

# Your Guide HALDIMAND & NORFOLK

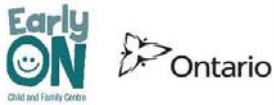
*for Families, Children & Teens*

Your Guide is  
made possible by:



Haldimand-Norfolk  
**REACH**

*supporting children, families, communities*



The Children's Aid Society  
of Haldimand & Norfolk



## JULY TO DECEMBER 2020

Your Guide is also available online at [www.contactbrant.net/yourguide](http://www.contactbrant.net/yourguide)

Use this publication to find free courses, workshops, events and groups for families, children and teens.

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**Flip YOUR GUIDE  
for BRANT!**



## Welcome to the Your Haldimand Norfolk!

The Your Guide is published twice annually with 2 issues covering January to June and July to December.

Also available online at [www.contactbrant.net/yourguide](http://www.contactbrant.net/yourguide)

Check through the Your Guide for programs listed by our partner agencies.

## Tell Us How You Feel about Your Guide Complete our Survey

Your Guide has been a community resource in Brant, Haldimand and Norfolk since 2007. Your feedback is helpful in understanding the value of *Your Guide*.

Go to: <https://www.surveymonkey.com/r/Y58WSMF> to complete the survey. If you provide your contact information\*, you will be entered into a draw for a \$100 Gift Card!

\*Contact information will be used strictly to contact draw winners and will not be shared or used for any other purpose.

## Welcome to the EarlyON Child and Family Centres

H-N REACH EarlyON Child and Family Centre programming information for July to December 2020

Visit our website at [hnreach.on.ca](http://hnreach.on.ca)



Haldimand-Norfolk  
**REACH**

Find us on

[Haldimand-Norfolk REACH](#)

&

[Haldimand- Norfolk REACH EarlyON  
Child and Family Centre](#)

MCFN EarlyON Child and Family Centre programming information for July to December 2020

Visit our website at [www.mncfn.ca](http://www.mncfn.ca)



Find us on

[MCFN EarlyON](#)





## Early Years Check In

The Early Years Check In is an easy form to use and can be completed for any child 18 months to 6 years old. Learn about resources available to you online and in the community.

Call 1-866-463-2759

## EarlyON Child and Family Centres

Parent & Child Free Interactive Programs for children 0-6 years

Location	Mon	Tues	Wed	Thurs	Fri	Sat
<b>Caledonia</b> Notre Dame Elementary 35 Braemar Ave.	<p>EarlyON Child and Family Centres provide programming for children and families. We offer a range of services and resources where you can:</p> <ul style="list-style-type: none"> <li>• join fun activities such as storytelling, arts, science, sing-alongs and games</li> <li>• get advice from professionals trained in early childhood development</li> <li>• find out about other family services in your community</li> <li>• connect with other families with young children</li> </ul> <p>We offer programs and activities on weekdays, evenings and weekends to fit the needs of families in their communities.</p> <p>We hope to see you soon in person or virtually! At the time of publication, we could not confirm our program times and locations. Please visit our websites or Facebook pages for up to date information and schedules.</p> <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">  <p>Haldimand-Norfolk <b>REACH</b> <a href="http://www.hnreach.on.ca">www.hnreach.on.ca</a></p> </div> <div style="text-align: center;">  <p><b>EarlyON</b> Child and Family Centre <a href="https://www.facebook.com/EarlyON">Facebook/EarlyON</a></p> </div> <div style="text-align: center;">  <p><a href="https://www.facebook.com/MCFN.EarlyON">Facebook/MCFN EarlyON</a></p> </div> </div> <div style="text-align: right; margin-top: 20px;">  </div>					
<b>Cayuga</b> J.L Mitchener School 60 Munsee St. South						
<b>Delhi</b> Delhi United Church 105 Church St. West						
<b>Dunnville</b> Mapleview Elementary School 223 Fairview Ave. West						
<b>Houghton</b> Houghton Public School 505 Fairground Side Rd.						
<b>Hagersville</b> Hagersville Secondary 70 Parkview Road 289-758-5599						
<b>Jarvis</b> Jarvis Public School 14 Monson St.						
<b>Langton</b> Sacred Heart Public School 26 Albert St.						
<b>Mississaugas of the Credit First Nation</b> 659 New Credit Road 905-768-5036						
<b>Port Dover</b> Lakewood Elementary 713 St. George St.						
<b>Port Rowan</b> St. John's Anglican Church 46 Front Road						
<b>Selkirk</b> Selkirk Public Library 34 Main St. W.						
<b>Simcoe</b> 12 Colborne St. North						
<b>Waterford</b> Waterford United Church 135 Main St. South						

## Well Baby / Breastfeeding Drop-in

In Partnership with Haldimand Norfolk Health Unit.

Well Baby is a free program for parents of infants and toddlers to talk to a Public Health Nurse about breastfeeding, infant feeding, growth and development, community resources and other questions you may have concerning your infant and toddler.

### Breastfeeding Support

- Call Telehealth Ontario at 1-866-797-0000
- Call Public Health Nurse at 519-426-6170 or 905-318-6623
- Email [earlyon@hnreach.on.ca](mailto:earlyon@hnreach.on.ca)

During the Covid-19 Pandemic, please refer to the [H-N REACH](#) website for updated information.



### Prenatal Classes

The Haldimand-Norfolk Health Unit offers a combination of online and in-person prenatal classes.

The prenatal program is available to residents of Haldimand and Norfolk County.

**To register for the online prenatal program go to: <https://hnhu.org/clinics-classes/prenatal-classes/>.**

**To register for in-person Prenatal Classes call the Health Unit at 519-426-6170 (Simcoe) or 905-318-6623 (Caledonia).** These are led by a Public Health Nurse and provided in partnership with H-N REACH EarlyON Child and Family Centres. There is a \$45 cost recovery charge for this program. Financial support may be available upon request.

For up to date information on dates and times visit:

- <https://hnhu.org/clinics-classes/prenatal-classes/>
- <http://www.hnreach.on.ca/earlyon-child-and-family-centres/>



## Story Time with the Librarian

A Librarian from Norfolk County Library joins EarlyON for a fun interactive story time. Together explore letters, numbers and so much more through books, songs and rhymes.

During the Covid-19 Pandemic, please refer to the [H-N REACH](#) website for updated information and our program schedule.

## Parenting Programs

### Moms Talk:

**Wednesday's, September to December - 1:00 p.m. to 3:00 p.m.**

Open to any parent/caregiver and their child 0-6 years.

Are you looking for support and a break? Moms get together to talk about things that matter to them including relationships, parenting, feeling alone and friendship. Childcare provided.

For more information or to register, please call Barb at 519-587-2441 or 1-800-265-8087, Ext. 405.

During the Covid-19 Pandemic, please refer to the [H-N REACH](#) website for updated information.

## Positive Discipline in Everyday Parenting:

Raising your child, not your voice. Parents learn to set boundaries and use teachable moments to provide their children with the skills for success. Up to age 6.

To register for:

- Wednesdays, October 7 to December 2 - 6:30 p.m. to 8:00 p.m. (Norfolk)
- Tuesdays, October 6 to November 24 - 6:30 p.m. to 8:00 p.m. (Haldimand)
- Thursdays, October 17 to December 3 – 10:30 a.m. to 12:00 p.m. (In Partnership with Mississaugas of the Credit First Nation EarlyON Child & Family Centre)

Please call Barb at 519-587-2441 or 1-800-265-8087, Ext. 405.

During the Covid-19 Pandemic, please refer to [H-N REACH](#) website for updated information.

For more information on Positive Discipline in Everyday Parenting refer to <https://positivedisciplineeveryday.com>.

## Early Years Check In

Talk to our Early Years Facilitator about your child's developmental progress.  
The Early Years Check In is an easy form to use and can be completed for any child 18 months to 6 years old.

Learn about resources available to you online and in the community.

**Call 1-866-463-2759 for more information**



# Do you need help with Child Care Costs?



You may be eligible for Child Care Fee Subsidy, a program that helps families pay for licensed child care and qualified recreation programs.

## Do I qualify?

You may be eligible for help with child care costs if you live in Haldimand or Norfolk, and have a child or children that require care and at least one of the following apply:

- You are employed
- You are attending school
- You are retraining
- You are a parent with special needs or therapeutic needs
- You have a child with special needs or therapeutic needs



Your eligibility and contribution towards the cost of care is based on the results of an income test. Check out our sample income test at [www.hnss.org](http://www.hnss.org).

To register for a licenced program or to see a full list of licensed centres in Haldimand and Norfolk visit [www.haldimandnorfolkoneList.ca](http://www.haldimandnorfolkoneList.ca)

## To apply for Child Care Fee Subsidy:

Call 519-426-6170 or 905-318-6623, 519-582-3579 Ext. 3745 or visit [www.hnss.org](http://www.hnss.org) for more information.

**Health and  
Social Services**  
Haldimand and Norfolk

**SIMCOE:** P.O. Box 570, 12 Gilbertson Drive, Simcoe, ON N3Y 4N5  
T: 519-426-6170 or 905-318-6623 or 519-582-3579 F: 519-426-9974

**DUNNVILLE:** 117 Forest Street East, Dunnville, ON N1A 1B9  
T: 905-318-6623 F: 905-774-1538

# Haldimand Norfolk OneList.

## The safe, fast and convenient childcare registry.

**Applying for child care is easier than ever with OneList, an online centralized childcare registry, waitlist and information service that simplifies the process of applying for child care. OneList provides you with:**

- the ability to research different licensed child care providers and the type of care offered;
- maps of licensed child care program locations close to your home or work;
- the option to apply simultaneously to any number of licenced child care programs for multiple children;
- access to change your application anywhere, anytime; and,
- a highly secure website that ensures your privacy.

## Get on OneList today!

**To register visit:**

**[HaldimandNorfolkOneList.ca](http://HaldimandNorfolkOneList.ca)**

**For support: call: 1.888.722.1540**

**or email: [support@onehsn.com](mailto:support@onehsn.com)**



## In the Community



### Lansdowne Children's Centre

#### Preschool Speech and Language

- 0-36 months Speech and Language milestones checklists for parents are available at EarlyON sites and on <http://www.lansdownecentre.ca/>.
- For further information or to schedule a speech and language assessment for your child, call **(519) 753-3153** (Brant - extension 249) or (Haldimand-Norfolk - extension 247).

#### HN REACH Development Check-In

Open to all parents/caregivers and children 0 to 4 years. Your virtual or phone session will include a brief developmental screen and discussion on key milestones.

To register, call [H-N REACH](#), leave your name and phone number with Sonja at 519-587-2441 or 1-800-265-8087, Ext. 371.

#### Healthy Babies, Healthy Children Program

Healthy Babies, Healthy Children is a free home-visiting program for pregnant moms and families with infants and young children offering support such as:

- Having a healthy pregnancy
- Breastfeeding advice and support
- Promoting your child's growth and development
- Parenting support
- Connecting you to resources and programs in your community

For more information, contact the Haldimand Norfolk Health Unit at 519-426-6170 or 905-318-6623.

#### Dental Program

Healthy Smiles Ontario is a free program that provides dental care for low-income children age 17 and under. Services provided include:

- Regular visits to a dentist or dental hygienist
- Fluoride varnish
- Cleanings and scaling
- Fillings
- X-rays
- Treatment for urgent or emergency oral health issues
- Other treatment Services

To book a screening and see if your family qualifies, call the Health Unit at 519-426-6170, Ext. 3293 or go online [www.ontario.ca/healthysmiles](http://www.ontario.ca/healthysmiles) to learn more. \* If your child receives OW, ODSP, ACSD or temporary care assistance coverage they are automatically enrolled in Healthy Smiles Ontario.

#### Healthy Growth and Development Support and Resources

Check out the Health and Social Services website at [www.hnhss.ca](http://www.hnhss.ca).

## Dalhousie Place

Supervised Access Centre  
228 John Street, Simcoe

Virtual Groups are currently being offered.



## K.A.T.C.H (Kids and the Changing Home)\*

Open to any child 6-12 years.

A free 6-week program for children living with separation and divorce. The residential parent can call and complete an intake by phone.

A certificate of attendance and resource materials are provided.

For more information, start dates or to register call 519-751-0466, Ext. 113 or go to [www.dalhousieplace.com](http://www.dalhousieplace.com)

Supervised Access Centre  
228 John Street, Simcoe

Virtual Groups are currently being offered

## Planning for the Children After Parent Separation\*

Open to any caregiver.

One-time information group session for separated parents, grandparents and caregivers. Focuses on how children are impacted following parental separation and during the custody and access process.

For more information, start dates or to register call 519-751-0466, Ext. 113 or go to [www.dalhousieplace.com](http://www.dalhousieplace.com)

A certificate of attendance and resource materials are provided.

\*Programs Funded by the United Way.







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### Healthy Moms Eating Well for 2

A Prenatal Nutrition Program designed to help you  
“give your baby the healthiest start in life.”

We offer free:

- ✓ Home visits
- ✓ Prenatal vitamins
- ✓ Food gift certificates for milk products, fruits & vegetables
- ✓ Meeting with our Dietitian
- ✓ Breastfeeding information and support



For more information, please contact the Outreach Worker at 519-587-2441 or 1-800-265-8087, Ext. 407.

## Are you in Crisis?

Child & Youth Crisis Service is available  
24 hours a day, 7 days a week for  
children, youth and families.

**1-866-32-REACH (1-866-327-3224)**



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### AUTISM SERVICES

There are a range of evidence-based services and programs offered to children with Autism Spectrum Disorder and their families within a family-centred and flexible manner.

For inquiries please view the  
H-N REACH Autism Service Guide available at  
<http://www.hnreach.on.ca/autism-services/>



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Call **Contact Haldimand-Norfolk**  
(a division of H-N REACH) for more information about services in  
Haldimand-Norfolk for children and youth under the age of 18.

**519-587-2441 or 1-800-265-8087, Ext. 350**  
or visit [www.hnreach.on.ca](http://www.hnreach.on.ca)



Find us on

**Haldimand and Norfolk**

**TAPP-C**



**The Arson Prevention Program for Children**  
**Fire Setting is Serious Business**

If you know of a child who is playing with fire please contact  
1-800-265-8087 for support.



TAPP-C is a registered trademark of the Ontario Ministry of  
Community Safety and Correctional Services.

For more information visit our website at [www.hnreach.on.ca](http://www.hnreach.on.ca) or

Find us on [Haldimand-Norfolk REACH](https://www.facebook.com/Haldimand-Norfolk-REACH)

Find us on [Haldimand-Norfolk REACH EarlyON Child and Family Centre](https://www.facebook.com/Haldimand-Norfolk-REACH-EarlyON-Child-and-Family-Centre)

# KINDERGARTEN REGISTRATION

JAN. 4 – FEB. 26, 2021

REGISTER ONLINE AT [CATHOLICEDUCATION.CA](http://CATHOLICEDUCATION.CA)



BRANT HALDIMAND NORFOLK  
Catholic District School Board



COMMUNITY INFORMATION  
Brant, Haldimand & Norfolk  
[www.info-bhn.ca](http://www.info-bhn.ca)

A website of local programs and services

[www.info-bhn.ca](http://www.info-bhn.ca)



Find us at new sites in Haldimand Norfolk in addition to the 12 Colborne St. N. EarlyON site at:  
11 Colborne St. N., Simcoe  
282 Argyle St. S., Caledonia  
[www.lansdownecentre.ca](http://www.lansdownecentre.ca) 1-800-454-7186  
Brant Haldimand Norfolk Preschool Speech & Language System ext 247

*Nurturing Lives & Dreams of Children*  
We can all help keep kids safe



1-888-CAS-KIDS  
[www.cashn.on.ca](http://www.cashn.on.ca)

Foster/Adopt/Volunteer  
Join our Board  
or Donate



**Register for Kindergarten Today**

Learn what you need to register and locate your school at [branderie.ca](http://branderie.ca)



## Dalhousie Place

[www.dalhousieplace.com](http://www.dalhousieplace.com)

Brantford and District Supervised Access Centre  
Haldimand-Norfolk Supervised Access Centre

*"Dedicated to providing a Safe, Neutral & Child Focused facility for Supervised Access"*

Funded by the Ministry of the Attorney General of Ontario and Community donations.



Mental  
Health  
awareness