

District of Nipissing Parenting Programming and Resources



Healthy Babies Healthy Children (HBHC): Home visiting program supporting families who have children up their transition to school. *Health Unit, North Bay Indian Friendship Centre, North Bay Metis Council, Nipissing First Nations, Dokis First Nation.*

Community Action for Children Home Visiting (CAPC): Home visiting program supporting parents under 22yrs of age. *Health Canada Service/Children's Aid Society.*

Family Enrichment: The Family Enrichment Program is a child and family centre that has both a parent and a children's program. Parents may earn a high school credits through a partnership with the *Nipissing-Parry Sound Catholic DSB.*

EarlyON Child and Family Centres: Free drop-in programs for caregivers and children from birth to 6 years old. You can learn and play with your child, meet people or get advice. *EarlyON, variety of local schools, Nipissing First Nation, Dokis First Nation, Military Family Resource Centre*

Mothercare: Program offered to mothers who are pregnant or have new infants (up to 2 months post-delivery) are invited to join us during our drop-in hours on Wednesdays for weekly nutritional support. *Children's Aid Society funded through Public Health.*

Families in the Kitchen: Families register for a food skills program for high-risk parents of young children, where parents cook healthy meals together while being connected to others in the community. Child programming and child care is provided. *Health Unit.*

Supporting Families

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.*

Ready, Set, School: Prepares children for success in entering Early Learning Kindergarten. Teaches a variety of skills including: language, problem solving, numeracy, listening, independence and positive play. *Community Living North Bay and Local School Boards.*

Student Nutrition Program: The Student Nutrition 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 Community Living North Bay allocates funding to assist schools. *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.*

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.*

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.*

Supporting Children at School

Triple P Selected Seminar: Three seminars provide an introduction and overview of the Triple P's best positive parenting strategies. *Health Unit.*

Triple P Primary Care: One-to-one parenting support. *EarlyON, Nipissing First Nation, North Bay Indigenous Friendship Centre, Military Family Resource Centre, Children's Aid Society.*

Triple P Tips: Parenting workshops on a variety of common parenting issues and concerns. *Health Unit, EarlyON, Nipissing First Nation, North Bay Indigenous Friendship Centre, Military Family Resource Centre.*

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 Standard: Ten one-to-one sessions that offer detailed Triple P parenting help, where parents set their own plan based on the child's behaviours they want to work on. *HANDS the Family Help Network offers program for registered HANDS clients.*

Triple P Enhanced: Enhanced is a specialist Triple P program to help parents cope when dealing with mental health issues, an emotional crises, elevated stress and/or difficulty communicating with their partners. Enhanced is always done in private – just the Triple P provider and the parents. *Hands the Family Help Network offers program for registered HANDS clients.*

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

Early Childhood Intervention Screening Clinic: Screening of a child's health and development for children ages 18months to 4 years. *Community Living North Bay.*

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.*



Community Living North Bay:

communitylivingnorthbay.org 705-476-3288

(EarlyON):communitylivingnorthbay.org/services/ontario-early-years-centre-nipissing/ 705-474-8910)**Conseil Scolaire Catholique Franco-Nord:** franco-

nord.ca 705-472-1702.

Conseil Scolaire Public Nord-Est de L'Ontario: cspne.ca

705-472-3443.

Community Counselling Centre of Nipissing:

cccnip.com 705-472-6515.

Dokis First Nations: dokisfirstnation.com

705-763-2200.

Family Enrichment: 705-472-2152.**HANDS The Family Help Network:** thefamilyhelpnetwork.ca

705-476-2293 Toll Free: 1-800-668-8555.

Near North District School Board: nearnorthschools.ca

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

Nipissing First Nation: nfn.ca 705-753-2050**Nipissing-Parry Sound Catholic District School Board:**

npsc.ca 705-472-1201.

North Bay Indigenous Friendship Centre: nbifc.org

705-472 2811.

North Bay Metis Council: northbaymetiscouncil.com

705-474-2767.

North Bay Military Family Resource Centre:

northbaymfr.ca

705-494-2011 Toll Free: 1-866-472-9433.

North Bay Parry Sound District Health Unit:

myhealthunit.ca

705-474-1400 Toll Free: 1-800-563-2808.

One Kids Place: onekidsplace.ca

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

The Children's Aid Society for the District of Nipissing and**Parry Sound:** parnipcas.org

705-472-0910 Toll Free: (877) 303-0910.

Infant and Child Development: Infant and Child Development services provide direct, individualized screening, assessment and interventions to identify and support developmental progress. Premature Pathways is a program within the Infant and Child Development program, which is provided to all children born prematurely. *Children's Aid Society.*

Inclusion Support Services Resource Consultants offer support to children 0-12 years of age who have a developmental delay or a suspected developmental delay. Resource Consultants focus on the overall growth and development of the child with respect to his/her physical, social, emotional, communication and cognitive needs. *Community Living North Bay.*

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

Changing Patterns: A therapeutic group for children who have witnessed domestic violence and their moms, who have experienced that violence. Moms and children meet separately to discuss the aftermath of domestic violence and to experience healthy ways of communicating with family, school and friends. *Community Counselling Centre of Nipissing.*

Counselling Services: Assessment and treatment plans. Goals are identified which lead to improved coping for the child, increased family functioning, increase positive family dynamics, and increased understanding. *HANDS.*

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 child/youth and family to create positive outcomes. *HANDS.*

Indigenous Children and Youth Wellness: The Children's Mental Health and Addictions program will provide culturally appropriate direct support and services to Indigenous children and youth up to the age of 18 years, who have an identified mental health and/or addictions issues and/or other challenges. *North Bay Indigenous Friendship Centre..*

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.*

Walk-in Counselling Clinic: For children and youth (under 18 yrs), parents and families. Single session with a family therapist to address the child or youths mental health concern. **Tuesdays and Thursday 11 am - 7:00pm at HANDS 391 Oak St. E.**



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.**

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