324
North Bay Parry Sound District Health Unit	474-1400
Ontario Early Years Centre-Nipissing	474-8910 ext. 28
Peer Support Program	474-8910 ext. 27
<i>See also Healthy Babies, Healthy Children Programs in Parenting section.</i>	
Immunization Program For All Ages	474-1400 ext. 2252
Indian Friendship Centre	472-2811
<i>Healthy Babies, Healthy Children and Health Outreach</i>	
<b>Infant/Child CPR</b>	
St. John's Ambulance	495-3626
Health Card Information - Service Ontario	494-4130
Near North Hearing Centre	494-9900
North Bay Audiology Clinic	472-1801
North Bay General Hospital	474-8600
<i>Scollard Site for Emergencies only.</i>	
North Bay Parry Sound District Health Unit	
Community Information Service	474-1400 ext. 2282
<i>Provides information, resources &amp; referral to community programs &amp; services. Drop-in or phone-in service provided.</i>	
The Clinic	474-1400 ext. 2289
<i>Offers counseling about healthy lifestyle, birth control, sexual orientation issues, abstinence, sexuality, and can make referrals.</i>	
North East Community Care Access Centre	476-2222
Telehealth Ontario	1-866-797-0000
<i>24 hour telephone advice available from a registered nurse.</i>	
<b>Medical Clinics</b>	
Algonquin Walk-In Clinic	476-7233
<i>Mon. to Wed. - 6 pm to 9 pm, Thur. &amp; Fri. - 5 pm to 8 pm 1950 Algonquin Avenue, Suite 303</i>	
Blue Sky After-Hours Walk-In Clinic	476-1413
<i>Mon. to Fri. - 5 pm to 9 pm, Sat. 10 am - 4pm, Sun. 10 am - 3pm 2029 Cassells (next to Shoppers Drug Mart)</i>	
Ferris Medical Clinic	495-4000
<i>By appointment only - calls accepted beginning at 9 am Mon. to Fri. - 1 pm to 7 pm 41 Lakeshore Drive</i>	
Northgate After-Hours Walk-In Clinic	495-2685
<i>Monday to Friday - 5 pm to 8 pm Northgate Medical Clinic, Suite 201 (access stairs next to Tim Horton's)</i>	

## Housing

Low Income People Involvement of Nipissing (LIPI)	472-1337
<i>Information about affordable housing rentals for families and individuals.</i>	
Transitional Housing Program	474-8853
<i>Community support services for people at risk of becoming or are homeless.</i>	
<b>IMMEDIATE AND SHORT TERM HOUSING</b>	
Crisis Centre Residence - 1675 Cassells Street	474-1031
<i>Emergency shelter &amp; support is provided 24 h/day, 365 days/year.</i>	
Futures Residence for Youth - 1651 Cassells Street	476-4502
<b>RENT GEARED TO INCOME/MARKET RENT HOUSING</b>	
Native People of Nipissing Housing	497-1773
Nipissing District Housing Corporation & Registry	472-2441
<b>SHELTERS FOR WOMEN AND CHILDREN IN CRISIS</b>	
Nipissing Transition House	476-2429
Ojibway Family Resource Centre	472-3321
Sturgeon Falls Family Resource Centre	753-1154
Women's Resource Centre - Mattawa	744-5567
<b>TENANTS RIGHTS</b>	
Landlord and Tenant Board	1-888-332-3234
Low Income People Involvement of Nipissing (LIPI)	472-1337
<i>Advocacy for tenants' rights.</i>	
Nipissing Community Legal Clinic	476-6603

## Child Care

Child Care Subsidy Office	474-2151
<b>LICENSED DAYCARE CENTRES</b>	
Children First Child Care	476-8666
Couchie Memorial Daycare	474-9860
Fairview Learning Centre & School Program	724-5462
Garderie Soleil - Main Site & Satellite Centres	472-5589
Kinder House	497-1333
Lindsay Weld Centre & School Age Programs	497-0296
Little Wings	494-2011 ext. 2060
Mattawa Child Care Centre & School Age Program	744-5366
North Bay Daycare & School Age Program	474-1850
Place du Passage (0 - 12 years)	474-8809
West Ferris Day Nursery & School Age Programs	497-3004
West Nipissing Child Care Corporation	753-4144
YMCA Services:	
Early Learning Licensed Home Child Care and Children's School Age Programs	497-1915

*See Yellow Pages of phonebook under Child Care Services or Day Care Centres & Nurseries for complete listings.*

## Education

Academic Skills Development / Literacy & Basic Skills <i>Canadore College</i>	474-7600 ext. 5469
Adult Learning Connection <i>Chippewa Secondary School</i>	475-2341 ext. 8049
Anishinabek Education Institute <i>Union of Ontario Indians</i>	497-9127
Centre d'Alphabétisation ALEC du Nipissing (literacy)	472-6673
Conseil scolaire catholique Franco-Nord	472-1702
Conseil scolaire public du Nord-Est de l'Ontario	472-3443
Independent Learning Centre English Service 1-800-387-5512 French Service 1-800-265-0454 <i>Distance education courses in English and in French for Ontario residents who want to earn secondary school diploma credits, upgrade basic skills, or study for personal development.</i>	
Life Experience Alternative School <i>Almaguin Highlands Secondary School</i>	475-2327
Literacy Council <i>Basic literacy skills, upgrading for adults, in class computers and literacy preparation for employment, English as a second language.</i>	494-9416
Near North District School Board	472-8170
Nbisiing Secondary School – Nipissing First Nation	497-9938
Nipissing Alternative School	475-2339
Nipissing-Parry Sound Catholic District School Board	472-1201
Alternative & Continuing Education Campus	472-7771
<b>NURSERY SCHOOLS</b>	
Montessori Children's House	476-5156
Montessori Learning Centre	495-1173

## Recreation & Leisure

KidSport	474-0626 ext. 2328
Indian Friendship Centre	472-2811
Parks, Recreation & Leisure Services <i>City Hall</i>	474-0400 ext. 2335
Y.M.C.A	497-9622

## Food Banks/Nutrition Resources

EatRight Ontario	www.ontario.ca / EatRight or to speak to a dietitian 1-877-510-510-2
North Bay Food Bank <i>1356 Hammond Street</i>	495-3290
Pro-Cathedral Catholic Charities <i>387 Algonquin Avenue</i>	472-3970
St. Andrew's United Church Food Bank <i>399 Cassells Street at McIntyre Street</i>	472-7680
St. Vincent de Paul Society Food Bank <i>280 Fifth Avenue East Thursdays at noon.</i>	497-9784
Salvation Army Food Bank <i>134 McIntyre Street East</i>	474-7859
The Gathering Place <i>392 Algonquin Avenue Serves soup and main course weekdays.</i>	474-7687
Trinity United Church Food Bank <i>111 McIntyre Street East</i>	474-3310

*Food Banks are also available at various other city churches.*

## Special Needs

Canadian Hearing Society <i>office@northbay.chs.ca TTY 494-8487</i>	474-8090
Canadian National Institute for the Blind (CNIB)	472-2710
Community Counselling Centre	472-6515
Community Living North Bay <i>Provides support for people with developmental disabilities including service coordination and respite services.</i>	476-3288
Hands - TheFamilyHelpNetwork.ca <i>Formerly Algonquin Child and Family Services Offers diverse early intervention (prenatal to six), child and youth mental health, autism, and developmental disabilities programs.</i>	476-2293
Indian Friendship Centre <i>FAS/FAE/FASD Support</i>	472-2811
Infant and Child Development Services <i>Parent-child therapists assess children (age 0-6), who are at risk or who have a developmental delay, work with parents to address delays &amp; provide resources for support.</i>	472-0910
One Kids Place– Children's Treatment Centre • <i>Physiotherapy, Occupational Therapy, Speech/Language Pathology, Recreation Therapy, &amp; Social Work</i> • <i>Provides community-based rehabilitation and related support services for children, youth, &amp; their families.</i>	476-KIDS (5437)
Resource Teacher Program <i>Provides support services to children 2 to 6 years of age who have a developmental disability and are enrolled in licensed child care centres.</i>	474-8910 ext. 29
Special Services at Home <i>Assistance for children with severe disabilities.</i>	474-3540

## Addictions

Addiction Services of Nipissing <i>Community Counselling Centre</i>	472-6515
Al Anon Family Group / Alateen	492-8101
Alcoholics Anonymous	474-7940
Centre for Addiction & Mental Health Information Line	1-800-463-6273
Halfway House	472-2873
Indian Friendship Centre	472-2811
Le Pavillon (French Recovery Home)	494-8552
Nipissing Detox and Substance Abuse Programs	476-6240
Ontario Problem Gambling Helpline	1-888-230-3505
Smokers' Helpline	1-877-513-5333
The Right Path 'Giyak Moseng' Counselling & Prevention Services	753-1375
Tobacco Control Unit North Bay Parry Sound District Health Unit <i>Support, guidance and educational materials for those wanting to quit smoking or for information about second-hand smoke and smoke-free spaces. One-on-one counselling in the quit smoking clinic available by appointment.</i>	474-1400 ext. 2372

## Mental Health

Amelia Rising (Sexual Assault Centre) <i>Crisis Line</i> 476-3355 <i>TTY Crisis Line</i> 840-5877	840-2403
Canadian Mental Health Association	474-1299
Claude Ranger Mental Health Clinic	494-3050
Community Counselling Centre	472-6515
Crisis Intervention Program <i>24 hours/day, 7 days/week</i>	495-8198, 495-8148 or 1-800-352-1141
Hands - TheFamilyHelpNetwork.ca <i>Formerly Algonquin Child and Family Services</i> <i>Offers diverse programs in early intervention (prenatal to six), child and youth mental health, autism, and developmental disabilities.</i>	476-2293
Indian Friendship Centre <i>Healing and Wellness Program</i>	472-2811
Nipissing Mental Health Housing & Support Services	476-4088
Nipissing Postpartum Mood Disorder Network	474-1400 ext. 2351 or 474-1299
P.E.P. Place <i>People for Equal Partnership in Mental Health</i>	494-4774

*Additional info may be found in the Yellow Pages of the phone book under "Mental Health Services", "Psychologists" or "Marriage, Family & Individual Counsellors".*

## Support Groups

Amelia Rising	840-2403
Autism Ontario	www.autismontario.com
Bereavement Support Services <i>Offered by Near North Palliative Care Network.</i>	497-9239
Nipissing Down Syndrome Society	752-4810
Nipissing Transition House	476-2429
Ojibway Family Resource Centre	472-3321

## Employment

Indian Friendship Centre <i>Employment Centre and Training</i>	472-2811
Birth Certificate Information	474-2270
Human Rights Commission	1-800-387-9080
Ministry of Labour – Employment Standards	1-800-531-5551
Ontario Works	474-2151
Service Canada	472-3700
True Self Employment & Training	474-4058
Yes! Employment Services <i>www.yesnorthbay.com</i> <i>Provides services to help individuals find meaningful employment, return to school, and access training.</i>	476-3234

## Money

Child Tax Benefit	1-800-387-1193
Credit and Debt Counselling <i>Community Counselling Centre</i>	472-6515
District of Nipissing Social Services Administration Board (DNSSAB) <i>Children Services, Child Care Subsidy, Housing and Ontario Works</i>	474-2151
Family Responsibility Office Automated Information System Child Support Client Service Associate	1-800-267-7263 1-800-267-4330
GST Credit (Cheques)	1-800-959-1953
Income Tax Forms	1-800-959-2221
Income Tax Information (Individual)	1-800-959-8281
LEAP	474-2151
Ontario Disability Support Program (ODSP)	474-3540
Ontario Childcare Supplement for Working Families	1-800-263-7965
Special Services at Home & Assistance for Children with Severe Disabilities	474-3540 ext. 237

# Emergencies

## 24 HOUR TELEPHONE NUMBERS

Children's Aid Society	472-0910
Crisis Centre	474-1031
Crisis Intervention Program	495-8198 or 495-8148
Kids Help Phone	1-800-668-6868
Nipissing Transition House	476-2429
Ojibway Family Resource Centre	472-3321
Poison Information Centre	1-800-268-9017
Sexual Assault	476-3355
Sexual Assault TTY Line	840-5877

## NORTH BAY

City Police	472-1234
Fire Prevention	474-0400
General Emergencies	911
O.P.P.	495-3878
Salvation Army Social Services	474-7859
Support Link	472-8391
VCARS Near North <i>Victim Crisis Assistance and Referral Service.</i>	472-2649
Victim Support Line (24-hour)	1-888-579-2888

# The Law

Custody Application - Family Court	495-8309 ext. 209
Crime Stoppers	476-8477 or 1-800-222-TIPS (8477)
Crown Attorney's Office	495-8313
Indian Friendship Centre Criminal and Family Court Programs	472-2811
Legal Aid Ontario	472-4893
Nipissing Community Legal Clinic	476-6603
Victim Witness Assistance Program	495-8339

# Area Resources

## MATTAWA

Ambulance	911
Child Care Centre	744-5366
Family Resource Centre	744-4027
Fire Department	911
Food Bank: <i>Every second Wednesday 11am to 1pm</i>	744-6706
Hospital	744-5511
Ontario Works	744-0395
Parent / Child Program and Ontario Early Years Satellite	744-4027
Police / O.P.P.	1-888-310-1122
Town Hall	744-5611
VCARS Near North <i>Victim crisis assistance &amp; referral service.</i>	472-2649
Women's Resource Centre	744-5567

## SOUTH RIVER

Ambulance	911
Early Years Program	386-0570
Esprit Place - Family Resource Centre	386-2303
First Steps Child Care Centre	386-0553
Great Beginnings	384-0160 ext. 224
Medical Centre	386-0512
O.P.P.	1-888-310-1122
Ontario Works	386-2358
VCARS Near North <i>Victim crisis assistance and referral service.</i>	472-2649
Women's Own Resource Centre	386-9672

## STURGEON FALLS

Ambulance	911
Community Living West Nipissing	753-1665
Centre Alliance (Counselling)	753-2271
Centre d'Alphabétisation ALEC du Nipissing	753-1566
Family Resource Centre	753-1154
Fire Department	911
Food Bank	753-0314
Hospital	753-3110
Literacy Alliance	753-0537
Non-Profit Housing	753-1550
Ontario Early Years Centre	753-4144
Ontario Works	753-5400
Police	753-1234
Resource Teacher Program	753-4144
Stepping Stones Program	753-4144
Town Hall	753-2250
VCARS Near North <i>Victim crisis assistance and referral service.</i>	753-9194
Women's Outreach Services	753-5571
West Nipissing Child Care Corporation	753-4144