

2011-  
2012

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 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. 225

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

Community Care Access Centre.....310-2222

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

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

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

Waterloo Region Committee on Elder Abuse.....519-883-2280

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

200 Maple Grove Rd, Cambridge ..... 519-653-7700

### Are you in need of shelter?

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

26 Simcoe St, Cambridge

Haven House.....Abused Women 519-653-2289

Cambridge..... Crisis 1-800-410-4482, 519-653-2422

### 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

Cambridge Vineyard.....Tuesdays 519-623-4639

147 Elgin St N, Cambridge.....Other Days 519-740-8463

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

80 Stanley St, Ayr

The Salvation Army.....519-623-1221

16 Shade St, Cambridge

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

Waterloo Region Social Services Department.....519-883-2290  
Community Outreach Program

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

**Do you need someone to talk to?**

Telecare Distress Centre.....519-658-6805  
Box 32074 Preston Centre PO, Cambridge

Cambridge Active Self Help Organization..... 519-623-6024  
13 Water St N, Cambridge

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

Ayr.....519-632-9737

Distress Line.....519-745-1166

COPING Bereavement Support Groups of Ontario Inc.....519-650-0852  
1740 Blair Rd, Cambridge.....1-877-554-4498

John Howard Society of Waterloo-Wellington.....519-622-0815  
Cambridge Place, 3-73 Water St N, Cambridge

Lutherwood, Mental Health Services, Lutherwood Family Counselling Services.....519-622-1670  
35 Dickson St, 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  
519-749-8440

Email: [info@adhdparentsupportgroupkw.com](mailto:info@adhdparentsupportgroupkw.com)

Website: [www.adhdparentsupportgroupkw.com](http://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](mailto:cambridgefamily@bellnet.ca)

Website: [www.cfeyc.ca](http://www.cfeyc.ca)

Serves parents and children from birth to 6 years, with children's programs that build educational, social and creative skills through crafts, dramatic and sensory play, songs and stories. 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, access to Public Health Nurse, Speech and Language Pathologist, Zero to 6 Behaviour Consultant, Vision Screening and more. Ages 6 and under.

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

519-743-1195

Email: [dadsofwaterlooregion@rogers.com](mailto:dadsofwaterlooregion@rogers.com)

A support group for Dads of children with Down Syndrome.

### Epilepsy Waterloo-Wellington Parent & Child Support Group

301 Fredrick Street, 3rd floor Kitchener, ON  
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. Meetings are held on the second Wednesday of the month, and run from 7-8:30 pm

### Family and Children's Services

519-576-0540 (Hotline)

Email: [inquiries@facswaterloo.org](mailto:inquiries@facswaterloo.org)

Website: [www.facswaterloo.org](http://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

Meetings: 3rd Monday of Month, call to confirm

Telephone: 519-743-1422

Email: [kidsmood@gmail.com](mailto: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**

519-746-5437

Email: [parent.advocacy@hotmail.com](mailto:parent.advocacy@hotmail.com)

Website: [www.PCMHwaterloo.com](http://www.PCMHwaterloo.com)

Support group for parents and caregivers of children with mental health concerns. Meets monthly.

### **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](mailto: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](mailto:darlong@gmail.com)

Self help support group for families of children with severe heart problems. Meets 2nd Tuesday of the month 7:30pm (Sept-June)

### **Views for the Visually Impaired, Kitchener – Waterloo Chapter**

519-578-5389

Families and friends of children with visual impairments. meets 3rd Wednesday of the month.

### **Waterloo Fetal Alcohol Syndrome Support Group**

519-883-2223

Email: [mbonnie@region.waterloo.on.ca](mailto:mbonnie@region.waterloo.on.ca)

Support group for parents and caregivers of children who may be affected by Fetal Alcohol Spectrum Disorder, professionals and others interested are welcome. Meets last Tuesday evening of the month (Jan-Jun, Sept-Nov)

## Daycare Centres

### All in a Day's Play Child Care and Learning Centre

450 King St E Cambridge, ON N3H 3M9  
519-653-5700

Email: [info@allinadaysplay.ca](mailto:info@allinadaysplay.ca)

Website: [www.allinadaysplay.ca](http://www.allinadaysplay.ca)

Provides day care - child care. Full-time, part-time and subsidized government programs. Ages 2-5

### Branson Academy Montessori School

1-866-754-3239 (Toll free)  
221 Holiday Inn Dr Cambridge, ON N3C 3T2  
519-220-1244

Email: [info@brasonmontessori.ca](mailto:info@brasonmontessori.ca)

Website: [www.brasonmontessori.ca](http://www.brasonmontessori.ca)

Provides preschool (junior kindergarten, Sr kindergarten) programs, Child care, after and before school. Summer camps are conducted based on the enrolment. Ages 2.5 and up

### Centre Educatif Les P'tites Sauterelles

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

Email: [sauterelles@bellnet.ca](mailto:sauterelles@bellnet.ca)

Provides child care and an after-school program.

Ages eighteen months to two and a half years old for toddlers. Two and a half years to five years old for preschool. Ages six to twelve for the after-school program.

### Conestoga College, Silverheights Child Care

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

Email: [jchapman@conestogac.on.ca](mailto:jchapman@conestogac.on.ca)

Website: [www.conestogac.on.ca](http://www.conestogac.on.ca)

### East Side Daycare

95 East St Cambridge, ON N1R 4P5  
519-621-3056

Email: [eastsidedaycare@on.aibn.com](mailto:eastsidedaycare@on.aibn.com)

It provides childcare for ages 2-6 in a mixed age group setting. Reasonable rates.

## Home Child Care (Waterloo Region)

519-883-2200 (Intake)

150 Main Street

Cambridge, Ontario N1R 8H6

519-740-5760

E-mail: [hkathy@region.waterloo.on.ca](mailto:hkathy@region.waterloo.on.ca)

Home Child Care is licensed under the Day Nurseries Act, in the same way as childcare centres. The caregivers are independent contractors, who work from their homes to help children realize their full potential. They enjoy providing childcare in a family atmosphere and offer a program which includes crafts, toys games and field trips, making each day a stimulating one of varied activities.

**Christopher House Nursery School-** 519-621-6525

**Christopher House Day Care-** 519-621-6525

**Kinsmen Day Care-** 519-653-9933

## Jacob Hespeler Child Care Centre

100 Weaver St Cambridge, ON N3C 1W4

519-658-2620

Email: [jacobhespelerchildcare@rogers.com](mailto:jacobhespelerchildcare@rogers.com)

It provides quality child care programs for children 2-12 years, and is licensed by the Ministry of Children and Youth Services.

## KidsLINK Child Care Connections

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

519-741-1811

Email: [info@cccnds.ca](mailto:info@cccnds.ca)

Website: [www.childcareconnection.ca](http://www.childcareconnection.ca)

Child Care Connection is an information and advisory service for families with children ages 0-12 and their caregivers to access an extensive database of licensed child care programs (day cares, preschools, nursery schools, in-home licensed child care programs), as well as receive information and referrals.

## Owl Child Care Services of Ontario, Our Lady of Fatima

Our Lady of Fatima

55 Hammet St Cambridge, ON N3C 2H5

519-220-1148

Email: [info@owlchildcare.org](mailto:info@owlchildcare.org)

Website: [www.owlchildcare.org](http://www.owlchildcare.org)

It provides preschool programs, day care, child care, and school age programs; kindergarten programs and summer camps are also conducted. Ages 2 to 10 years.

## Peekaboo Child Care Centre

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

519-620-0123

Email: [cambridge@peekabookid.com](mailto:cambridge@peekabookid.com)

Website: [www.peekabookid.com/Cambridge.php](http://www.peekabookid.com/Cambridge.php)

Peekaboo Child Care Centre is a privately owned, fully licensed by the Ministry of Community and Social Services. Peekaboo offers both part time and full time child care & pre school.

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### **Pluto Daycare Centre**

25 Brook St Cambridge, ON N1R 4B9

519-623-5200

Email: [plutodaycare@hotmail.com](mailto:plutodaycare@hotmail.com)

They provide daycare programs for ages 6 months - 6 years. Pluto Day Care offers both full and part-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 6 years. 63 spaces, 10 staff and one full time cook.

### **Region of Waterloo Child Care Subsidy**

519-883-2200 (Intake)

150 Main Street

Cambridge, Ontario N1R 8H6

519-740-5760

Email: [sphillips@regionofwaterloo.ca](mailto:sphillips@regionofwaterloo.ca)

Website: [www.region.waterloo.on.ca/socialservices](http://www.region.waterloo.on.ca/socialservices)

Financial assistance with child care costs in licensed child care programs for parents/guardians who are working, attending school or a training program, or are medically unable to care for their child.

### **Saginaw Child Care Centre**

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

519-740-8066

Email: [saginawchildcare@rogers.com](mailto:saginawchildcare@rogers.com)

It offers preschool, day care programs, before and after school, and summer programs. Ages 2-10

### **Tender Loving Daycare**

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

519-740-2442

Email: [Tenderlovingdaycare@rogers.com](mailto:Tenderlovingdaycare@rogers.com)

Website: [www.tenderlovingdaycare.ca](http://www.tenderlovingdaycare.ca)

Day care center. Various programs are offered to toddlers and preschool aged kids. Ages 1.5-6

### **Woodland Park Child Care Centre**

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

519-651-1090

Email: [woodlandcc@rogers.com](mailto:woodlandcc@rogers.com)

Provides pre-school and after-school programs for children aged 2-12 years.

### **YMCA of Cambridge, Chaplin Family Childcare Centre**

250 Hespeler Rd

Cambridge, ON N1R 3H3

519-623-9622

Website: [www.ymcacambridgekw.ca](http://www.ymcacambridgekw.ca)

Child care, day care programs, summer camps and pre-school programs. Subsidised child care is available.

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### **YMCA of Cambridge, Elgin Child Care Centre**

Elgin Street Public School, 685 Elgin St N Cambridge, ON N1R 7W6  
519-624-1303

Website: [ymcacambridgekw.ca](http://ymcacambridgekw.ca)

Pre-school, child care programs, subsidised child care, and before and after-school programs. Ages 2.5-12

### **YMCA of Cambridge, Highland School Age Centre**

Highland Public School, 125 Salisbury Dr Cambridge, ON N1S 1H5  
519-622-3266

Website: [www.ymcacambridgekw.ca](http://www.ymcacambridgekw.ca)

Provides pre-school programs, child care, before and after-school programs. Ages 6-10

### **YMCA of Cambridge, Stepping Stones Child Care Centre**

St. Augustine School, 177 Bismark Dr Cambridge, ON N1S 4Y2  
519-622-3785

Website: [www.ymcacambridgekw.ca](http://www.ymcacambridgekw.ca)

It offers preschool, child care, before and after school programs. Ages 2.5-12

### **YWCA of Cambridge, Day Care Centre**

1733 Industrial Rd Cambridge, ON N3H 5G7  
519-653-0746

Website: [www.ywcacambridge.ca](http://www.ywcacambridge.ca)

It provides preschool programs; child care, after and before school programs; conducts summer camps; subsidized child care is available. Ages 1.5-5

### **YWCA of Cambridge, St. Elizabeth School Child Care Centre**

50 Adler Dr Cambridge, ON N3C 4B7  
519-654-9366

Website: [www.ywcacambridge.ca](http://www.ywcacambridge.ca)

It provides full day, kindergarten and before and after school programs. Ages 2.5-12

### **YWCA of Cambridge, St. James Child Care**

St. James Anglican Church, 520 Ellis Rd Cambridge, ON N3C 4B1  
519-654-9153

Email: [c.toner@ywcacambridge.ca](mailto:c.toner@ywcacambridge.ca)

Preschool age Daycare and Toddler care. Ages 1.5-6

### **YWCA of Cambridge, St. Margaret School Child Care Centre**

210 Cowan Rd Cambridge, ON N1T 1V4  
519-622-6773

Website: [www.ywcacambridge.ca](http://www.ywcacambridge.ca)

It provides preschool programs; child care, after and before school programs; subsidized rates are available; camps are conducted in summer. Ages 2.5-12

## Schools

### Branson Academy Montessori School

1-866-754-3239 (Toll free)

221 Holiday Inn Dr Cambridge, ON N3C 3T2

519-220-1244

Email: [info@brasonmontessori.ca](mailto:info@brasonmontessori.ca)

Website: [www.brasonmontessori.ca](http://www.brasonmontessori.ca)

Provides preschool (junior kindergarten, Sr kindergarten) programs, Child care, after and before school. Summer camps are conducted based on the enrolment. Ages 2.5 and up

### Cambridge English Preschool

6 Cambridge St. Cambridge ON N1R 3R6

519-622-6951

### Cambridge Islamic School

1550 Dunbar Rd. Cambridge ON N1R 8J5

519-740-6855

Website: <http://ca.geocities.com/islamicschool@rogers.com/index.htm>

### Montessori School of Cambridge

9 Roseview Ave. Cambridge ON N1R 4A5

519-622-1470

Email: [Montessori@in.on.ca](mailto:Montessori@in.on.ca)

Website: [www.montessori-of-cambridge.org](http://www.montessori-of-cambridge.org)

Preschool junior and senior kindergarten.

### Oxford Learning Centre

800 Franklin Blvd. Cambridge, ON N1R 7Z1

519-624-8762

Email: [Cambridge@cambridgeoxford.com](mailto:Cambridge@cambridgeoxford.com)

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

### Riverbank Preschool

Central Presbyterian Church Queen's Square, 7 Queen's Square Cambridge, ON N1S 1H4

519-622-2750

It provides pre-school programs. Ages: 2.5 year(s) - 5 year(s)

### Sylvan Learning Centre

190 St. Andrews St. Cambridge ON N1S 1N5

519-622-7477

Provides preschool and kindergarten programs.

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### **Waterloo Catholic District School Board**

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

519-578-3660

Email: [info@wcdsb.ca](mailto:info@wcdsb.ca)

Website: [www.wcdsb.ca](http://www.wcdsb.ca)

Boards of education ; Citizenship ; Elementary separate schools ; English as a second language ; French-speaking communities ; Literacy instruction ; Parent and child programs ; Parenting support ; Religious counselling ; Remedial education ; Secondary separate schools

### **Waterloo Region District School Board**

51 Ardelt Ave Kitchener, ON N2C 2R5

519-570-0300

Website: [www.wrdsb.ca](http://www.wrdsb.ca)

Alternative schools ; Boards of education ; Citizenship ; Distance education ; Elementary schools ; Employment ; English as a second language ; First language literacy programs

## Support for Children with Disabilities

### Cambridge Association for the Mentally Handicapped- Pre-school Resources

160 Hespeler Rd. Cambridge, ON N1R 6V7

519-623-7490

Email: [camh@camh.on.ca](mailto:camh@camh.on.ca)

Website: [www.golden.net/~camh](http://www.golden.net/~camh)

A program for children 3-5 years of age who have a developmental delay and are enrolled in a community pre-school. This program offers formal assessments, individual program plans and consultation with parents and professionals involved with the child. Home programming is available for children unable to attend a community program.

### Community Living Cambridge

519-623-7490

160 Hespeler Rd Cambridge, ON N1R 6V7

Website: [www.communitylivingcambridge.ca](http://www.communitylivingcambridge.ca)

Email: [info@communitylivingcambridge.ca](mailto:info@communitylivingcambridge.ca)

Community Living Cambridge serves Cambridge community members with a developmental disability, and provides events and activities to enrich their lives. Support is offered through a variety of programs such as residential group homes, employment support programs, pre-school services and alternative day programs designed to meet each individuals needs.

### KidsAbility Centre for Child Development

250 Hespeler Rd Cambridge, ON N1R 3H3

519-621-7580

Email: [memcilroy@kidsability.ca](mailto:memcilroy@kidsability.ca)

Website: [www.kidsability.ca](http://www.kidsability.ca)

Pediatric rehabilitation for children with communication, developmental or physical disabilities. Assessment and therapy services provided include: Physiotherapy, Occupation therapy, Speech language pathology, Social work, Therapeutic recreation, Special clinics: orthopaedic, orthotics, seating and mobility and augmentative communication.

### 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@ndsa.on.ca](mailto:snap@ndsa.on.ca)

Website: [www.ccsnap.com](http://www.ccsnap.com)

SNAP is the single point of access for special needs services for children, 0-6, attending or planning to attend licensed child care in the Region of Waterloo.

## Children's Mental Health

### Cambridge Memorial Hospital, Child and Family Services

519-621-2330

700 Coronation Blvd, Cambridge, ON N1R 3G2

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.

### Front Door, Access to Child and Youth Services

519-749-2932

1770 King St E Kitchener, ON

Website: [www.lutherwood.ca/mentalhealth/services/front-door](http://www.lutherwood.ca/mentalhealth/services/front-door)

Front Door provides a one-stop first contact for families and young people who are looking for assistance and services for a child experiencing a mental health concern.

### KidsLINK, Partners Program

35 Dickson St Cambridge, ON N1R 7A6

519-623-9380

Email: [kidslink@ndsa.on.ca](mailto:kidslink@ndsa.on.ca)

Website: [www.kidslink.ndsa.on.ca](http://www.kidslink.ndsa.on.ca)

KidsLINK helps children, youth, and their families to overcome social, emotional and behavioural challenges. Programs and services assess and treat mental health challenges, including depression, bi-polar disorder, schizophrenia, conduct disorder, attention deficit hyperactivity disorder (ADHD), anxiety disorder and eating disorders.

### Lutherwood Mental Health Services

519-623-9380

35 Dickson St. Cambridge, ON N1R 7A6

Website: [www.lutherwood.ca](http://www.lutherwood.ca)

Helps children and youth up to age 24 with many different mental health issues.

### Lutherwood Mental Health Services, Partners Program

519-623-9380

35 Dickson St. Cambridge, ON N1R 7A6

Website: [www.lutherwood.ca](http://www.lutherwood.ca)

The Partners Program, created through a joint initiative between Lutherwood and KidsLINK, is a high intensity and focused program approach designed to bring all the assistance your family needs into your environment. Partners is 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. Working around family schedules, one dedicated Partners Family Support Worker helps your family regain a state of balance. Through a positive strength-based approach, the Family Support Worker builds on what works for your family and enhances that by helping you make the supportive connections you need within your world

## Other Supports

### Big Brothers Big Sisters

151 Savage Dr, 5A Lower, Cambridge, ON N1T 1S6  
519-629-0180

Email: [ashleya@bbbskw.org](mailto:ashleya@bbbskw.org)

Website: [www.bbbsofcambridge.org](http://www.bbbsofcambridge.org)

Big Brothers Big Sisters is a 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. Ages 6-16

### Cambridge Family Early Years Centre

149 Ainslie St N Cambridge, ON N1R 3P4  
519-740-8353

Email: [cambridgefamily@bellnet.ca](mailto:cambridgefamily@bellnet.ca)

Website: [www.cfeyc.ca](http://www.cfeyc.ca)

Serves parents and children from birth to 6 years, with children's programs that build educational, social and creative skills through crafts, dramatic and sensory play, songs and stories. 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, access to Public Health Nurse, Speech and Language Pathologist, Zero to 6 Behaviour Consultant, Vision Screening and more. Ages 6 and under.

### Child Witness Centre

1-888-544-0904 (Toll Free)  
100 Lancaster St E Kitchener, ON N2H 1M8  
519-744-0904

Email: [admin@childwitness.com](mailto:admin@childwitness.com)

Website: [www.childwitness.com](http://www.childwitness.com)

The Child Witness Program provides support services and court preparation for children and youth who are victims or witnesses involved in the criminal justice system. In addition, case workers assist with victim impact statements. We will also provide referrals to appropriate community agencies and therapists for counselling. A community resource library is located in the office.

### Children of Lesbians and Gays Everywhere

225 Bruce St. Unit 2 Kitchener, ON N2B 1Z5  
415-861-KIDS

Email: [sdma@golden.net](mailto:sdma@golden.net)

COLAGE is a group run by and for children of lesbian, gay, bisexual and transgender parents. We serve all ages of children, from 0-99

## **CINOT (Children in Need of Treatment)**

150 Main St, 1st floor (rear of building), Cambridge ON N1R 8H6  
519-883-2222

Monday and Tuesday 9 am - 4 pm

<http://www.mhp.gov.on.ca/en/healthy-communities/dental/default.asp>

The Children In Need of Treatment (CINOT) program provides emergency dental care and out-of-hospital anesthetic coverage for low-income children age 17 and under. Program is screened through Public Health. Eligible children are then free to have the dental work completed at any dental office that is accepting CINOT patients.

## **Family and Children's Services**

519-576-0540 (Hotline)

Email: [inquiries@facswaterloo.org](mailto:inquiries@facswaterloo.org)

Website: [www.facswaterloo.org](http://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**

80 Stanley St Ayr, ON N0B 1E0

519-632-9737

Email: [loriw@fccnd.com](mailto:loriw@fccnd.com)

Providing outreach services to low income families with resources such as food, clothing, shelter, recreation, transportation, childcare and counselling.

## **Family Violence Project of Waterloo Region**

1887 Langs Dr Cambridge, ON N3H 5K4

519-743-6333

Email: [info@mosaiconline.ca](mailto:info@mosaiconline.ca)

Website: [www.mosaiconline.ca](http://www.mosaiconline.ca)

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**

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

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

519-883-2222

Monday and Tuesday 9 am - 4 pm

<http://www.health.gov.on.ca/en/public/programs/dental/>

Healthy Smiles Ontario is a new program for kids 17 and under who do not have access to any form of dental coverage. If eligible, your kids will get regular dental services at no cost to you. Kids 17 and under may be eligible if they are residents of Ontario, they are members of a household with an Adjusted Family

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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**

1-888-570-0181 (Toll free)

385 Fairway Rd, Suite 4A-230 Kitchener, ON N2C 2N9

519-570-0181

Website: [www.infantandtoddlersafety.ca](http://www.infantandtoddlersafety.ca)

The Infant and Toddler Safety Association provides information to help prevent unintentional injuries and death in 0-7 year olds. Services include: Child safety hotline, information on car seats, cribs, high chairs, child proofing, and training for child safety professionals.

### **Kids Help Phone**

1-800-668-6868

Website: [www.kidshelpphone.ca](http://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](http://www.lutherwood.ca)

The Families in Transition program provides housing help to families in need 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. The resource center offers newspapers, telephones, fax, email, internet, and photocopying capabilities. Three transitional homes provide short term accommodations for eligible families. This program services families with children only.

### **Monica-Ainslie Place**

519-743-0291 (After hours)

150 Ainslie St N Cambridge, ON N1R 3P5

519-624-0481

Email: [stmonica@golden.net](mailto:stmonica@golden.net)

Website: [www.saintmonicahouse.org](http://www.saintmonicahouse.org)

Monica-Ainslie Place is a subsidized, supportive transitional housing complex for single mothers and their children. Programs for tenants and residents of Cambridge include: Individual and group counselling, recreational opportunities, peer support, parenting groups, child development assessments, toy lending library, referrals to other community services, workshops focusing on topics such as self-awareness, independent living, budgeting, personal health, conflict resolution, and relationships. Also offers a facility in Waterloo for single mothers and their children up to eleven months of age.

### **North Dumfries Family Resource Centre**

Calvary Church, 173 Northumberland St Ayr, ON N0B 1E0

519-632-9828

North Dumfries Family Resource Centre provides caregivers and children with: Community resources; Lending library; Creative play time; Crafts, songs and stories; Monthly and seasonal events; Parent and caregiver social nights; Guest speakers; Parenting courses; Host Outreach Centre for KidsAbility Speech Assessments and therapy held on site each Friday.

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**Waterloo Region Block Parent Program Inc.**

Suddaby Public School, 171 Frederick St Kitchener, ON N2H 2M6  
519-745-8410

Email: [contact@blockparents.ca](mailto:contact@blockparents.ca)

Website: [www.blockparents.ca](http://www.blockparents.ca)

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

## Recreation

### Canadian Tire Jump Start

Website: [www.canadiantire.ca/jumpstart](http://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.

### Kids Can Play

PO Box 23012, Westgate Mall, Cambridge, ON N1S 4Z6  
519-651-2847

Email: [kpcpcambridge@yahoo.com](mailto:kpcpcambridge@yahoo.com)

Non-profit, volunteer organization designed to assist families living at the poverty line. Provides financial assistance with the enrollment fee to children age 0-16 to participate in sport, art and music lessons. Families must demonstrate financial need and children must be enrolled in Cambridge-area schools. KCP offers support once every 6 months so a child can attend up to 2 activities a year or one all year.

### YMCA Strong Kids Campaign

250 Hespeler Road

Cambridge, ON. N1R 3H3

Phone: 519-623-YMCA (9622)

<http://chaplinfamilyy.ca/en/index.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.

The YMCA also offers free 2 week trials. Go to <http://chaplinfamilyy.ca/en/index.asp> for more information.

## 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.

### Alison Neighbourhood Association

Located within St. Anne School at:  
127 Elgin St. N Cambridge, ON N1R 5H6  
519-620-1867  
Website: <http://www.alisonneighbourhood.org/>  
Email: [alisonneighbourhood@on.aibn.com](mailto:alisonneighbourhood@on.aibn.com)

### Blair Road Neighbourhood Association

30 Parkhill Rd, Cambridge, ON N1S 2J4  
519-624-0898

### Kinbridge Community Association- Christopher Champlain

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

### Christopher Champlain McIntosh Loft

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

### Kinbridge Community Association- Southwood

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

### East Hespeler Neighbourhood Association

W.G. Johnson Centre  
31 Kribs St, Cambridge, ON N3C 2L3  
519-740-4681 ext 4459

### Fiddlesticks Community Centre

71 Cowan Blvd, Cambridge, Ontario N1T 1K7  
519-621-4040  
Website: <http://www.fiddlesticks.ca/>  
Email: [fiddlesticks@on.aibn.com](mailto:fiddlesticks@on.aibn.com)

### **Greenway Chaplin Community Centre**

116 Rouse Ave, Cambridge, ON N1R 4M8  
519-623-4220  
Website: <http://www.greenwaychaplin.webs.com/>  
Email: [greenway@golden.net](mailto:greenway@golden.net)

### **Hespeler Village Neighbourhood Association**

519-740-4681, ext 7970  
Website: <http://www.hespelervillage.org/contact.html>  
Email: [info@hespelervillage.org](mailto:info@hespelervillage.org)

### **Langs Farm Village Association**

519-653-1470  
887 Langs Dr. Unit #1, Cambridge, ON N3H 5K4  
Website: <http://www.langs.org/locations.php>  
Email: [info@langs.org](mailto:info@langs.org)

### **Youth & Teen Community Centre**

581-E Langs Dr, Cambridge, ON N3H 5K4  
519- 653-1263

### **Popcorn House Community Resource Centre**

292 Shepherd Ave, Cambridge, ON N3C 1V1  
519-654-9444  
Website: <http://www.popcornhouse.ca/contact-us.html>  
Email: [popcorn@popcornhouse.ca](mailto:popcorn@popcornhouse.ca)

### **Preston Heights Community Group**

350 Linden Dr, Cambridge, ON N3H 5N7  
519-650-2971  
Website: [www.prestonheights.ca](http://www.prestonheights.ca)  
Email: [phcg@golden.net](mailto:phcg@golden.net)

### **Silverheights Neighbourhood Association**

Silverheights Public School  
390 Scott Rd, Cambridge, ON  
519-740-4681  
Email: [silverheightsna@hotmail.com](mailto:silverheightsna@hotmail.com)

## Libraries and Computer Access

### Ayr Public Library

519-632-7298

137 Stanley St Ayr, ON

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

### Cambridge Libraries and Galleries

Website: [www.cambridgelibraries.ca](http://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.

### Community Access Program

This program allows people of the community who do not have access to a computer at home or at work to do things such as create a resume, find a job, or to see what kind of government services that are available online. There are four CAP sites available to the public:

**Cambridge Active Self Help**

519-623-6024

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

**Christopher Champlain Community Centre**

519-740-8565

8-125 Champlain Blvd. Cambridge ON N1R 2X6

**Langs Farm Village Association**

519-653-1470

887 Langs Dr. Unit 1 Cambridge ON N3H 5K4

**The YMCA of Cambridge**

519-621-3250

250 Hespeler Rd Cambridge, ON N1R 3H3

### Family & Community Connections, Ayr

519-632-9739

80 Stanley St. Ayr, ON N0B 1E0

Computer Access as well as resource library

## Health Care Providers

### Cambridge Memorial Hospital

519-621-2330

700 Coronation Blvd, Cambridge, ON N1R 3G2

Cambridge Memorial Hospital is a 240-bed community hospital serving Cambridge and North Dumfries Township. CHM provides acute care services including Cancer Care, Intensive Care, Medicine Unit, as well as Diagnostic, Emergency, Surgical, Mental Health, Outpatient, Rehabilitation and Restorative Services. Fully Accessible

### Langs Farm Community Health Centre

519-653-1470

887 Langs Dr. Unit 1 Cambridge ON N3H 5K4

Website: [www.langs.org](http://www.langs.org)

Email: [info@langs.org](mailto:info@langs.org)

Offers medical counselling for people in Preston within the catchment area

### North Dumfries Community Health Centre Satellite

519-632-1229

53 Hilltop Dr. Ayr, ON N0B 1E0

Website: [www.langs.org/nd/ndindex.php](http://www.langs.org/nd/ndindex.php)

Community health centre that provides: Primary Health Care, Programs for Children and Youth, Social Work Counselling and Nutrition Counselling

### Region of Waterloo, Public Health

519-883-2000

150 Main St. Cambridge ON N1R 6P9

Website: [www.region.waterloo.on.ca/ph](http://www.region.waterloo.on.ca/ph)

Provides 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 information

## Family Fun

### Cambridge Centre for the Arts

60 Dickson St. Cambridge, ON  
519-740-4681 Ext. 4376

There is always something special happening at the Cambridge Centre for the Arts, please call us to find out about our next great event.

### Cambridge Trails

519-740-4681 Ext. 4275

Email: [trails@cambridge.ca](mailto:trails@cambridge.ca)

Cambridge has many hiking and biking trails for all ages.

### City of Cambridge Parks

Cambridge has many parks and playgrounds. Look in a map of you neighbourhood or go for a walk around your neighbourhood to find your nearest park.

### 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  
519-653-7646

### Fire Museum and Education Centre

56 Dickson St. Cambridge, ON  
519-621-1144

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

The mission of the fire hall is to provide heritage and safety programs with a focus on Fire Prevention and interpretation of the history of Cambridge and Regional Fire Departments and the Fire Service in general, for citizens and tourists. Features safety activity books, model trains, antique fire trucks and equipment, and many other unique items.

### Galt Arena Gardens

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

### George Hancock Outdoor Pool

115 Glenmorris St. Cambridge, ON  
519-740-7178

### **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

### **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).

### **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 or 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