

# District of Parry Sound Parenting Programming and Resources

Supporting Families

**Healthy Babies Healthy Children:** Home visiting program supporting families who have children up to their transition to school. *Health Unit, Wasauksing First Nation, Shawanaga First Nation*

**Great Beginnings:** Weekly programs supporting healthy pregnancies, parenting and child development. Prenatal Nutrition Program for pregnant women and new parents with child up to 6 months. Growing Up Program for parents with children 0-2 years. *HANDS the Family Help Network in Collaboration with service partners*

**EarlyON Child and Family Centres:** Welcoming staff provide fun, educational, interactive activities for children with adults to enjoy together. Excellent parenting resources and workshops available. *Visit [foreverychild.ca](http://foreverychild.ca) for schedules and locations throughout the district.*

**Early Learning and Child Care Programs:** Quality, licensed preschool child care programs; centre-based and home child care. Families can apply for child care fee subsidy. *District of Parry Sound Social Services Administration Board*

**Triple P Selected Seminar:** Three seminars provide a grab bag of Triple P's best parenting strategies. *Health Unit*

**Triple P Primary Care:** One-to-one parenting support. *EarlyON, Health Unit*

**Triple P Tips:** Parenting workshops on a variety of common parenting issues and concerns. *EarlyON, Health Unit*

**Triple P Group:** Full range of Triple P's positive parenting strategies, and will help parents understand why their child behaves the way they do. *HANDS the Family Help Network*

**Triple P Stepping Stones:** Helps parents manage problem behaviours and developmental issues that are common in children with a disability. *HANDS the Family Help Network*

**Healthy Bodies Clinic:** Over a few months of sessions and support phone calls, parents get strategies to promote healthier family eating and encourage overweight and obese children to be more active. *One Kids Place*

Triple P Positive Parenting Programs



Screening

**NutriSTEP Screening:** Screening of children's eating habits to ensure they are receiving the adequate nutrition for healthy growth and development. *EarlyON*

**18 Month Screen:** The enhanced 18-month well-baby visit is an opportunity for you to discuss your child's development and ask any questions you may have. For example, you may want to talk about your child's motor or communications skills or behaviour concerns. *This screen is completed with your healthcare practitioner*

**Inclusion Support Services:** Resource Teachers offer support to children 0-6yrs of age with differing abilities. Resource Teachers work collaboratively with the family, program, school and community partners to facilitate an inclusive environment for the child. *District of Parry Sound Social Services Administration Board*

**Welcome to Kindergarten:** Helps to prepare children for a positive start to their school journey. Parents/caregivers and their children attend orientation sessions at their neighborhood school where they receive early learning and literacy resources, and learn how to use them at home. *Contact your school*

**School Readiness:** Prepares children for success in entering Early Learning Kindergarten. Teaches a variety of skills including: language, problem solving, numeracy, listening, independence and positive play. *Contact your school board*

**Student Nutrition Program:** The program's objective is to ensure that all children attend school well-nourished and ready to learn. The Ministry of Children and Youth Services through Parry Sound District Social Services Administration Board *Contact your school*

**Parent Council:** A forum through which parents and other members of school communities can contribute to improving student achievement and school performance. *Contact your school*

**Before and After School Programs:** Where possible, all school boards provide facilities for licensed child care providers to offer before, after and alternate day child care in our schools. *Contact your school*

**Parent Education Conferences:** Parents are a key part of their children's learning and of Ontario's success in education, and parent education conferences encourage a wide range of opportunities for parent, guardian and caregiver to engagement in their children's learning. *Contact your school*

**Inclusion Support Services:** Resource Teachers offer support to children 0-6yrs of age with differing abilities. Resource Teachers work collaboratively with the family, program, school and community partners to facilitate an inclusive environment for the child. *District of Parry Sound Social Services Administration Board*

**Northern Fruit and Vegetable Program:** supplies two free servings of fresh vegetables and fruit each week, with a focus on Ontario-grown produce when available to students from kindergarten through grade eight between June and January. *Contact your school*



Supporting Children at School

**Almaguin Highlands Community Living:**

ahcl.org  
(705) 384-5384

**District of Parry Sound Social Services and Administration Board:** psdssab.org

South River: 705-386-2967  
Toll Free: 1-800-563-4201  
Parry Sound: 705-746-7777  
Toll Free: 1-800-461-4464

→ **Inclusion Support Services**

South River: 705-386-2552  
Parry Sound: 705-746-9522  
Toll free: 1-800-563-4201

**EarlyON:** foreverychild.ca

705-746-9522ext 4351 or 4352  
Toll Free: 1-866-850-8855

**Esprit Place Emergency Shelter:**

705-746-4800 / 1-800-461-1707  
South River Outreach: 705-386-2303  
1-888-892-2229

**Community Living Parry Sound:** clps.ca

(705) 746-9330

**Hands the Family Help Network:**

thefamilyhelpnetwork.ca  
Sundridge: 705-384-5225  
Parry Sound: 705-746-4293

**Near North District School Board:**

nearnorthschools.ca 705-472-8170  
Toll Free: 1-800-278-4922

**Nipissing-Parry Sound Catholic District School Board:** npsc.ca 705-472-1201

**Nipissing Parry Sound District Children's Aid Society:** parnipcas.org 705-472-0910  
Toll Free: 1-877-303-0910

**North Bay Parry Sound District Health Unit:**

myhealthunit.ca 705-746-5801  
Toll Free: 1-800-563-2808

**One Kids Place:** onekidsplace.ca

705-476-KIDS (5437)  
Toll Free: 1-866-626-9100

**Parry Sound Friendship Centre:**

[execdirpsfc@gmail.com](mailto:execdirpsfc@gmail.com) 705-746-5970

**Shawanaga First Nation:**

shawanagafirstnation.ca 705.366.2526

**Wasauksing First Nation:** wasauksing.ca  
705-746-2531

**Ontario Autism Program for Northeastern Ontario:** Full range of services to build and strengthen the capacity of the individual child/youth, their family and those supporting them. *One Kids Place and HANDS with "Right Door Every Time"*

**Developmental Services for Children:** Specialized behavioural assessment and intervention for children and youth with a developmental disability. Goal is to increase understanding and reduce challenging behaviours while also developing skills and implementing strategies to ensure success. *HANDS the Family Help Network*

**Family Support Services for Children (3-11yrs):** Community Inclusion and Support Facilitators provide support and assistance to families who have a child between 3-12 years of age who have a developmental disability. *Community Living Parry Sound*

**Transitional Youth Services for Adolescent Aged Children (12-17yrs):** Community Inclusion and Support Facilitators provide support and assistance to families and youth between the ages of 12-18 who have a developmental disability. *Community Living Parry Sound*

**Family Support Program:** Family Support Program offers support and assistance to families who have a child under the age of 18 with a developmental disability. *Almaguin Highlands Community Living*

**Infant and Child Development:** Working with families with children 0- school entry. Utilizes assessments to understand a child's unique developmental profile and interventions to foster optimal child development. *HANDS the Family Help Network*

**Inclusion Support Services:** Resource Teachers offer support to children 0-6yrs of age with differing abilities. Resource Teachers work collaboratively with the family, program, school and community partners to facilitate an inclusive environment for the child. *District of Parry Sound Social Services Administration Board*

**Speech and Language:** Includes assessment, treatment and consultation to children, youth and their families. *One Kids Place*

**Respite Services for Children and Youth:** for families who have a child/youth who has a developmental disability residing with them and who is from birth to 18 years of age. *Community Living Parry Sound*



Child and Youth Mental Health

**Mental Health Services:** Children's mental health assessment and treatment services are available to children, youth and their families who are experiencing emotional, social, behavioural, and/or self-regulation difficulties. The therapeutic interventions are evidence based and are tailored to meet the needs of each child/youth and their family. Interventions are time-limited and service intensity varies based on need and agreed upon treatment plan goals. Service may be delivered in office, at home, at school or in the community. Therapists begin with the assumption that families have many strengths and resources and those strengths/resources are used to help the child/youth and family to create positive outcomes. *HANDS The Family Help Network*

**Mental Health Assist Program at Schools:** School mental health professionals serve a crucial role through initial assessment, crisis response, transitions to and from community services, and ongoing consultation and support in the classroom. *Contact your school*

**Children's Voices:** A four week program designed for children who have been exposed to violence and abuse. Ages 5-11yrs. *Esprit Place.*

**Walk-in Counselling Clinic:** For children and youth (under 18yrs), parents and families. Single session with a family therapist to address the child or youths mental health concern. **Tuesdays 11-7pm** at *HANDS 2 May St Parry Sound or 37 Main St. Sundridge*

**Esprit Place Emergency Shelter:** Esprit Place is a ten bed emergency shelter for women and children, serving the District of Parry Sound since 1986. We provide safe and secure residential accommodation twenty-four hours a day, seven days a week.

**Supervised Access:** Provides a safe, neutral and accessible location where children can be supported during visits and exchanges with individuals who are involved in custody/access disputes. *HANDS the Family Help Network*

**Child and Youth Crisis Line:** If you are experiencing a mental health crisis and require support, please call 24/7 answering service **1-844-287-9072** *HANDS The Family Help Network*