

Directory of Community Services for Children and Parents

2017

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

Phone: (519) 621-2330

Address: 700 Coronation Blvd. Cambridge, ON N1R 3G2

Hours: Monday-Sunday 24 Hours

Telehealth Ontario

Phone: 1-866-797-0000

Address: 900 Bay Street, Toronto, ON M7A 1N3

Hours: Monday-Sunday 24 Hours

Victim Services of Waterloo Region

Phone: 519-585-2363

After Hours Phone: (519) 570-5143

Address: 176 Hespeler Rd. Cambridge, ON N1R 6V7

Hours: Monday-Sunday 24 Hours

Waterloo Regional Police

Phone: (519) 653-7700

Crisis: 911

Address: 200 Maple Grove Rd, Cambridge, ON, N3H 5M1

Hours: Monday-Friday 8:00am-4:00pm

Crisis Hours: Monday-Sunday 24 Hours

Waterloo Regional Police, Division 2

Phone: (519) 653-7700

Crisis: 911

Address: 176 Hespeler Rd, Cambridge, ON, N1R 6V7

Crisis Hours: Monday-Sunday 24 Hours

Are you in need of shelter?

Argus Residence for Young People: Youth Shelter

Phone Female's Residence: 519-650-0452 or **Toll Free:** 1-877-818-0388

Phone Men's Residence: 519-623-7991 or **Toll Free:** 1-877-565-0755

Hours: Monday-Sunday 24 Hours

The Bridges Shelter

Phone: (519)-624-9305

Address: 26 Simcoe St, Cambridge, ON, N1R 8P2

Hours: Monday-Sunday 24 Hours

Email: christine@cambridgesheltercorp.ca

Website: www.cambridgesheltercorp.ca

Haven House: for women and their children in abusive relationships

Phone: (519) 741-9184 or **Toll Free:** 1-800-410-4482

Crisis: (519) 653-2422

Address: 562 Concession Rd, Cambridge, ON, N3H 4L2

Hours: Monday-Sunday 24 Hours

Are you hungry?

The Bridges Shelter

Phone: (519)-624-9305

Address: 26 Simcoe St, Cambridge, ON, N1R 8P2

Hours: Monday-Sunday 24 Hours

Email: christine@cambridgesheltercorp.ca

Website: www.cambridgesheltercorp.ca

Cambridge Self-Help Food Bank

Phone: (519)-622-6550

Address: 54 Ainslie St S, Cambridge, ON N1R 3K3

Hours: Monday- Tuesday: 12:00pm-4:30pm, Wednesday and Friday: 9:00pm-4:30pm

Thursday: 9:00am-6:30pm

Email: info@cambridgefoodbank.on.ca

Website: www.cambridgefoodbank.on.ca

Preston location:

Phone: (519) 622-6550 ext.109

Address: 567 Queenston Rd, Cambridge, ON N3H 3J9

Hours: Alternate Thursday: 10:00am-12:00pm, Call for specific dates

Hespeler location:

Phone: (519) 622-6550 ext. 222

Address: 73 Queen St E, Cambridge ON, N3C 2A9

Hours: Alternate Thursday 12:00pm-2:00pm, call for specific dates

Cambridge Seventh-day Adventist Church

Phone: (519)-740-2671

Address: 1725 Beaverville Rd, Cambridge, ON, N3C 2V3

Hours: Saturday 9:30am-12:00pm

Cambridge Vineyard**Phone:** (519) 623-4639**Address:** 147 Elgin St N, Cambridge**Hours:** Sunday 11:30am-1:30pm, Tuesday 9:00am-3:00pm**Email:** jhill@ccf.ca**Website:** www.cvcf.ca**Family Counselling Centre of Cambridge and North Dumfries****Phone:** (519) 621-5090**Address:** 18 Walnut St. Cambridge ON, N1R 2E7**Hours:** Monday-Thursday 9:0am-9:00pm, Friday 9:00am-2:00pm, Saturday-Sunday Closed.**Email:** info@fccnd.com**Website:** <http://fccnd.com/>**The Salvation Army****Phone:** (519)-623-1221**Address:** 16 Shade St, Cambridge, ON, N1R 4J5**Hours:** Monday- Thursday: 9:30am- 12:00pm, 1Pm- 3:20pm, Friday 9:30am- 11:45am**Email:** sacambridge_cfs@rogers.com**Hespeler Community Church****Phone:** (519) 623-3419**Address:** 18 Tannery St E, Cambridge, ON N3C 2B9**Hours:** Saturday 11:30am-2:30pm**Trinity Community Table****Phone:** (519)-621-8860**Address:** Trinity Anglican Church, 12 Blair Rd, Cambridge, ON N1S 2H5**Hours:** Monday, Wednesday and Friday Coffee & Donuts at 9:30am, Lunch Served at 11:30am-12:30pm**Waterloo Region Community Services Department**

Community Outreach Program

Phone: (519) 575-4400 or **Toll Free:** (519) 575-4608**Address:** 99 Regina St. S, Waterloo, ON N2J 4G6**Hours:** Monday-Friday 8:30am-4:30pm**Do you need someone to talk to?****Telecare Distress Centre**

Phone: (519) 658-2794
Crisis: (519) 658-5455
Hours: Monday-Sunday 24 Hours

Self-Help Alliance Cambridge

Phone: (519) 623-6024
Address: 9 Wellington St Unit 1, Cambridge, ON N1R 3Y4
Hours: Monday-Friday 9:00am-12:00pm, 1:00pm-5:00pm

Canadian Mental Health Association

Phone: 519-740-7782
Crisis: 1-844-437-3247
Address: 9 Wellington St. Unit 3, Cambridge ON, N1R3Y4
Hours: Monday-Friday 9:00am-12:00pm and 1:00pm-5:00pm

(The) Coping Centre

Phone: (519) 650-0852 or **Toll Free:** 1-877-554-4498
Address: 1740 Blair Rd, Cambridge ON, N3H4R8
Hours: Monday-Thursday 9:00am-4:00pm

Lutherwood, Walk-In Counselling

Phone: 519-622-1670
Address: 35 Dickson St, Cambridge, ON, N1R 7A6 Lutherwood
Hours: 12:00pm-6:30pm
Website: www.frontdoormentalhealth.ca

Preston Location

Phone: (519) 743-6333
Address: 1145 Concession Rd, Cambridge
Hours: Thursday 10:00am-5:30pm, last appointment starts at 4:30pm.

Are you new to Canada and need support?

YMCA Immigrant Services

Phone: (519) 621-1621
Address: 258 Hespeler Rd, Cambridge, ON, N1R 3H3
Hours: Monday-Thursday 8:30am-4:30pm, Friday 8:30am-12:00p

Parent Support Groups

ADHD Parent Support Group of Kitchener-Waterloo

Phone: (519) 886-9150

Address: The Family Centre, 65 Hanson Ave, 2nd Flr Kitchener, ON, N2C 2H6

Hours: 3rd Wednesday of the month 7:00pm-9:00pm

Email: adhdpkgkw@hotmail.com

Website: www.wrfn.info

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

Phone: 519-740-8353

Address: 149 Ainslie St N, Cambridge, ON N1R 3P4

Hours: Monday-Thursday 9:00am-4:30pm, Tuesday 6:00pm-7:30pm, Friday 9:00am-3:00pm. Saturday 9:00am-12:00pm, summer hours may vary.

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 *Autism Coach

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

Phone: 519-896-4488

Address: Kitchener Ontario

Email: dadsofwaterlooregion@rogers.com

Website: <http://www.wrdss.ca> or <http://www.dadsnational.org/>

A support group for Dads of children with Down syndrome.

Epilepsy Waterloo-Wellington Parent & Child Support Group

Phone: 519-745-2112

Address: 165 Hollinger Cres, Unit 5, Kitchener, ON N2K 2Z2

Hours: Contact for hours

Email: jennifer@epilepsysco.org

Website: www.epilepsyww.com

Help improve the quality of life for those with epilepsy and their support network through education, support, advocacy and public awareness.

Family and Children's Services

Cambridge Location:

Phone: (519) 623-6970

Address: 168 Hespeler Rd. Cambridge, ON N1R 6V7

Hours: Monday-Thursday 8:30am-4:30pm, Friday 9:00am-4:00pm, after hours emergency service

Email: inquiries@facswaterloo.org

Website: www.facswaterloo.org

Kitchener Location:

Phone: (519) 576-0540

Address: 200 Ardelt Ave, Kitchener, ON, N2C 2L9

Hours: Monday-Thursday 8:30am-4:30pm, Friday 9:00am-4:00pm, after hours emergency service

Email: inquiries@facswaterloo.org

Website: www.facswaterloo.org

Adoption Services * Community Education * Counselling and Referral Services * Crisis Intervention * Investigation of Abuse and Neglect * Ongoing Support for Families * Residential Services * Sexual Abuse * Training for Foster Parents

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

Phone: (519) 749-8740 ext. 212

Address: 1120 Victoria St Kitchener, ON, N2B 3T2

Hours: Third Monday of every month, call to confirm date

Email: kidsmood@gmail.com

Website: <https://www.mooddorders.ca>

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

Parents for Children's Mental Health, Waterloo Chapter

Phone: (519) 749-8740 ext. 212

Hours: Contact for information

Email: waterloo@pcmh.ca

Website: www.pcmh.ca/Waterloo

* Link families to important networks within their communities to ensure they get the care they need and the support of families who can relate and support them

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

Phone: (519) 743-1946

Address: 40 Fullerton St, Waterloo, ON, N2L 6L4

Hours: Contact for information

*Support group for children with hearing loss and their families.

Sharing Smiles Support Group Waterloo Region

Email: sharingsmiles.waterloo@gmail.com

Website: <http://sharingsmiles.weebly.com/index.html>

*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

Phone: 519-616-4397

Website: <http://viewson.ca/>

*Families and friends of children with visual impairments.

Waterloo Fetal Alcohol Syndrome Support Group

Phone: 519-884-1666 Ext. 2263

Email: mbonnie@region.waterloo.on.ca

Website: <https://www.fasdwaterlooregion.ca/>

*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

Phone: 519-220-1244

Address: 1 Groh Ave, Cambridge, ON N3C 1Y6

Hours: School hours: Monday-Friday 7:30am-5:30pm office hours: Tuesday-Friday 10:00am-4:00pm, Summer Camp hours: 7:30am-5:30pm

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

Phone: (519) 650-2389

Address: 640 promenade Trico Cambridge, ON N3H 5P2

Hours: Monday-Friday 7:00am-6:00pm

Email: lesptitessauterelles@csdccc.edu.on.ca

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

Conestoga College, Silverheights Child Care

Phone: (519) 654-2227

Address: 390 Scott Rd Cambridge, ON N1R 3Z7

Hours: Monday-Friday 7:00am-6:00pm

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

Phone: (519) 658-2620

Address: 100 Weaver St Cambridge, ON N3C 1W4

Hours: Monday-Friday 7:00am-6:00pm

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

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

Phone: (519) 624-5656

Address: 685 Myers Rd, Unit 101-2 Cambridge, ON N1R 5S2

Hours: Monday-Friday 7:00am-6:00pm

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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 3, School Age Program

Phone: (519) 624-5656

Address: 10 Gatehouse Dr Cambridge, ON N1P 1C7

Hours: Monday-Friday 7:00am-6:00pm

Email: jumpin-jacks@hotmail.com

*Child care centre * school-age child care

Montessori School of Cambridge

Phone: (519) 622-1470

Address: 9 Roseview Ave Cambridge, ON N1R 4A5

Hours: Call for information

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

Phone: (226) 201-1442

Address: 450 King St E Cambridge, ON, N3h 3M9

Hours: Monday-Friday 7:30am-5:30pm

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

Phone: (519) 716-0653

Address: 147 Elgin St N Cambridge, ON N1R 5H6

Hours: Monday-Friday 7:30am-5:30pm

Email: theoaks@cvcf.ca

*Child care and nursery school * ages 2-5

Owl Child Care Services of Ontario, Our Lady of Fatima

Phone: (519) 220-1148

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

Hours: Monday-Friday 6:30am-6:00pm

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

Phone: (519) 650-5081

Address: 1370 Maple Grove Rd, Cambridge, ON N3H 4R6

Hours: Monday-Friday 7:00am-6:00pm

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

Phone: (519) 620-0123

Address: 460 Sheldon Dr., Unit 3 Cambridge, ON N1T 2C1

Hours: Hours are listed differently for each location, contact for more information

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

Phone: (519) 623-5200

Address: 25 Brook St Cambridge, ON N1R 4B9

Hours: Monday-Friday 6:30am-5:45pm

Email: info@plutodaycarecambridge.ca

Website: www.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

Phone: (519) 622-4390

Address: 99 Beechwood Rd Cambridge, ON N1S 3S1

Hours: Monday-Friday 7:00am-5:30pm

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

Region of Waterloo, Child Care Subsidy

Phone: (519) 883-2200

Address: 150 Main St, Cambridge, ON N1R 8H6

Hours: Monday-Friday 8:30am-4:30pm

Email: dhandler@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

Phone: (519) 621-6525

Address: 30 Christopher Dr., Cambridge, ON N1R 4R4

Hours: Monday-Friday 7:00am-5:30pm

Email: LVandonk@regionofwaterloo.ca

Website: www.regionofwaterloo.ca

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

Region of Waterloo, Home Child Care

Phone: (519) 883-2221 (Intake)

Address: 150 Main St, Cambridge, ON N1R 8H6

Hours: Monday-Sunday 24 Hours

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

Phone: (519) 653-9933

Address: 651 Concession Rd Cambridge, ON N3H 4L1

Hours: 7:00am-5:30pm, closed for stat holiday, 2 weeks in the summer and one week at Christmas

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**Phone:** (519) 740-8066**Address:** Saginaw Public School, 740 Saginaw Pkwy Cambridge, ON N1T 1V6**Hours:** Monday-Friday 7:00am-6:00pm**Email:** saginawchildcare@rogers.com**Website:** www.jhchildcare.com

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

Tender Loving Daycare**Phone:** (519) 740-2442**Address:** Galt Presbyterian Church, 2 Grand Ave S Cambridge, ON N1S 2L2**Hours:** Monday-Friday 6:30am-6:00pm**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**Phone:** (519) 489-0455**Address:** Various locations throughout Cambridge**Hours:** Monday-Friday 9:00am-5:00pm**Email:** kitchener@weewatch.com**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**Phone:** (519) 578-3660**Address:** Waterloo Region (Contact for specific location)**Hours:** Monday-Friday 7:00am-6:00pm**Website:**

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

Email: extended.day@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**Phone:** (519) 570-0003**Address:** Waterloo Region (Contact for specific location)

Hours: Monday-Friday 7:00am-6:00pm

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

Phone: (519) 651-1090

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

Hours: Monday-Friday 7:00am-6:00pm

Email: woodlandcc@rogers.com

Website: www.jhchildcare.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

Phone: (519) 622-3266

Address: 335 Saginaw Pkwy Cambridge, ON N1T 1R6

Hours: Monday-Friday 7:00am-6:00pm

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

Phone: (519) 624-1303

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

Hours: Monday-Friday 3:05pm-6:00pm

Email: elginstcc@ckwymca.ca

Website: www.ymcacambridgekw.ca

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

YMCA Youth Development, Highland

Phone: (519) 741-8585

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

Hours: Monday-Friday 7:00am to School Starts, School End to 6:00pm

Email: highland@ckwymca.ca

Website: www.ykids.ca

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

YMCA Child Care, Moffat Creek

Phone: (519) 622-2536

Address: 710 Myers Road Cambridge, ON N1P 0A8

Hours: Monday-Friday 7:00am-6:00pm

Email: moffatcreekcc@ckwymca.ca

Website: www.ykids.ca

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

YMCA Youth Development, Ayr

Phone: (519) 741-8585

Address: 105 Hall St Ayr, ON N0B 1E0, Ayr Public School

Hours: Monday-Friday 7:00am-9:00am

Email: ayr@ckwymca.ca

Website: ykids.ca

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

YMCA Youth Development, Cedar Creek

Phone: (519) 741-8585

Address: 55 Hilltop Dr., Ayr, ON N0B 1E0

Hours: Monday-Friday 7:00am-9:00am, 3:15pm-6:00pm

Email: cedarcreek@ckwymca.ca

Website: ykids.ca

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

YMCA Child Care, Stepping Stones

Phone: (519) 622-3785

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

Hours: Monday-Friday 7:00am-6:00pm

Email: steppingstonescc@ckwymca.ca

Website: www.ymcacambridgekw.ca/

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

YWCA Cambridge, Ryerson Child Care Centre

Phone: (519) 653-0746

Address: 749 Grand Valley Dr., Cambridge, ON N3H 2S3

Hours: Monday-Friday 7:00am-6:00pm

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

Phone: (519) 654-9366

Address: 50 Adler Dr., Cambridge, ON N3C 4B7

Hours: Monday-Friday 6:30am-6:00pm

Email: k.lyman@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

Phone: (519) 622-6773

Address: 210 Cowan Rd Cambridge, ON N1T 1V4

Hours: Monday-Friday, closed first week of August

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

Brason Academy Montessori School

Phone: (519) 220-1244

Address: 1 Groh Ave, Cambridge ON, N3C 1Y6

Hours: School hours: Monday-Friday 7:30am-5:30pm, Office hours Tuesday-Friday 10:00am-4:00pm, summer camp 7:30am-5:30pm

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

Phone: (519) 740-6855

Address: 1550 Dunbar Rd. Cambridge ON N1R 8J5

Hours: Office: Monday-Friday 8:00am-4:00pm School: Monday-Friday 8:25am-3:15pm

Email: info@isocambridge.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

Phone: (519) 240-3567

Address: 1620 Franklin Blvd. Cambridge, ON, N3C1P2

Hours: Monday-Friday 8:50am-10:50am, Tuesday/Thursday 12:30pm-2:30pm

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

Phone: (519) 622-1470

Address: 9 Roseview Ave Cambridge, ON N1R 4A5

Hours: Call for information

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**Phone:** (226) 201-1442**Address:** 450 King St E Cambridge, ON**Hours:** Monday-Friday 7:30am-5:30pm**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**Phone:** (519) 632-8272**Address:** 92 Northumberland St Ayr, ON N0B 1E0

Hours: Toddler Program: Monday 9:30am-11:30am, Preschool program: Tuesday/Thursday mornings and or Wednesday/Friday morning from 9:30am-12:00pm, afternoon classes also available

Email: northdumfriespreschool@gmail.com**Website:** www.ndpci.ca

*Preschool and toddler programs * ages 1.5-5

Oaks Preschool, Cambridge Vineyard**Phone:** (519) 716-0653**Address:** 147 Elgin St N Cambridge, ON N1R 5H6**Hours:** Monday-Friday 7:30am-5:30pm**Email:** theoaks@cvcf.ca

*Child care and nursery school * ages 2-5

Oxford Learning Centre**Phone:** (289) 768-5907**Address:** 800 Franklin Blvd. Cambridge, ON N1R 7Z1

Hours: Monday-Thursday 10:00am-8:00pm, Friday 10:00am-12:30pm, Saturday 9:00am-12:30pm, Sunday closed

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.

Waterloo Catholic District School Board**Phone:** (519) 578-3660**Address:** 35 Weber St W, Unit A Kitchener, ON N2H 3Z1**Hours:** Monday-Friday 8:00am-4:30pm, closed Friday during summer months.

Social Planning Council of Cambridge and North Dumfries

July 21, 2017

Email: info@wcdsb.ca

Website: www.wcdsb.ca

*Elementary schools * secondary schools

Waterloo Region District School Board

Phone: (519) 570-0300

Address: 51 Ardelt Ave Kitchener, ON N2C 2R5

Hours: Monday-Friday 8:00am-4:30pm

Website: www.wrdsb.ca

*Elementary schools * secondary school

Support for Children with Disabilities

Autism Ontario Waterloo Region

Phone: (416) 246-9592

Hours: Contact for information

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

Phone: (519) 623-7490

Address: 160 Hespeler Rd. Cambridge, ON N1R 6V7

Hours: Monday-Friday 8:30am-4:30pm

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 – Preschool Services

Phone: (519) 623-7490

Address: 160 Hespeler Rd. Cambridge, ON N1R 6V7

Hours: Monday-Friday 8:30am-4:30pm

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

Phone: (519) 886-8886 or **Toll free:** 1-888-372-2259

Address: 250 Hespeler Rd Cambridge, ON N1R 3H3

Hours: Phone lines are staffed Monday-Thursday 7:30am-8:00pm and Friday 7:30am-6:00pm, hours of operation vary.

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

Phone: (519) 886-8886 or **Toll free:** 1-888-372-2259

Address: 250 Hespeler Rd Cambridge, ON N1R 3H3

Hours: Phone lines are staffed Monday-Thursday 7:30am-8:00pm and Friday 7:30am-6:00pm, hours of operation vary.

Email: info@kidsability.ca

Website: www.kidsability.ca

*Special education junior kindergarten program for children 4 and under.

Children's Mental Health

Cambridge Memorial Hospital, Child and Family Services

Phone: (519) 621-2330

Crisis: 519-744-1813

Address: 700 Coronation Blvd, Cambridge, ON N1R 3G2

Hours: Contact for information

Email: information@cmh.org

Website: www.cmh.org

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

Family Counselling Centre of Cambridge and North Dumfries

Phone: (519) 621-5090

Address: 18 Walnut St Cambridge, ON N1R 2E7

Hours: Cambridge: Monday-Thursday 9:00am-9:00pm, Friday 9:00am-2:00pm

Email: bobbye@fccnd.com

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

Phone: (519) 632-9737

Address: 173 Northumberland St Ayr, ON

Hours: Monday- Thursday 9:00am-4:30pm unless otherwise posted

Email: bobbye@fccnd.com

*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

Phone: 519-749-2932

Address: 1770 King St E, Ste., 1, Kitchener, ON

Hours: Office Hours: Monday-Friday 8:30am-4:30pm, Walk-in counselling service hours: Tuesday 12:00pm-6:30pm at 35 Dickson St, Cambridge, Wednesday 12:00pm-6:30pm at 1770 King St. E, Suite 1 Kitchener, Thursday 9:00am-3:30pm at Lang's, 1145 Concession Rd. Cambridge, Saturday 9:00am-3:30pm at 1770 King St. E, Suite 1 Kitchener

Website: www.frontdoormentalhealth.ca

Email: mhs@lutherwood.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 Services

Phone: (519) 622-1670 Ext. 200

Address: 35 Dickson St. Cambridge, ON N1R7A6

Hours: Monday-Thursday 8:30am-8:00pm, Friday 8:30am-5:00pm

Website: <https://www.lutherwood.ca/contact>

Lutherwood, Walk-In Counselling

Phone: 519-622-1670

Address: 35 Dickson St, Cambridge, ON, N1R 7A6 Lutherwood

Hours: 12:00pm-6:30pm

Website: www.frontdoormentalhealth.ca

Lutherwood Mental Health Services, Walk-In Counselling, Langs

Phone: (519) 743-6333

Address: 1145 Concession Rd Cambridge, ON

Hours: Thursday 10:00am-5:30pm, last appointment starts at 4:30pm

Email: mhs@lutherwood.ca

Website: www.frontdoormentalhealth.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

Phone: (519) 745-0180

Address: 30 Duke St. W, Suite 302, Kitchener ON, N2H 3W5

Hours: Monday-Friday 9:00am-4:30pm

Email: info@bbbswr.org

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

Phone: (519) 740-8353

Address: 149 Ainslie St N Cambridge, ON N1R 3P4

Hours: Monday-Thursday 9:00am-4:30pm, Tuesday 6:00pm-7:30pm (evening hours), Friday 9:00am-3:00pm. Saturday 9:00am-12:00pm summer hours vary

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

Phone: (519) 622-6550

Address: 54 Ainslie St S Cambridge, ON N1R 3K3

Hours: Monday-Tuesday 12:00pm-4:30pm, Wednesday-Friday 9:00am-4:30pm, Thursday 9:00am-6:30pm

Email: info@cambridgefoodbank.on.ca

Website: www.cambridgefoodbank.on.ca

*The Cambridge Self-Help Food Bank provides assistance to those living on or below the poverty line within Cambridge and North Dumfries * Emergency Food * Co-op hamper Program * Ayr Co-op Program * Street Outreach Program * Christmas Program * Counselling Services * Spiritual Care Program * Small Steps To Success * ACCKWAA * Infant & Nutrition Program * Mike's Lunch Basket * Holistic Child and Youth * Community Garden * Information and Referral Service * Legal Services

* Family Outreach Program - Backpacks For Bookworms, Tender Tushies

* Grandparent support group: support group for those that are raising their grandchildren*

Child Witness Centre

Phone: (519) 744-0904 or **Toll free:** 1-888-544-0904

Address: 111 Duke St. E, Kitchener, ON N2H1A4

Hours: Monday-Friday 8:30am-4:00pm

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.

Eye See...Eye Learn

Phone: 1-800-540-3837

Address: Various locations

Hours: contact for information

Email: info@optm.on.ca

Website: www.optom.on.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

Cambridge Location:

Phone: (519) 623-6970

Address: 168 Hespeler Rd. Cambridge, ON N1R 6V7

Hours: Monday-Thursday 8:30am-4:30pm, Friday 9:00am-4:00pm, after hours emergency service

Email: inquiries@facswaterloo.org

Website: www.facswaterloo.org

Kitchener Location:

Phone: (519) 576-0540

Address: 200 Ardelt Ave, Kitchener, ON, N2C 2L9

Hours: Monday-Thursday 8:30am-4:30pm, Friday 9:00am-4:00pm, after hours emergency service

Email: inquiries@facswaterloo.org

Website: www.facswaterloo.org

Family Counselling Centre and Community Supports Office

Phone: 519-632-9737

Address: 173 Northumberland St Ayr, ON, Portable behind Calvary Church

Hours: Monday-Thursday 9:00am-4:30pm unless otherwise posted

Email: brendac@fccnd.com

*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

Phone: (519) 743-6333

Address: 400 Queen St S Kitchener, ON N2G 1W7

Hours: Monday-Friday 8:00am-5:00pm

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

Phone: 1-866-532-3161

Address: 1145 Concession Road, Cambridge ON, N3H 4L5

Hours: Contact for information

Email: sblack@regionofwaterloo.ca

Website: chd.region.waterloo.on.ca/en/healthylivinghealthprotection/dentalhealth.asp

*Healthy Smiles Ontario is a free dental program for children 17 and under who require ongoing and emergency dental care and cannot afford to pay for dental treatment. There are two streams of HSO, Core and Emergency. Financial eligibility may be required See below for Adjusted Family Net Income thresholds. Dental screening, HSO application assistance, Fluoride application, Oral Hygiene Instruction offered.

Infant and Toddler Safety Association

Phone: (519) 570-0181 or **Toll free:** 1-888-570-0181

Address: 23-500 Fairway Rd S, Suite 154 Kitchener, ON N2C 1X3

Hours: Monday-Friday 9:00am-3:00pm

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**Phone/Crisis:** 1-800-668-6868**Hours:** Phone: Monday-Sunday 24 hours, Live Chat: Wednesday-Sunday 6:00am-2:00pm**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**Phone:** (519) 623-9380 or (519) 749-2450**Address:** 35 Dickson St Cambridge, ON N1R 7A6**Hours:** 8:10am-4:20pm**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**Phone:** (519) 624-0481**After Hours Phone:** (519) 743-0291**Address:** 150 Ainslie St N Cambridge, ON N1R 3P5**Hours:** Monday-Sunday 24 HoursEmail: info@monicaplace.caWebsite: 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.**Phone:** (519) 745-8410**Address:** 425 Hespler Rd. Suite 413 Cambridge, ON N1R8J6**Hours:** Monday-Sunday 24 HoursEmail: contact@blockparents.caWebsite: 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

Phone: (519) 740-4681 ext. 4458

Hours: Monday-Friday 8:30am-4:30 pm

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

Phone: (416) 480-3000

Address: 2180 Yonge St. Toronto, ON M4P2V9

Hours: Monday-Friday 8:00am-5:00pm

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

Phone: (519) 651-2847

Hours: Available 7 days a week

Email: kcpcambridge@yahoo.com

Website: www.kidscanplay.ca

*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

Phone: (519) 623-9622

Address: 250 Hespeler Road Cambridge, ON N1R 3H3

Hours: Please contact for more information

Email: jlea@ckwymca.ca

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

Phone: (519) 623-9622

Address: 250 Hespeler Road Cambridge, ON N1R 3H3

Hours: Monday-Friday 5:30am-11:00pm, Saturday 6:00am-9:00pm, Sunday 8:00am-8:00pm,
Statutory Holiday Hours 8:00am-5:00pm

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

Phone: (519) 620-1867

Address: Located within St. Anne School at: 127 Elgin St. N Cambridge, ON N1R 5H6

Hours: Monday-Friday 12:30pm-8:00pm

Website: www.alisonneighbourhood.org

Email: ancc@alisonneighbourhood.org

*Offers decentralized, affordable recreational, social and educational opportunities for the residents of the Alison Neighbourhood in Cambridge, Ontario * youth after-school and evening recreation programs * adult and family programs * Summer Playground * volunteer opportunities * computer usage and faxing services * link to community support *

Blair Road Neighbourhood Association

Phone: (519) 620-1867

Address: 85 Sunset Blvd, Cambridge, ON N1S1A9

Hours: Kids club: Monday-Friday 7:50am-8:50am and 3:30pm-5:30pm, Yoga (Adults): Wednesday 6:30pm-7:30 pm

Website: www.blairroad.org

Email: info@blairroad.org

Kinbridge Community Association

Phone: (519) 740-8565

Address: Christopher Champlain Resource Centre 125 Champlain Blvd. Unit # 8 Cambridge ON N1R 2X6

Hours: Monday-Friday 9:00am-5:00pm, closed 12:00pm-1:00pm

Email: Joe-Annm@kinbridge.ca

Christopher Champlain McIntosh Loft

Phone: (519) 624-3855

Address: 200 Christopher Drive, 2nd Floor Cambridge ON N1R 2X6

Hours: Monday-Friday 9:00am-5:00pm, Southwood and Christopher Champlain Resource Centres, closed 12:00pm -1:00pm, Duncan McIntosh Loft location opened evenings, program dependant

Email: info@kinbridge.ca

Southwood Resource Centre**Phone:** (519) 621-2930**Address:** 241 Southwood Dr. Unit # 1 Cambridge ON N1S 3S5**Hours:** Call for information**Email:** Joe-AnnM@kinbridge.ca**Website:** www.regionofwaterloo.ca**Fiddlesticks Community Centre****Phone:** (519) 621-4040**Address:** 71 Cowan Blvd, Cambridge, Ontario N1T 1K7**Hours:** Office hours: Monday-Friday 9:00am-5:00pm (Tuesday 9:00am-8:00pm from September-June)**Website:** www.fiddlesticks.ca/**Email:** fiddlesticks@on.aibn.com**Greenway-Chaplin Community Centre****Phone:** (519) 623-4220**Address:** 116 Rouse Ave, Cambridge, ON N1R 4M8**Hours:** 9:00am-4:30pm, closed 12:00pm-12:30pm**Website:** www.greenwaychaplin.org**Email:** info@greenwaychaplin.com**Hespeler Village Neighbourhood Association****Phone:** (519) 240-3567**Address:** St. Luke's United Church 1620 Franklin Blvd. Unit #8 Cambridge, ON**Hours:** Contact for information**Website:** www.hvna.ca**Email:** recreation.coordinator@hvna.ca**Langs****Phone:** (519) 653-1470**Address:** 1145 Concession Rd, Cambridge, ON**Hours:** Monday, Tuesday, Wednesday, Thursday 8:30am-8:00pm. Friday 8:30am-4:30pm**Website:** www.langs.org**Email:** info@langs.org**Grow Community Centre****Phone:** (519) 248-4769**Address:** 1 Groh Ave, Cambridge, ON N3C 1Y6**Hours:** Monday-Friday after school**Email:** info@langs.org**Website:** www.langs.org**Preston Heights Community Group****Phone:** (519) 650-2971**Address:** 350 Linden Dr, Cambridge, ON N3H 5N7

Hours: Centre hours Monday 9 am-5 pm, Tuesday 9 am-8 pm, Wednesday-Friday 9 am-5 pm *
family outreach hours Tuesday 12 noon-8 pm, Wednesday-Fri 9 am-5 pm * please note that there
is NO family outreach available on Monday

Website: www.prestonheights.ca

Email: phcg@golden.net

Silverheights Neighbourhood Association

Phone: (519) 249-1200

Address: St. Gabriel Catholic Elementary School, 15 Baldwin Dr. Cambridge ON, N3C0G1

Hours: Contact for information

Website: www.silverheightsneighbourhood.com

Email: info@silverheightsneighbourhood.com

Libraries and Computer Access

Cambridge Libraries and Galleries

Website: www.cambridgelibraries.ca

Queen's Square

Phone: (519) 621-0460

Address: 1 North Sq., Cambridge, ON N1S 2K6

Hours: Mon-Thu 9:30 am-8:30 pm * Fri-Sat 9:30 am-5:30 pm * Sun 1 pm-5 pm * library is closed on Sunday from Victoria Day weekend to Labour Day

Preston Branch

Phone: (519) 653-3632

Address: 435 King St E Cambridge, ON N3H 3N1

Hours: Mon-Thu 12 noon-8:30 pm, Fri 12 noon-5:30 pm, Sat 9:30 am-5:30 pm, Sun 1 pm-5 pm. closed Sundays from Victoria Day through Labour Day.

Hespeler Branch

Phone: (519) 658-4412

Address: 5 Tannery St E Cambridge, ON N3C 2C1

Hours: Mon-Thu 12 noon-8:30 pm * Fri 12 noon-5:30 pm * Sat 9:30 am-5:30 pm * Sun 1 pm-5 pm * library is closed on Sunday from Victoria Day weekend to Labour Day

Clemens Mill Branch

Phone: (519) 740-6294

Address: 50 Saginaw Pkwy Cambridge, ON

Hours: Mon-Thu 12 noon-8:30 pm, Fri 12 noon-5:30 pm, Sat 9:30 am-5:30 pm, Sun 1 pm- 5 pm * library is closed on Sun from Victoria Day weekend to Labour Day

Public Computer Access

Self-Help Alliance, Cambridge

Phone: (519) 623-6024

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

Hours: Mon-Fri 9 am-12 noon, 1 pm-5 pm * some groups and events may run outside these hours, please see calendars for details <http://self-help-alliance.ca/contact/cambridge/>

Kinbridge Community Association

Phone (519) 740-8565

Address: 125 Champlain Blvd. Cambridge ON N1R 2X6 unit 8

Hours: Monday-Friday 9:00am-5:00pm, closed 12:00pm-1:00pm

Langs

Phone: (519) 653-1470

Address: 1145 Concession Rd, Cambridge, ON

Hours: Monday, Tuesday, Wednesday, Thursday 8:30am-8:00pm. Friday 8:30am-4:30pm

Website: www.langs.org

Email: info@langs.org

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

Phone: (519) 623-YMCA ext. 306

Address: 256 Hespeler Rd Cambridge, ON N1R 3H3

Hours: Monday, Tuesday, Thursday 3:00pm-5:30pm, Wednesday 3:00pm-7:30pm, Friday 3:00pm-10:00pm

Email: ymcateenzone@ckwymca.ca

Website: www.ymcacambridgekw.ca/en/community-programs-services/Z-Beside-the-Y-Youth-Centre.asp

Family & Community Connections, Ayr

Phone: (519) 632-9739

Address: 173 Northumberland St, Ayr, ON

Hours:

Computer Access as well as resource library

Health Care Providers

Cambridge Memorial Hospital

Phone: (519) 621-2330

Address: 700 Coronation Blvd, Cambridge, ON N1R 3G2

Hours: Monday-Sunday 24 Hours

Email: information@cmh.org

Website: www.cmh.org

*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

Phone: (519) 653-1470

Address: 1145 Concession Rd. Cambridge, ON N3H 4L5

Hours: Monday –Thursday 8:30am-8:00pm Friday 8:30am-4:30pm

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

Phone: (519) 632-1229 Ext 2226

Address: 2958 Greenfield Rd Ayr, ON N0B 1E0

Hours: Monday 8:30am-8:00pm, Tuesday 8:30am-5:00pm, Wednesday 8:30am-5:00pm,

Thursday 8:30am-8:00pm, Friday 8:30am-5:00pm

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

Phone: (519) 575-4400 general inquires, (519) 883-2267 sexual health

Address: 150 Main St. Cambridge ON N1R 6P9

Hours: Contact for information

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

Phone Number: (519) 632-7442

Address: 7 Church St Ayr, ON N0B 1E0

Hours: Monday-Friday 8:30am-4:30pm

Cambridge Centre for the Arts

Phone number: (519) 740-4681 Ext. 4376

Address: 60 Dickson St. Cambridge, ON

Hours: Monday-Thursday 8:30am-9:00pm, Friday 8:30am-4:00pm, Saturday 9:00am-3:00pm

Summer hours: Monday-Friday 8:30am-4:30pm, closed weekends

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

Phone Number: (519) 740-4681

Hours: Monday-Friday 8:30am-4:30pm

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

Phone number: 519-740-4681 Ext. 4275

Email: trails@cambridge.ca

City of Cambridge Parks

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

Dickson Centre Arena

Phone number: 519-740-4681 Ext. 4529

After hours phone number: (519) 621-0740

Address: 30 Parkhill Rd. W Cambridge, ON

Hours: Monday-Friday 8:00am-11:00pm, Saturday-Sunday 7:00am-11:00pm

Website: www.cambridge.ca

Duncan McIntosh Arena

Phone number: 519-740-4681 Ext. 4525
 Address: 200 Christopher Dr. Cambridge ON, N1R 4S4
 Hours 8:00am-12:00am, 7 days a week
 Website: www.cambridge.ca

Edward Newland Outdoor Pool

Phone number: (519) 653-7646
 After hours phone number: (519) 740-4681
 Address: 515 William St. Cambridge, ON N3H 3W6
 Hours: Seasonal
 Website: www.cambridge.ca

Fire Museum and Education Centre

Phone number: (519) 621-1144
 Address: 56 Dickson St. Cambridge, ON
 Hours: 9:30am-12:30pm year-round, Wednesday 9:30am-12:30pm, June 17-September 9th
 Email: info@firehallmuseum.ca
 Website: www.firehallmuseum.ca/contact.html

Galt Arena Gardens

Phone number: (519) 740-4681 Ext. 4522
 Address: 98 Shade St. Cambridge, ON
 Hours: Office hours: 8:30am-4:30pm
 Website: www.cambridge.ca

George Hancock Outdoor Pool

Phone number: (519) 740-7178
 Address: 115 Glenmorris St. Cambridge, ON N1S2Y8
 Hours: Mid-June to late August

Hespeler Memorial Arena

Phone number: (519) 740-4681 Ext. 4605
 Address: 640 Ellis Rd. W Cambridge, ON
 Hours: 8:00am-12:00pm
 Email: csd@cambridge.ca
 Website: www.cambridge.ca

John Dolson Centre Pool

Phone number: (519) 740-4681 Ext. 4455
 Address: 212 South St. Cambridge, ON N1R 2P4
 Hours: Varies
 Website: www.cambridge.ca

Karl Homuth Arena

Phone number: 519-740-4681 Ext. 4675
 Address: 1407 Hamilton St. Cambridge, ON N2H 3C4

Hours: 8:00am-12:00pm
 Email: csd@cambridge.ca
 Website: www.cambridge.ca

Kinsmen- Soper Park Outdoor Pool

Phone number: (519) 740-7173
 Address: 41 Marion Way, Cambridge, ON
 Hours: Seasonal through the summer
 Email: ridgep@cambridge.ca
 Website: www.cambridge.ca

North Dumfries Community Complex

Phone number: 519-632-8800
 Address: 2958 Greenfield Rd Ayr, ON N0B 1E0
 Hours: 7:00am-11:00pm, Department of Recreation Services Hours: Monday-Friday 8:30am-4:30pm
 Website: www.northdumbfries.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.

Preston Auditorium

Phone Number: 519-740-4681 Ext. 4674
 Address: 1458 Hamilton St. Cambridge, ON
 Hours: 8:00am-12:00pm Ice Rink rentals, Meeting Room and Banquet Hall rentals
 Email: csd@cambridge.ca
 Website: www.cambridge.ca

Riverside Rails

Phone Number: (519) 470-4681
 Evening Phone Number: (519) 223-1383
 Address: 1850 Rogers Dr. Cambridge, ON
 Hours: Daylight until dusk
 *Helmets and other safety equipment strongly recommended.

Tim Horton's Free Skates and Swims

Website: <http://www.timhortons.com/ca/en/corporate/free-swim.php>
 *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 or online).

Township of North Dumfries, Parks and Recreation Department

Phone number: 519-632-8800 Ext 101
 Address: 7 Church Street, Ayr, ON N0B 1E0
 Hours: Monday-Sunday 24 Hours

Website: www.northdumfries.ca

W.G. Johnson Centre

Phone Number: (519) 740-4681 Ext.4469

Address: 31 Kribs St. Cambridge, ON N3C 2L3

Hours: Monday and Wednesday 6:00am-10:00pm, Tuesday, Thursday, and Friday 6:00am-9:00pm, Saturday 8:00am-6:00pm, Sunday 8:00am-5:30pm, Summer Hours: Monday-Thursday 6:00am-8:00pm, Saturday 8:00am-5:00pm, Sunday 8:00am-5:00pm

Website: www.cambridge.ca

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