

NIAGARA. REGION PUBLIC HEALTH

Parenting courses including Baby Talk and Nobody's Perfect.
2201 St David's Rd, **Thorold**

St Catharines 905-688-3762
Niagara Falls 905-356-1538
Welland 905-735-5697
Fort Erie 905-871-6513
1-800-263-7248

PARENTS OF MULTIPLE BIRTHS ASSOCIATION

A support group for parents of multiple births. Serves residents of the Niagara Region. Contact **Information Niagara** at **2-1-1** or **1-800-263-3695** for the phone number in your area.

PFLAG CANADA, St Catharines

A sharing and supportive group for family and friends of lesbians, gays and bisexuals. Contact **Information Niagara** at **2-1-1** or **1-800-263-3695** for the phone number in your area.

FAMILY RECREATION

The following organizations provide social and recreational options for children and their families.

BIG BROTHERS BIG SISTERS ST CATHARINES - THOROLD & DISTRICT INC

428 Niagara St, **St Catharines 905-646-3230**
Serves residents of Port Robinson, St Davids, Virgil, Niagara-on-the-Lake, St Catharines and Thorold.

BIG BROTHERS BIG SISTERS OF GREATER FORT ERIE

21 Lewis St, **Fort Erie 905-871-8836**

Serves residents of Crystal Beach, Ridgeway, Stevensville, Fort Erie and Black Creek.

BIG BROTHERS BIG SISTERS OF SOUTH NIAGARA INC

Seaway Mall **905-735-0570**
800 Niagara St, **Welland 905-735-2122**
Serves residents of Pelham, Port Colborne, Wainfleet and Welland.

BIG BROTHERS BIG SISTERS GRIMSBY-LINCOLN-WEST LINCOLN

18 Ontario St, **Grimsbey 905-945-9353**
Serves residents of Grimsby, Lincoln and West Lincoln.

BOYS AND GIRLS CLUB OF NIAGARA

Children Youth and Family Services
6681 Culp St, **Niagara Falls 905-357-2444**
Serves residents of Fort Erie, Niagara Falls, St Catharines, Niagara-on-the-Lake, Welland and Pelham.

GIRL GUIDES OF CANADA

Ontario Council 1-800-565-8111
Hours: Various
Serves residents of the Niagara Region.

NIAGARA FALLS BIG BROTHERS BIG SISTERS

ASSOCIATION INC

7150 Montrose Rd, Unit 7 **Niagara Falls 905-357-5454**
Serves residents of Niagara Falls.

SCOUTS CANADA

Serves residents of the Niagara Region. **1-888-726-8876**

THOROLD COMMUNITY ACTIVITIES GROUP

2 Carleton St S, **Thorold 905-227-0545**
Serves residents of Niagara Falls, Pelham, St Catharines and Thorold.

CITY PARKS AND RECREATION DEPARTMENTS

Many municipal Community Recreation Departments offer summer day camp options as well as summer activities, programs and public swimming/skating opportunities at a small fee. In some cases, there may be fee assistance available. Contact **Information Niagara** at **2-1-1** or **1-800-263-3695** for the phone number for the Recreation Department in your area.

LIBRARIES - YMCA - YWCA - CADETS - BOYS AND GIRLS CLUB

Many of the public libraries, local YMCA's, and the Boys and Girls Clubs may offer summer camps/programs as well as March Break and Christmas vacation activities. Sea, Air and Army Cadets offer programs for youth throughout the Niagara Region. There may be fee assistance available by contacting the specific organization. Contact **Information Niagara** at **2-1-1** or **1-800-263-3695** for information on the various opportunities available in your area.

FINANCIAL ASSISTANCE - RECREATION

Economical or no charge outings are available and include: cycling, hiking trails, Historical Carousel in Port Dalhousie, petting zoos, the Welland Canal Centre, museums, travelling playgrounds and the Botanical School of Horticulture.

NIAGARA. REGIONAL COMMUNITY SERVICES

PRO Kids - Providing Recreational/Cultural

Opportunities for Children

2201 St Davids Rd, **Thorold 905-984-3750**
Grimsbey Residents Ext 750 905-945-2271
Offers subsidy for recreational and cultural programs. Serves the residents of the Niagara Region.

SPORTS ORGANIZATIONS

There are various team sports organizations including: hockey, soccer, baseball, ball hockey, softball, and lacrosse available to adults and children in the Niagara Region. There are also opportunities for figure skating, gymnastics and dance. Contact **Information Niagara** at **2-1-1** or **1-800-263-3695** for information on the various opportunities available in your area.



We have the information you need!

211 is an easy-to-remember three-digit phone number providing free information about community, social, health, and related government services.

211 is available daily, 24 hours a day

Do you have questions about...

- Child and youth services
- March break/summer activities
- Girl Guides, Scouts, Big Brothers
- Family recreation opportunities
- Support groups for parents
- Child care options

A program of
INFORMATION NIAGARA

Check our website:
www.informationniagara.com



A United Way Member
St Catharines

August 2010



Need Help Series

Community Connections for Families

Information Niagara

235 Martindale Road, Unit 10
St Catharines, ON L2W 1A5

Phone: 2-1-1
906-682-6611
1-800-263-3695
TTY: 905-682-5409

CHILD CARE

EARLY CHILDHOOD COMMUNITY DEVELOPMENT CENTRE

395 Ontario St, **St Catharines** 905-646-7311
Provides information on private, unlicensed, in-home child care options, licensed child care centres and child care fee assistance.

DROP IN CENTRES

Offers drop-in and play activities, lending library, education groups and resource centres for parents, caregivers and their children.

BETHLEHEM PROJECTS OF NIAGARA, THE

Bethlehem Early Learning Centre 905-641-1660
58 Welland Ave, **St Catharines**

The Brighter Day Drop-In Centre 905-685-0366
Edith Cavell School
1 Monck St, **St Catharines**

CALVARY CHURCH, Kangaroo Club

89 Scott St, **St Catharines** 905-935-3683

CARLTON UNITED CHURCH

527 Carlton St, **St Catharines** 905-646-0857

CENTRE DE SANTE COMMUNAUTAIRE HAMILTON/

NIAGARA, Coin des familles
1 Vanier Dr, **Welland** 905-734-1141

ONTARIO EARLY YEARS CENTRES

Niagara Falls
Mary Ward School, Hub Centre 905-357-2398
2999 Dorchester Rd, **Niagara Falls**

McBain Community Centre

7150 Montrose Rd, **Niagara Falls** 905-357-2398

Sacred Heart Catholic School Site

8450 Oliver St, **Niagara Falls** 905-295-3732

Father Hennepin Catholic School Site

6032 Churchill St, **Niagara Falls** 905-357-2398

St Patrick's Catholic School Site

4653 Victoria Ave, **Niagara Falls** 905-354-6631

Erie Lincoln

Port Colborne Hub Centre 905-834-9071
92 Charlotte St, **Port Colborne** 1-866-933-9633

Crystal Ridge Satellite Site

Peoples Memorial United Church 905-894-4828
356 Ridge Rd N, **Ridgeway**

Lincoln Satellite Site Ext 26 905-563-0955
Providence Christian Reformed Church
4845 King St, **Beamsville**

Port Colborne Centre Site

Port Cares Ext 238 905-834-9071
92 Charlotte St, **Port Colborne**

West Lincoln Site

Smithville United Church 905-957-2655
116 West St, **Smithville**

St Catharines

YMCA of Niagara, Hub Centre 905-938-9392
25 YMCA Dr, **St Catharines**

Grantham Ave Site

469 Grantham Ave, **St Catharines** 905-937-7007

Thorold Site

Trinity United Church 905-227-9783
15 Pine St S, **Thorold**

Bunting Rd Site

234 Bunting Rd, **St Catharines** Ext 6211 905-980-6000

Niagara Centre

Central United Church, Hub Centre 905-734-3563
12 Young St, **Welland**

Fenwick Satellite Site

Fenwick United Church 905-834-3533
1050 Church St, **Fenwick**

Kiddie Kastle Satellite Site

St Joseph School 905-309-7641
5 Robinson St N, **Grimsby**

Kiddie Kastle Satellite Site

Calder Community Centre 905-309-7641
171 Mountain Rd, **Grimsby**

West Niagara Family Centre

Grimsby Beach Hall Site 905-945-6777
10 Grand Ave E, **Grimsby**

To access the OEYC Mobile Resource Programs - contact the OEYC Hub Centre for your area.

PROGRAMS FOR YOUTH

The following organizations provide programs for youth including peer support, counselling and social activities.

CHRISTIANVIEW FELLOWSHIP AND RECREATION CENTRE

Mission and Youth Drop-In
Davis St at Nickel St, **Port Colborne** 905-834-5325
A youth drop-in centre. Serves the residents of Port Colborne.

FORT ERIE TEEN DEVELOPMENT INC

Central Avenue United Church 905-871-3768
575 Central Ave, **Fort Erie**
Youth/teen drop-in centre. Serves the residents of Fort Erie.

FOUNDATION OF RESOURCES FOR TEENS (FORT)

25 Adelaide St, **Grimsby** 905-309-3678
A support and resource centre for youth and their families. Serves the residents of Grimsby.

NIAGARA PRIDE SUPPORT SERVICES

3340 Schmon Pkwy, Unit 1, **Thorold** 905-380-4576
Provides confidential, two-way links between youth and youth-serving agencies. Serves the residents of Niagara Region.

NIAGARA 4-H PROGRAM ASSOCIATION

6472 Silver St RR2, **St Anns** Dial: 2-1-1
Provides training and leadership education to the urban and rural youth of the Niagara Region.

NIAGARA CHILD AND YOUTH SERVICES

3340 Schmon Pkwy, **Thorold** 905-688-6850
Hours: Office: Mon-Fri 8:30-4:30 1-800-563-0122
Crisis: Daily 24 hours Crisis 1-800-263-4944

A community based children's mental health agency providing various treatment and support services to children and youth, from birth to the 18th birthday. Serves residents of the Niagara Region

RAINBOW YOUTH NIAGARA

3340 Schmon Pkwy, Unit 1, **Thorold** 905-380-4576
Provides confidential, two-way links between youth and youth-serving agencies; acts as a regional information and referral service; offers community/workplace awareness-raising opportunities; and maintains an open-access resource centre. Serves the residents of Niagara Region.

RAFT, THE

17 Centre St, **St Catharines** 905-984-4365
A youth drop-in centre and emergency shelter. Serves residents of St Catharines and surrounding area.

YMCA OF NIAGARA

Youth Action 905-934-9622
25 YMCA Dr, **St Catharines**
Offers social and recreational programs for youth 10-15 years. Serves residents of the Niagara Region.

YOUTH UNLIMITED NIAGARA

20 Hartzel Rd, Unit 4, **St Catharines** 905-988-1331
Youth drop-in centre. Serves residents of the Niagara Region.

Inclusion in this pamphlet does not imply endorsement, nor does omission reflect on the quality of any program or service.

PARENTING SUPPORT

The following groups and organizations offer a variety of parenting support and education options. Contact the agency for details on the different meetings.

CAPC NIAGARA BRIGHTER FUTURES

285 East Main St, **Welland** 905-714-0227
An intervention and prevention program that offers a wide range of community services to families at risk with children ages 0-6. Serves residents of Niagara Falls, St Catharines, Welland and Port Colborne.

CENTRE DE SANTE COMMUNAUTAIRE HAMILTON/ NIAGARA, Coin des familles

1 Vanier Dr, **Welland** 905-734-1141
Promotes healthy parent/child relations. Offers parent/child education programs and parent support groups. Serves residents of the Niagara Region.

DOWN SYNDROME CARING PARENTS, NIAGARA

Support group for parents of children who have Down Syndrome. Serves residents of the Niagara Region. Contact **Information Niagara** at 2-1-1 or 1-800-263-3695 for the phone number in your area.

SCHOOL FOR PARENTS

Offers parenting and life skills information and programs as well as parenting courses. Serves residents of the Niagara Region. Contact **Information Niagara** at 2-1-1 or 1-800-263-3695 for the phone number in your area.

GRAND - PARENTING AGAIN CANADA

Offers moral support, resources and guidance as individuals parent for the second time. Serves residents of the Niagara Region. Contact **Information Niagara** at 2-1-1 or 1-800-263-3695 for the phone number in your area.

HOPE

St Catharines/Niagara Falls/Fort Erie
Offers support for parents of children with ADHD. Contact **Information Niagara** at 2-1-1 or 1-800-263-3695 for the phone number in your area.

METIS NATION OF ONTARIO

Aboriginal Healthy Babies/Healthy Children
18 Division St, **Welland** 905-735-1112
A prevention/early intervention program which provides support and promotes child development in children up to the age of six. Serves residents of the Niagara Region.

NIAGARA CHILD AND YOUTH SERVICES

3340 Schmon Pkwy, **Thorold** 905-688-6850
1-800-563-0122
Programs include: 1-2-3 Magic, Parenting through Separation or Divorce Group, Parent Connection and a variety of workshops. Serves residents of the Niagara Region.