

2016

Directory of Community Services and Agencies for Children and Parents

Compiled by:
Information Cambridge and North Dumfries,
A service of



Social Planning Council
of Cambridge and North Dumfries



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Introduction

The Social Planning Council of Cambridge and North Dumfries is pleased to present this Directory of Community Services and Agencies for Parents and Children. This publication is a comprehensive listing of all services offered within Cambridge and the surrounding areas for parents and their children, including parent support groups, daycares, schools, and children's mental health services. It is hoped that you will find this directory useful for yourself, a loved one, or a client.

The criterion for being included in this directory is that all organizations must be non-profit, with the exception of organizations that provide a unique for-profit service to the community. The listed organizations must provide a direct service to the members of the Cambridge and North Dumfries community. Finally, the organizations listed must have at least one area of the organization that provides a service to children and/or parents within Cambridge and North Dumfries.

It is the hope of the Social Planning Council of Cambridge and North Dumfries that you find this directory to be useful and informative. If you know of any organizations that meet the criteria that are not listed in this directory, feel free to give us a call at 519-623-1713 Ext. 221.

Sincerely,

The Social Planning Council of Cambridge and North Dumfries

Important Numbers

Are you hurt or in danger?

Cambridge Memorial Hospital.....519-621-2330
700 Coronation Blvd, Cambridge

Telehealth Ontario.....1-866-797-0000

Victim Services of Waterloo Region.....519-585-2363

Waterloo Regional Police..... **Crisis 911**

200 Maple Grove Rd, Cambridge 519-653-7700

Waterloo Regional Police, Division 2, 176 Hespeler Rd, Cambridge

Are you in need of shelter?

Argus Residence for Young People.....Youth Shelter

Female's Residence.....519-650-0452 or 1-877-818-0388

Men's Residence.....519-623-7991 or 1-877-565-0755

The Bridges Shelter.....519-624-9305

26 Simcoe St, Cambridge

Haven House (for abused women).....519-653-2289

562 Concession Rd, CambridgeCrisis 1-800-410-4482, 519-741-9184

Are you hungry?

The Bridges Shelter.....519-624-9305

26 Simcoe St, Cambridge

Cambridge Self-Help Food Bank.....519-622-6550

54 Ainslie St S, Cambridge

Preston location.....519-653-3323

567 Queenston Rd, Cambridge, ON N3H 3J9

Hespeler location.....519-658-2652

73 Queen St E, Cambridge

Cambridge Seventh-day Adventist Church.....519-740-2671

1725 Beaverdale Rd, Cambridge

Cambridge Vineyard.....Tuesdays and Sundays 519-740-8463 ext 8

147 Elgin St N, Cambridge

Family & Community Connections, Ayr.....519-632-9737

173 Northumberland St, Ayr

Life for the Nations.....519-267-7500
37 Wellington St, Cambridge, Rear Entrance

The Salvation Army.....519-623-1221
16 Shade St, Cambridge
Hespeler Community Church.....519-658-9850
18 Tannery St E, Cambridge

Trinity Community Table.....519-621-8860
Trinity Anglican Church, 12 Blair Rd, Cambridge

Waterloo Region Social Services Department.....519-575-4400
Community Outreach Program

Do you need someone to talk to?

Telecare Distress Centre.....519-658-2794
Help line.....519-658-5455

Self Help Alliance, Cambridge..... 519-623-6024
9 Wellington St Unit 1, Cambridge, ON N1R 3Y4

Canadian Mental Health Association, Grand River Branch, Centre for Mental Health
Cambridge.....519-740-7782
Distress Line.....519-745-1166

(The) Coping Centre.....519-650-0852
1740 Blair Rd, Cambridge.....1-877-554-4498

Lutherwood, Walk-In Counselling.....519-622-1670
35 Dickson St, Cambridge
Preston Location 1145 Concession Rd, Cambridge

Are you new to Canada and need support?

YMCA Immigrant Services.....519-621-1621
258 Hespeler Rd, Cambridge

Parent Support Groups

ADHD Parent Support Group of Kitchener-Waterloo

Sheppard Public School, 278 Weber St E Kitchener, ON N2H 1G2

Sandra: 519-749-8440

Julie: 519-576-6892

Email: info@adhdparentsupportgroupkw.com

Website: www.adhdparentsupportgroupkw.com

A parent support group for parents of children who have Attention Deficit Hyperactivity Disorder (ADHD) * adults with ADHD are also welcome.

Cambridge Family Early Years Centre

149 Ainslie St N Cambridge, ON N1R 3P4

519-740-8353

Email: cambridgefamily@bellnet.ca

Website: www.cfeyc.ca

Serves parents and children from birth to 6 years, with children's programs that build educational, social and creative skills * adult programs include parenting courses, guest speakers, access to early childhood educators, and referrals to other resources * Resource Lending Library * Community Outreach Services * clothing closet * Public Health Nurse * Speech and Language Pathologist * Zero to 6 Behaviour Consultant * Vision Screening

D.A.D.S Dads Appreciating Down Syndrome-Waterloo Region Chapter

519-896-4488

Email: dadsofwaterlooregion@rogers.com

A support group for Dads of children with Down Syndrome.

Epilepsy Waterloo-Wellington Parent & Child Support Group

165 Hollinger Cres, Unit 5, Kitchener, ON N2K 2Z2 519-745-2112

Please join us if you are under 18 years of age and living with epilepsy, and/or a parent of a person under 18 years of age living with epilepsy.

Family and Children's Services

519-576-0540 (Hotline)

Email: inquiries@facswaterloo.org

Website: www.facswaterloo.org

Cambridge- 168 Hespeler Rd. Cambridge, ON N1R 6V7

519-623-6970

Kitchener- 200 Ardelt Ave Kitchener, ON N2C 2L9

519-576-0540

Protecting children against neglect, physical abuse, emotional abuse and sexual abuse through adoption, child protection services, parenting groups, children's groups, supervised visitation, home visits, and various other services * provides support groups for parents on various topics

Kitchener-Waterloo Parent Support Group, Mood Disorder Parent Support Group of Waterloo Region

1120 Victoria St Kitchener, ON

519-749-8740 ext 212

Email: kidsmood@gmail.com

Offers education, support, and help for caregivers supporting children and teens with mood disorders.

Parents for Children's Mental Health, Waterloo Chapter

Cambridge: 519-749-8740 ext 212 Email: parent.advocacy@hotmail.com

Website: <http://kidslinkcares.com/mentalhealth/> Support group for parents and caregivers of children with mental health concerns.

Parents of the Deaf and Hard of Hearing Association, KW and District

519-743-1946

Support group for children with hearing loss and their families.

Sharing Smiles Support Group Waterloo Region

Email: sharingsmiles.waterloo@gmail.com

A support group for parents of children who are born with a cleft lip or cleft palate * primarily parents of young children but teens or adults are also welcome

Special Hearts

Email: darlong@gmail.com

Self help support group for families of children with severe heart problems.

Views for the Visually Impaired, Kitchener – Waterloo Chapter

519-616-4397

Families and friends of children with visual impairments.

Waterloo Fetal Alcohol Syndrome Support Group

Email: mbonnie@region.waterloo.on.ca

519-884-1666 Ext. 2263

Support group for parents and caregivers of children who may be affected by Fetal Alcohol Spectrum Disorder, professionals and others interested are welcome.

Daycare Centres

Branson Academy Montessori School

221 Holiday Inn Dr Cambridge, ON N3C 3T2
519-220-1244

Email: info@brasonmontessori.ca

Website: www.brasonmontessori.ca

Provide preschool (Jr kindergarten, Sr kindergarten) programs * toddler program * before and after school child care * summer camps are conducted based on the enrolment * ages 1.5-6

Centre Educatif Les P'tites Sauterelles

640 promenade Trico Cambridge, ON N3H 5P2
519-650-2389

Email: lesptitessauterelles@csdccc.edu.on.ca

Provides child care and an after-school program * ages 1.5-12

Conestoga College, Silverheights Child Care

390 Scott Rd Cambridge, ON N1R 3Z7
519-654-2227

Email: dcrawford@conestogac.on.ca

Website: www.conestogac.on.ca

Before and after school child care * nursery school * ages 7-12 for before and after school care

Jacob Hespeler Child Care Centre

100 Weaver St Cambridge, ON N3C 1W4
519-658-2620

Email: jacobhespelerchildcare@rogers.com

Provides quality child care programs for children * licensed by the Ministry of Children and Youth Services * pre-school programs for ages 18 months-5 * before and after school programs for ages 6-12 * junior and senior kindergarten program 4-5 year olds * programs run on professional development days

Jumping Jacks Child Care Centre

685 Myers Rd, Unit 101-2 Cambridge, ON N1R 5S2
519-624-5656

Email: jumpin-jacks@hotmail.com

Child care centre * provides child care for : toddlers (15 to 31 months), preschoolers (2.5yrs - 5 yrs), JK/SK (4 -6 yrs), school age (6 -12 yrs)

Jumping Jacks Child Care Centre, School Age Program

10 Gatehouse Dr Cambridge, ON N1P 1C7
519-624-5656

Email: jumpin-jacks@hotmail.com

Child care centre * school-age child care

KidsLINK Preschool Support Services

1770 King St E, Suite 5, Kitchener, ON N2G 2P1

519-741-0076

Email: snap@kidslinkcares.com

Website: www.ccsnap.com

Single point of access for special needs services for children attending or planning to attend licensed child care in the Region of Waterloo * ages 6 and under

Montessori School of Cambridge

9 Roseview Ave Cambridge, ON N1R 4A5

519-622-1470

Email: montessori@in.on.ca

Website: www.montessoricambridge.ca

Not-for-profit, licensed daycare under the Day Nursery Act * children attend 5 days a week because consistency is important both to facilitate community building and to provide continuity for learning * ages 1.5-6

Morningside Montessori School

450 King St E Cambridge, ON

226-201-1442

Email: info@morningsidemontessori.ca

Website: morningsidemontessori.ca

Toddler Montessori Programs: ages: 16 months to 3 years * runs 12 months per year * full day, half day and extended care options available

Preschool (Casa) Montessori Programs: ages: 2.5 to 6 years * open 10 months per year (school year) * full day, half day and extended care options available

Before and after care available for all ages.

Oaks Preschool, Cambridge Vineyard

147 Elgin St N Cambridge, ON N1R 5H6

519-716-0653

Child care and nursery school * ages 2-5

Owl Child Care Services of Ontario, Our Lady of Fatima

Our Lady of Fatima School, 55 Hammet St Cambridge, ON N3C 2H5

519-220-1148

Email: olf@owlchildcare.org

Website: www.owlchildcare.org

Provides a nurturing, play-based early learning environment to support each child in realizing their potential while giving families peace of mind * full day care for toddlers, preschoolers * before and after school care for JK/K and school age children up to age 10 * programs are offered on a part-time basis for two to five days per week * ages 2-10

Peekaboo Child Care Centre, Maple Grove Location

1370 Maple Grove Rd, Cambridge, ON N3H 4R6

519-650-5081

Email: maplegrove@peekabookid.com

Website: www.peekabookid.com

Child care centre serving ages 6 weeks to 6 years * full-time daycare available only

Peekaboo Child Care Centre, Sheldon Drive Location

460 Sheldon Dr, Unit 3 Cambridge, ON N1T 2C1

519-620-0123

Email: cambridge@peekabookid.com

Website: www.peekabookid.com/Cambridge.php

Fully licensed by the Ministry of Education and offers care for infants through Senior Kindergarten * part time programs are available for all age groups except infants

Pluto Daycare Centre

25 Brook St Cambridge, ON N1R 4B9

519-623-5200

Email: info@plutodaycarecambridge.ca

Provides daycare programs for ages 16 months - 6 years * full and part-time spots * baby room only offers full-time spots

Region of Waterloo, Cambridge Children's Centre

99 Beechwood Rd Cambridge, ON N1S 3S1

519-622-4390

High/scope curriculum in a full daycare program for ages 18 months to 5 years * 63 spaces

Region of Waterloo, Child Care Subsidy

519-883-2200

150 Main St, Cambridge, ON N1R 8H6

Email: sphillips@regionofwaterloo.ca

Website: www.socialservices.regionofwaterloo.ca

Financial assistance with child care costs for children age 0 - 12 attending Early Learning and Child Care (Day Nurseries), Extended Day, Youth Development and Recreation programs * wait list for Child Care Subsidy is currently in effect

Region of Waterloo, Christopher Children's Centre

30 Christopher Dr, Cambridge, ON N1R 4R4

519-621-6525

Website: www.regionofwaterloo.ca

Provides programs to children that are aged between 12 months - 5 years.

Region of Waterloo, Home Child Care

519-883-2221 (Intake)

150 Main St, Cambridge, ON N1R 8H6

519-740-5760

E-mail: rgilbert@regionofwaterloo.ca

Website: www.socialservices.regionofwaterloo.ca

Early learning and child care provided in approved private homes, for a maximum of five children * standards of quality care set by the Ministry of Education under the Day Nurseries Act * ages 12 and under

Region of Waterloo, Kinsmen Children's Centre

651 Concession Rd Cambridge, ON N3H 4L1

519-653-9933

Email: sbeckman@regionofwaterloo.ca

Website: www.regionofwaterloo.ca

Integrated child care centre for children aged 18 months to 6 years * can accommodate children with special needs * follows HighScope curriculum

Saginaw Child Care Centre

Saginaw Public School, 740 Saginaw Pkwy Cambridge, ON N1T 1V6

519-740-8066

Email: saginawchildcare@rogers.com

Quality programs for full day care, preschool, before and after school, and summer programs * ages 1.5-12

Tender Loving Daycare

Galt Presbyterian Church, 2 Grand Ave S Cambridge, ON N1S 2L2

519-740-2442

Email: Tenderlovingdaycare@rogers.com

Website: www.tenderlovingdaycare.ca

Day care center * various programs are offered to toddlers and preschool aged kids * ages 1.5-6

Wee Watch Enriched Home Child Care

Various locations throughout Cambridge

519-489-0455

Website: weewatch.com

Licensed private home child care agency * able to serve a wide area with Providers located in the Hespeler, Preston and both the East and West Galt area * ages 6 weeks-12 years

Waterloo Catholic District School Board, Extended Day Programs

519-578-3660

Website:

www.wcdsb.ca/schools/Register%20for%20School/Elementary%20Registration/kinder/extended.html

Email: info@wcdsb.ca

Fee-based Before and After School Programs offered in Waterloo Catholic District School Board schools for students * offered at schools with Full-Day Kindergarten * subsidies available

Waterloo Region District School Board, Before and After School Programs

519-570-0003

Website: www.wrdsb.ca/beforeafter/

Fee-based Before and After School Programs offered in Waterloo Region District School Board schools for students * offered at schools with Full-Day Kindergarten * subsidies available

Woodland Park Child Care Centre

Woodland Park Public School, 555 Ellis Rd S Cambridge, ON N3C 4K2

519-651-1090

Email: woodlandcc@rogers.com

Provides pre-school and after-school programs for children aged 2.5-12 years * accepts children with special needs

YMCA Child Care, Clemens Mill

335 Saginaw Pkwy Cambridge, ON N1T 1R6

519-622-3266

Email: clemensmillcc@ckwymca.ca

Website: www.ykids.ca

Child care centre; preschool, kindergarten and school age programs * before and after school care available * ages 2.5-12

YMCA Child Care, Elgin

Elgin Street Public School, 685 Elgin St N Cambridge, ON N1R 7W6

519-624-1303

Email: elginstcc@ckwymca.ca

Website: www.ykids.ca

Pre-school, child care programs, subsidised child care, and before and after-school programs. * ages 1.5-12

YMCA Youth Development, Highland

Highland Public School, 125 Salisbury Dr Cambridge, ON N1S 1H5

519-741-8585

Website: www.ykids.ca

Provides before and after-school programs * ages 8-12

YMCA Child Care, Moffat Creek

710 Myers Road Cambridge, ON N1P 0A8

519-622-2536

Email: moffatcreekcc@ckwymca.ca

Website: www.ykids.ca

Provides child care for children ages 1.5-5 and 8-12.

YMCA Youth Development, Ayr

105 Hall St Ayr, ON N0B 1E0

519-741-8585

Email: saszmies@ckwymca.ca

Website: ykids.ca

School age child care * before and after school care * ages 8-12

YMCA Youth Development, Cedar Creek

55 Hilltop Dr Ayr, ON N0B 1E0

519-741-8585

Email: saszmies@ckwymca.ca

Website: ykids.ca

School age child care * before and after school care * ages 8-12

YMCA Child Care, Stepping Stones

St. Augustine School, 177 Bismark Dr Cambridge, ON N1S 4Y2

519-622-3785

Email: steppingstonescc@ckwymca.ca

Website: www.ykids.ca

Offers toddler, preschool, before and after school programs * ages 1.5-12

YWCA Cambridge, Ryerson Child Care Centre

749 Grand Valley Dr, Cambridge, ON N3H 2S3

519-653-0746

Email: w.gilchrist@ywcacambridge.ca

Website: www.ywcacambridge.ca

Provides toddler and preschool programs * child care * extended day program for junior kindergarten to Grade 6 (before and after school programs) * summer camps * ages 1.5-12

YWCA Cambridge, St. Elizabeth School Child Care Centre

50 Adler Dr Cambridge, ON N3C 4B7

519-654-9366

Email: b.ogorman@ywcacambridge.ca

Website: www.ywcacambridge.ca

Provides full day toddler and preschool care and before and after school care for kindergarten and school age * ages 1.5-12

YWCA Cambridge, St. Margaret School Child Care Centre

210 Cowan Rd Cambridge, ON N1T 1V4

519-622-6773

Email: b.davis@ywcacambridge.ca

Website: www.ywcacambridge.ca

Provides toddler program, preschool programs, child care, after and before school programs * subsidized rates are available * camps are conducted in summer * ages 1.5-12

Schools

Branson Academy Montessori School

221 Holiday Inn Dr Cambridge, ON N3C 3T2

519-220-1244

Email: info@brasonmontessori.ca

Website: www.brasonmontessori.ca

Provide preschool (Jr kindergarten, Sr kindergarten) programs * toddler program * before and after school child care * summer camps are conducted based on the enrolment * ages 1.5-6

Islamic School of Cambridge

1550 Dunbar Rd. Cambridge ON N1R 8J5

519-740-6855

Email: info@iccambbridge.com

Website: www.isocambridge.com

Private school for Muslim students * registered with Board of Education and follows full Ontario Curriculum * provides courses on Quran, Islamic Studies, Arabic as a Language to all students, and French for students Grades 3 to 8 * on-Line courses for high school students

Little Learner's Young Children's Program

1620 Franklin Blvd Cambridge, ON N3C 1P2

519-240-3567

Email: little.learners@hvna.ca

Website: www.hvna.ca

Little Learners is a recreational preschool program for 3-5 year olds (must be toilet trained) aims to get children ready for kindergarten learning through play * crafts, games, songs and weekly themes

Montessori School of Cambridge

9 Roseview Ave Cambridge, ON N1R 4A5

519-622-1470

Email: montessori@in.on.ca

Website: www.montessoricambridge.ca

Not-for-profit, licensed daycare under the Day Nursery Act * children attend 5 days a week because consistency is important both to facilitate community building and to provide continuity for learning * ages 1.5-6

Morningside Montessori School

450 King St E Cambridge, ON

226-201-1442

Email: info@morningsidemontessori.ca

Website: morningsidemontessori.ca

Toddler Montessori Programs: ages: 16 months to 3 years * runs 12 months per year * full day, half day and extended care options available

Preschool (Casa) Montessori Programs: ages: 2.5 to 6 years * open 10 months per year (school

year) * full day, half day and extended care options available
Before and after care available for all ages.

North Dumfries Pre-School Co-op

92 Northumberland St Ayr, ON N0B 1E0

519-632-8272

Email: northdumfriespreschool@gmail.com

Website: www.ndpci.ca

Preschool and toddler programs * ages 1.5-5

Oaks Preschool, Cambridge Vineyard

147 Elgin St N Cambridge, ON N1R 5H6

519-716-0653

Child care and nursery school * ages 2-5

Oxford Learning Centre

800 Franklin Blvd. Cambridge, ON N1R 7Z1

289-204-2249

Website: <http://www.oxfordlearning.com>

Programs for kids 3 - 6, encourages independence, increases self-confidence, award-winning program, stimulates intellectual curiosity; Ages 3 & up, increased motivation, increased self confidence, better grades, study skills, time management

Sylvan Learning Centre

15 Sheldon Dr. Unit 13, Cambridge, ON N1R 6R8

519-622-7477

Email: sylvancamcd@golden.net

Website:

<http://tutoring.sylvanlearning.com/ca/centers/cambridge/index.cfm?CFID=7427894&CFTOKEN=40518002>

Provides preschool and kindergarten programs.

Waterloo Catholic District School Board

35 Weber St W, Unit A Kitchener, ON N2H 3Z1

519-578-3660

Email: info@wcdsb.ca

Website: www.wcdsb.ca

Elementary schools * secondary schools

Waterloo Region District School Board

51 Ardelt Ave Kitchener, ON N2C 2R5

519-570-0003

Website: www.wrdsb.ca

Elementary schools * secondary school

Support for Children with Disabilities

Autism Ontario Waterloo Region

416-246-9592

Email: waterloo@autismontario.com

Website: www.autismontario.com/client/aso/ao.nsf/Waterloo/waterloohome

Regional chapter of Autism Ontario, a non-profit organization dedicated to ensuring that every individual with Autism Spectrum Disorders (ASD) is provided the means to achieve quality of life as a respected member of society * comprised of parents and others who volunteer their time, talents, and energy to help improve the lives of children, teens and adults with autism in the community

Community Living Cambridge – Preschool Services

160 Hespeler Rd. Cambridge, ON N1R 6V7

519-623-7490

Email: info@clcambridge.ca

Website: www.communitylivingcambridge.ca

Preschool Services is an early intervention support service for children who attend or are entering a licensed childcare program within Cambridge and North Dumfries * children must be under 6 years of age and be identified by a parent and/or community professional as having a developmental concern

Community Living Cambridge

519-623-7490

160 Hespeler Rd Cambridge, ON N1R 6V7

Email: info@clcambridge.ca

Website: www.communitylivingcambridge.ca

Community Living Cambridge serves Cambridge community members with a developmental disability, and provides events and activities to enrich their lives.

KidsAbility Centre for Child Development

250 Hespeler Rd Cambridge, ON N1R 3H3

519-886-8886

Toll free: 1-888-372-2259

Email: info@kidsability.ca

Website: www.kidsability.ca

Paediatric rehabilitation for children with communication, developmental or physical disabilities * physiotherapy * occupation therapy * speech language pathology * social work * therapeutic recreation * special clinics: orthopaedic, orthotics, seating and mobility and augmentative communication * ages 18 and under

Kidsability Centre for Child Development, Kidsability School

250 Hespeler Rd Cambridge, ON N1R 3H3

519-886-8886

Toll free: 1-888-372-2259

Website: www.kidsability.ca

Special education junior kindergarten program for children 4 and under.

KidsLINK Preschool Support Services, Child Care Special Needs Access Point

1770 King St E, Ste 5 Kitchener, ON N2G 2P1

519-741-0076

Email: snap@kidslinkcares.com

Website: www.ccsnap.com

Single point of access for special needs services for children attending or planning to attend licensed child care in the Region of Waterloo * ages 6 and under

Children's Mental Health

Cambridge Memorial Hospital, Child and Family Services

700 Coronation Blvd, Cambridge, ON N1R 3G2

519-621-2330

Crisis: 519-744-1813

Email: information@cmh.org

Provides assessment and counselling to persons 17 years of age and younger with psychiatric and emotional difficulties, and their families *ounselling may be provided on an in individual, family or group basis

Family Counselling Centre of Cambridge and North Dumfries

18 Walnut St Cambridge, ON N1R 2E7

519-621-5090

Website: www.fccnd.com

Takes an active role in issues relating to family violence, poverty, families, children, and marriage counselling.

Family Counselling Centre and Community Supports Office

173 Northumberland St Ayr, ON

519-632-9737

Counselling for individuals and families - walk in counselling on Tuesdays, all other appointments are arranged on client needs, evening appointments are available * outreach services * seniors program * employment assistance * resource centre * food bank * thrift shop

Front Door, Access to Child and Youth Services

1770 King St E, Ste 1, Kitchener, ON

519-749-2932

Crisis: 519-749-2932

Website: www.frontdoormentalhealth.ca

Provides a one-stop first contact for families and young people who are looking for assistance and services for a child or youth experiencing mental health, emotional or behavioural problems.

Lutherwood Mental Health Services, Family Counselling Program

35 Dickson St. Cambridge, ON N1R 7A6

519-622-1670

Email: lfcs@lutherwood.ca

Website: www.lutherwood.ca

Offers various types of counselling and therapy including couple, family and individual counselling * support groups for children and adults * provides educational programs and a nationally accredited training program for professionals seeking certification in counselling and education

Lutherwood Mental Health Services, Partners Program

35 Dickson St. Cambridge, ON N1R 7A6

519-623-9380

Website: www.lutherwood.ca

A joint initiative between Lutherwood and kidsLINK * high intensity and focused program approach designed to bring all the assistance a family needs * based on the belief that the best place to help resolve family difficulties is where the family is experiencing them - whether in the home, school or neighbourhood

Lutherwood Mental Health Services, Walk-In Counselling, Galt

35 Dickson St Cambridge, ON N1R 7A6

519-743-6333

Email: lfcs@lutherwood.ca

Website: www.lutherwood.ca

Helps families with children up to 18 years of age to get started on the road to understanding various parenting concerns, including school related issues and mental health concerns *

Tuesdays 12 pm-7:30 pm * last appointment starts at 6:30

Lutherwood Mental Health Services, Walk-In Counselling, Langs

1145 Concession Rd Cambridge, ON

519-743-6333

Email: lfcs@lutherwood.ca

Website: www.lutherwood.ca

Helps families with children up to 18 years of age to get started on the road to understanding various parenting concerns, including school related issues and mental health concerns *

Thursdays 10 am-5:30 pm * last appointment starts at 4:30

Other Supports

Big Brothers Big Sisters of Waterloo Region

150 Pinebush Rd, Unit 7 Cambridge, ON N1R 8J8

519-629-0180

Email: admin.wr@bigbrothersbigsisters.ca

Website: www.bbbswr.org

Volunteer-driven community leader in creating opportunities for children and youth to maximize their potential through adult and youth based mentoring services and programs that foster caring, self esteem, life skills and friendships * a Big Brother or a Big Sister is a caring, mature adult 18 years of age or older * volunteers can choose from any number of programs * ages 6-16

Cambridge Family Early Years Centre

149 Ainslie St N Cambridge, ON N1R 3P4

519-740-8353

Email: cambridgefamily@bellnet.ca

Website: www.cfeyc.ca

Serves parents and children from birth to 6 years, with children's programs that build educational, social and creative skills * adult programs include parenting courses, guest speakers, access to early childhood educators, and referrals to other resources * Resource Lending Library * Community Outreach Services * clothing closet * Public Health Nurse * Speech and Language Pathologist * Zero to 6 Behaviour Consultant * Vision Screening

Cambridge Self-Help Food Bank

54 Ainslie St S Cambridge, ON N1R 3K3

519-622-6550

Email: info@cambridgefoodbank.on.ca

Website: www.cambridgefoodbank.on.ca

Backpacks For Bookworms: provides new backpacks and school supplies for students each September

* Tender Tushies: cloth diaper program

* Support group for grandparents raising their grandchildren

* Christmas program: provides Christmas hampers and gifts for families in need

* Infant and Nutrition program * Wholistic child and youth * new baby baskets * birthdays in a box program * clothing closet

Child Witness Centre

111 Duke St E Kitchener, ON N2H 1A4

519-744-0904

Toll free: 1-888-544-0904

Email: admin@childwitness.com

Website: www.childwitness.com

Provides vital support, court preparation and court accompaniment for child victims and witnesses throughout their involvement with the criminal justice system * specialized services help to avoid the court process re-traumatizing child victims and witnesses who, in many cases, have already been horrifically abused * also assist the parents/guardians so that they can effectively support their child through the process.

CINOT (Children in Need of Treatment)

150 Main St, 1st floor (rear of building), Cambridge ON N1R 8H6
519-575-4400 Ext 13304

Email: publichealth@region.waterloo.on.ca

Website: www.mhp.gov.on.ca/en/healthy-communities/dental/default.asp

Monday and Tuesday 9 am-4 pm

Provides emergency dental care and out-of-hospital anesthetic coverage for low-income children age 17 and under * contact Public Health for more information * child will need to be seen by dental clinic for referral to program

Eye See...Eye Learn

905-826-3522

Email: info@optm.on.ca

Website: www.eyeseeeyelearn.ca/

Provides comprehensive eye exams by local optometrists to junior kindergarten students in participating school regions * eye exams are covered under provincial health insurance (or OHIP) with child's health card * if the child requires a pair of glasses, they will receive them FREE of charge courtesy of participating sponsors

Family and Children's Services

519-576-0540 (Hotline)

Email: inquiries@facswaterloo.org

Website: www.facswaterloo.org

Cambridge- 168 Hespeler Rd. Cambridge, ON N1R 6V7

519-623-6970

Kitchener- 200 Ardelt Ave Kitchener, ON N2C 2L9

519-576-0540

Protecting children against neglect, physical abuse, emotional abuse and sexual abuse through adoption, child protection services, parenting groups, children's groups, supervised visitation, home visits, and various other services * provides several services and groups for children and families

Family Counselling Centre and Community Supports Office

173 Northumberland St Ayr, ON

519-632-9737

Counselling for individuals and families - walk in counselling on Tuesdays, all other appointments are arranged on client needs, evening appointments are available * outreach services * seniors program * employment assistance * resource centre * food bank * thrift shop

Family Violence Project of Waterloo Region

400 Queen St S Kitchener, ON N2G 1W7

519-743-6333

Email: fvpwaterloo@carizon.ca

Website: www.fvpwaterloo.ca/en

The Family Violence Project of Waterloo Region is a collaborative of agencies that provides wrap-around, seamless services to victims of domestic violence - all from a single location. Services include victims' services, children's services, counselling services, and many other services to benefit victims of domestic violence and their families.

Healthy Smiles Ontario

150 Main St, 1st floor (rear of building), Cambridge ON N1R 8H6

519-575-4400

Service Ontario Infoline: 1-866-532-3161 (To enquire about eligibility)

Monday and Tuesday 8:30am–4:30 pm

Email: publichealth@region.waterloo.on.ca

Website: www.health.gov.on.ca/en/public/programs/dental/

Program for kids 17 and under who do not have access to any form of dental coverage. * if eligible, kids will get regular dental services at no cost * kids 17 and under may be eligible if they are residents of Ontario, they are members of a household with an Adjusted Family Net Income of \$20,000 per year or below, and they do not have access to any form of dental coverage (including other government-funded programs, like Ontario Works)

Infant and Toddler Safety Association

23-500 Fairway Rd S, Suite 154

Kitchener, ON N2C 1X3

519-570-0181

Toll free: 1-888-570-0181

Website: www.infantandtoddlersafety.ca

Provides information to help prevent unintentional injuries and death in 0-7 year olds * child safety hotline * information on car seats, cribs, high chairs, child proofing * training for child safety professionals

Kids Help Phone

1-800-668-6868

Website: www.kidshelpphone.ca

Anonymous, confidential, 24 hour support line for children and youth * also can provide information and referrals * web chat available

Lutherwood Housing Services, Families in Transition Program

35 Dickson St Cambridge, ON N1R 7A6

519-623-9380

Website: www.lutherwood.ca

Provides housing help to families in need limited to families with children that have multiple issues regarding housing and other areas such as employment, child care, transportation,

income support, counselling, etc * clients can also access the independent resource centre to perform a self-directed housing search

Monica Place Cambridge

150 Ainslie St N Cambridge, ON N1R 3P5

519-743-0291

Email: info@monicaplace.ca

Website: www.monicaplace.ca

Monica Place Cambridge is a subsidized housing complex program for young women and their children seeking transitional housing and support * the complex has fifteen, two bedroom apartment units

Waterloo Region Block Parent Program Inc.

Suddaby Public School, 171 Frederick St Kitchener, ON N2H 2M6

519-745-8410

Email: contact@blockparents.ca

Website: www.blockparents.ca

Provides immediate assistance through a safety network and offer supportive community education programs.

Recreation Assistance

Cambridge Community Services Department, Activities for Less Recreation Subsidy

519-740-4681 ext 4458

Email: hnatejkon@cambridge.ca

Website: http://www.cambridge.ca/community_services/activities_for_less

Provides assistance to those individuals and families with low incomes by subsidizing part of the costs of memberships or programs directly run by the Community Services Department * determination of assistance is based on the "Statistics Canada Low Income Level Indicators" * print the [2013 Activities for Less application form](#) or pick up an application package at the WG Johnson Centre, the Allan Reuter Centre, the Cambridge Centre for the Arts, the David Durward Centre, and the John Dolson Centre

Canadian Tire Jumpstart

1-844-937-7529

Website: www.canadiantire.ca/jumpstart

A community-based charitable program that helps kids in financial need participate in organized sports and recreation such as hockey, dance, soccer and swimming * call to apply

Kids Can Play

PO Box 23012, Westgate Mall, Cambridge, ON N1S 4Z6

519-651-2847

Email: kpcpcambridge@yahoo.com

Community-based, non-profit, volunteer organization that offers financial assistance to families living at the poverty line to take part in sports, art or music lessons * an enrolment fee, up to \$500, is provided for one activity twice a year * families living in Cambridge or North Dumfries (Ayr, Branchton, Roseville) are welcome to apply

YMCA of Cambridge Financial Assistance

250 Hespeler Road Cambridge, ON N1R 3H3

Phone: 519-623-YMCA (9622)

Website: http://www.chaplinfamilyy.ca/en/financial_assistance.asp

A YMCA sponsored membership offers the same facilities, programs and services as YMCA general membership but at a reduced monthly rate * no membership is free * every member is asked to pay some portion of the cost of their membership on a monthly basis * those who are approved for a sponsored membership are asked to commit to utilizing the facility a minimum of two times per week

YMCA Strong Kids Campaign

250 Hespeler Road Cambridge, ON N1R 3H3

Phone: 519-623-YMCA (9622)

Email: ymcastrongkidsd@ymca.ca

Website: http://www.kwymca.org/en/financial/strongkids_campaign.asp The YMCA Strong Kids Campaign is focused on raising much needed financial support for children, teens and families who are unable to afford the full cost of participation in a YMCA program or activity * that might mean providing the funds to help a child attend day camp for the first time, help a struggling teen find employment, enable a child to participate in a recreation or fitness activity, enable a struggling family to use a child care facility, or help youth gain the confidence and skills to avoid addiction, violence, and isolation * donations appreciated

List of Neighbourhood Organizations

The City of Cambridge is rapidly growing and contains many different neighbourhoods. Wherever you live in Cambridge, there is a neighbourhood organization in your area. These organizations usually provide programming for children, youth and adults as well as volunteer opportunities. They also commonly employ an outreach worker who can help those in need of help such as additional food, counselling, and many other needed services. Neighbourhood organizations are a great way to get connected with both your neighbourhood and any additional resources you may need, including help with your job search.

Alison Neighbourhood Association

519-620-1867 Located within St. Anne School at:
127 Elgin St. N Cambridge, ON N1R 5H6
Website: www.alisonneighbourhood.org
Email: ancc@alisonneighbourhood.org

Blair Road Neighbourhood Association

519-620-1867
30 Parkhill Rd, Cambridge, ON N1S 2J4
Website: www.blairroad.org
Email: info@blairroad.org

Kinbridge Community Association

Christopher Champlain Resource Centre
519-740-8565
125 Champlain Blvd. Unit # 8 Cambridge ON N1R 2X6

Christopher Champlain McIntosh Loft

519-624-3855
200 Christopher Drive, 2nd Floor Cambridge ON N1R 2X6

Southwood Resource Centre

519-621-2930
241 Southwood Dr. Unit # 1 Cambridge ON N1S 3S5

Fiddlesticks Community Centre

519-621-4040
71 Cowan Blvd, Cambridge, Ontario N1T 1K7
Website: www.fiddlesticks.ca/
Email: fiddlesticks@on.aibn.com

Greenway-Chaplin Community Centre

519-623-4220
116 Rouse Ave, Cambridge, ON N1R 4M8
Website: www.greenwaychaplin.org
Email: info@greenwaychaplin.com

Hespeler Village Neighbourhood Association

519-240-3567

St. Lukes United Church

1620 Franklin Blvd. Unit #8 Cambridge, ON

Website: www.hvna.caEmail: recreation.coordinator@hvna.ca**Langs**

519-653-1470

1145 Concession Rd, Cambridge, ON

Website: www.langs.orgEmail: info@langs.org**Grow Community Centre**

519-653-1470 ext 363

Website: www.popcornhouse.ca**Preston Heights Community Group**

519-650-2971

350 Linden Dr, Cambridge, ON N3H 5N7

Website: www.prestonheights.caEmail: phcg@golden.net**Silverheights Neighbourhood Association**

519-249-1200

Located within Silverheights Public School at:

390 Scott Rd, Cambridge, ON

Website: www.silverheightsneighbourhood.comEmail: info@silverheightsneighbourhood.com

Libraries and Computer Access

Cambridge Libraries and GalleriesWebsite: www.cambridgelibraries.ca

Queen's Square

519-621-0460

1 North Sq Cambridge, ON N1S 2K6

Preston Branch

519-653-3632

435 King St E Cambridge, ON N3H 3N1

Hespeler Branch

519-658-4412

5 Tannery St E Cambridge, ON N3C 2C1

Clemens Mill Branch

519-740-6294

50 Saginaw Pkwy Cambridge, ON

Public libraries and galleries; internet access.

Public Computer Access**Self-Help Alliance, Cambridge**

519-623-6024

9 Wellington St, Unit 1, Cambridge, ON N1R 3Y4

Kinbridge Community Association

519-740-8565

8-125 Champlain Blvd. Cambridge ON N1R 2X6

Langs

519-653-1470

1145 Concession Rd, Cambridge, ON

The YMCA of Cambridge, YMCA Teen Drop-In Zone, Cambridge Youth Leadership Development Centre

519-623-YMCA ext 306

258 Hespeler Rd Cambridge, ON N1R 3H3

Family & Community Connections, Ayr

519-632-9739

173 Northumberland St, Ayr, ON

Computer Access as well as resource library

Region of Waterloo, Ayr Branch Library

519-632-7298

137 Stanley St Ayr, ON

Public Library with services such as internet stations, photocopier, etc offered

Health Care Providers

Cambridge Memorial Hospital

700 Coronation Blvd, Cambridge, ON N1R 3G2

519-621-2330

Community hospital serving Cambridge and North Dumfries township * provides acute care services including Surgery. Medicine, Mental Health, Emergency, Cancer Care, Intensive Care

and Diagnostic Services * outpatient services including a geriatric multidisciplinary assessment, diabetic education, COPD clinic and cardio-respiratory services (pulmonary function, stress testing, holter testing, ECG), mammography (including the Ontario Breast Screening Program), ultrasound, X-ray, CT and MRI

Langs, Health Care Services

887 Langs Dr. Unit 1 Cambridge ON N3H 5K4

519-653-1470

Website: www.langs.org

Email: info@langs.org

Provides health care services, including health promotion, disease and illness prevention, education and treatment services * medical services available to residents of Preston * Older Adult Programs, counselling, nutrition * pharmacy

North Dumfries Community Health Centre Satellite

2958 Greenfield Rd Ayr, ON N0B 1E0

519-632-1229 Ext 2226

Website: www.langs.org/nd/ndindex.php

Community health centre * Primary Health Care * Programs for Children and Youth * Programs for Older Adults * Social Work Counselling * Nutrition Counselling

Region of Waterloo, Public Health, Cambridge Location

150 Main St. Cambridge ON N1R 6P9

519-575-4400

Website: www.region.waterloo.on.ca/ph

Health education, disease prevention, promotional activities, counselling, and referral services in these areas: child, youth, violence prevention, dental, environmental, infection control, food safety, cancer prevention, heart health, AIDS/STDs, sexual health and pregnancy counselling * some clinics are in different locations * also offer a needle exchange program and immunization clinics

Family Fun

North Dumfries Community Centre

7 Church St Ayr, ON N0B 1E0

519-632-7442

Email: ayrcommunitycentre@on.aibn.com

Sports arena

Cambridge Centre for the Arts

60 Dickson St. Cambridge, ON

519-740-4681 Ext. 4376

Email: artcentre@cambridge.ca

Website: www.cambridgecentreforthearts.ca

Classes & workshops - for people of all ages * Artist-in-Residence (A.I.R.) program * Art Gallery-ongoing exhibitions * Annual Juried Art Show

Cambridge Community Services Department

519-740-4681

Email: csd@cambridge.ca

Website: www.cambridge.ca

The Community Services Department provides recreation facilities, programs and consultation services for Cambridge residents * these services ensure that all residents, regardless of their recreational interests, capabilities, or financial status are able to participate

Cambridge Trails

519-740-4681 Ext. 4275

Email: trails@cambridge.ca

Cambridge has many hiking and biking trails for all ages.

City of Cambridge Parks

Website: http://www.cambridge.ca/community_services/parks

Cambridge has many parks and playgrounds. The above website contains information on all parks located in Cambridge.

Dickson Centre Arena

30 Parkhill Rd. W Cambridge, ON

519-740-4681 Ext. 4529

Duncan McIntosh Arena

200 Christopher Dr. Cambridge, ON

519-740-4681 Ext. 4525

Edward Newland Outdoor Pool

515 William St. Cambridge, ON N3H 3W6

519-740 -4681

Fire Museum and Education Centre

56 Dickson St. Cambridge, ON

519-621-1144

Email: info@firehallmuseum.ca

Website: www.firehallmuseum.ca/contact.html

Saturdays 9 am-12 pm year round, Wednesdays 10 am-12:30 pm summer months

Galt Arena Gardens

98 Shade St. Cambridge, ON
519-740-4681 Ext. 4522

George Hancock Outdoor Pool

115 Glenmorris St. Cambridge, ON
519-740-4681

Hespeler Memorial Arena

640 Ellis Rd. W Cambridge, ON
519-740-4681 Ext. 4605

John Dolson Centre Pool

212 South St. Cambridge, ON N1R 2P4
519-740-4681 Ext. 4527

Karl Homuth Arena

1407 Hamilton St. Cambridge, ON
519-740-4681 Ext. 4675

Kinsmen- Soper Park Outdoor Pool

41 Marion Way, Cambridge, ON
519-740-7173

North Dumfries Community Complex

2958 Greenfield Rd Ayr, ON N0B 1E0
519-632-8800

Email: ayrcommunitycentre@bellnet.ca

Recreational complex, including one NHL size ice rink, walking track, community hall, multi-purpose rooms, irrigated and lit soccer fields, playground and splash pad.

Pipes and Rails, Indoor Skate Park

Duncan McIntosh Centre, 200 Christopher Dr. Cambridge, ON
519-740-4681 Ext. 4451
Seven days a week, all year long. \$3.25 per session.

Preston Auditorium

1458 Hamilton St. Cambridge, ON
519-740-4681 Ext. 4674

Riverside Rails

Riverside Park, 1850 Rogers Dr. Cambridge, ON
The skate park features rails, stairs, ramps, a new bowl that opened in 2009 and a smooth concrete surface. Helmets and other safety equipment strongly recommended.

Tim Horton's Free Skates and Swims

During Christmas Holidays Tim Horton's sponsor's free skates (schedule available at Tim Horton's locations). During Summer Holidays Tim Horton's sponsors free swims (schedule available at Tim Horton's locations).

Township of North Dumfries, Parks and Recreation Department

519-632-8800 Ext 101

Website: www.northdumfries.ca

Maintains the Townships parks and green spaces as well as providing a range of leisure activities

* the township of North Dumfries owns and maintains 11 parks located throughout the township.

W.G. Johnson Centre

31 Kribs St. Cambridge, ON N3C 2L3

519-740-4681 Ext. 4469

Other Ideas:

- Play a board or card game
- Go for a walk around the neighbourhood
- Have a family movie night
- Bake some cookies
- Make some seasonal crafts
- Play an imagination game or a drama game like charades
- Read a book together
- Have a picnic
- Go sledding
- Play hide and seek
- Write your own stories and share them with each other
- Make a sports team with neighbourhood kids
- Create a scavenger hunt around the neighbourhood
- Get outside and enjoy nature
- LAUGH TOGETHER