

2012 Edition

Healthy Beginnings

A Resource Guide for Parents - Nipissing District & Area

Compiled by the Child Abuse Prevention Committee of the District of Nipissing

PURPOSE

The Child Abuse Prevention Committee of the District of Nipissing is a multi-disciplinary group of volunteers concerned with the issue of child abuse prevention.

Our objective is to ensure increased public and professional awareness and understanding of the problem of child abuse and neglect and to contribute to its prevention. As one of our many projects the committee is proud to produce this pamphlet for the district of Nipissing.

La plupart des organisations offrent des services en français. Composer le numéro de téléphone en question et demandez pour un(e) proposé(e) bilingue.

PARTICIPATING AGENCIES 2009

The Child Abuse Prevention Committee is made up of professionals from the following agencies as well as interested citizens from the district of Nipissing:

Amelia Rising
Community Living North Bay
Children's Aid Society
Crown Attorney's Office
Hands - The Family Help Network
Nipissing Transition House
North Bay Parry Sound District Health Unit
North Bay Regional Health Centre
North Bay Indian Friendship Centre
North Bay Police Service
One Kids Place
Ontario Provincial Police
Victim Witness Assistance Program

FUNDING

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"Don't Break the Spirit"

Child Abuse Prevention Committee
of the District of Nipissing
P.O. Box 1431
North Bay, ON P1B 8K6

Pregnant & Need Help

- Aboriginal Community Action Program for Children 705-753-6420
Ka:nen Our Children Our Future
- Birthright 705-474-2999
For pregnant women requiring assistance with pregnancy resources.
- Community Action Program for Children *Ask for CAPC* 705-472-0910
Pre and post natal support for young women (up to 22 years) and their children.
- Healthy Babies, Healthy Children Program 705-474-1400 ext. 2351
Home visiting program for pregnant women or parents of children under 6 years.
- Indian Friendship Centre 705-472-2811
Prenatal Nutrition and Family Support Program
- Lawrence Commanda Health Centre - Garden Village 705-753-3312
- Maternal/Child Program - North Bay Regional Health Centre 705-474-8600
Prenatal and Maternal/Newborn Clinics ext. 4770
Maternal/Child Social Worker ext. 4791
- MotherCare Nipissing Prenatal Nutrition Program 705-472-0910 ext. 161
A drop-in for pregnant women and mothers of babies 0-2 months. Trinity United Church (corner of Ferguson & McIntyre) Wednesday morning 9:30 to 11:30 am.
- Motherisk www.motherisk.org
Alcohol, Nicotine & Substance Use Helpline 1-877-327-4636
Nausea & Vomiting of Pregnancy Helpline 1-800-436-8477
HIV Healthline & Network 1-888-246-5840
Safety of Drugs While Pregnant or Breastfeeding 1-416-813-6780
- North Bay Métis Council – Aboriginal Healthy Babies/Healthy Children Program 705-476-2339
Home visiting program for pregnant women or parents of children under 6 years.
- North Bay Parry Sound District Health Unit 705-474-1400
Prenatal Information & prenatal classes for couples & youth. ext. 2285
Tobacco ext. 2306
Educational materials and knowledge of available community resources for pregnant and post-partum women wanting to quit smoking. Second-hand smoke and smoke-free spaces information is also available.
- Sexual Health Clinic 705-474-1400 ext. 2289
Pregnancy Testing and Options Counselling, Emergency Contraception, STI/HIV testing & treatment, & Birth Control Options Counselling

Parenting/Parent-Child Activities

- Aboriginal Community Action Program for Children 705-753-6420
Ka:nen Our Children Our Future. Public Health Agency of Canada
- Aboriginal Healthy Babies, Healthy Children (HBHC) 705-753-9665
Métis Nation of Ontario
- Big Brothers Big Sisters of North Bay & District 705-474-3041
- Child Restraint Information 1-888-570-0181
www.infantandtoddlersafety.ca
- Community Action Program for Children (CAPC) 705-472-0910
Home visiting support for young women (up to 22 years) and their children.
- Ontario Early Years Centre - Nipissing 705-474-8910
Information about Programs, Services, and Child and Family Centres ext. 28
- Family Enrichment Program 705-472-2152
Support, guidance, and education for parents and families in a warm & positive environment.
- Healthy Babies, Healthy Children 705-474-1400 ext. 2351
North Bay Parry Sound District Health Unit. Home Visiting Program for parents of children to 6 years.
- Indian Friendship Centre 705-472-2811
Healthy Babies, Healthy Children Parenting program and family support.
- Nipissing First Nation 705-753-3312
Healthy Babies, Healthy Children Program
- North Bay Métis Council HBHC 705-476-2339
Home visiting program for pregnant women or parents of children under 6 years.
- North Bay Public Library 705-474-4830
Preschool story time. Music for toddlers (1-2 years).
- Parenting Programs 705-474-1400 ext. 2285
North Bay Parry Sound District Health Unit. For parents of children ages 5-12, pre-teens and teens.
- Play Your Part Parenting 705-472-0910
- Preschool Speech and Language Services 705-476-5437
- Supervised Access Crisis Centre 705-472-0678

Health Care

Aids Committee of North Bay & Area 705-497-3560

Breastfeeding Support

La Leche League (www.lllc.ca) 1-800-665-4324
North Bay Parry Sound District Health Unit 705-474-1400
Ontario Early Years Centre-Nipissing 705-474-8910 ext. 28
Peer Support Program 705-474-1400 ext. 2356

Indian Friendship Centre 705-472-2811
Healing & Wellness, and Health Outreach

Infant/Child CPR

St. John's Ambulance 705-495-3626
Red Cross 705-472-5760

Health Card Information - Service Ontario 1-800-267-8097

Near North Hearing Centre 705-494-9900

North Bay Audiology Clinic 705-472-1801

North Bay Regional Health Centre 705-474-8600

North Bay Parry Sound District Health Unit

Clinical Information 705-474-1400 ext. 2282
Registered Nurse provides information, resources & referral to community programs & services. Drop-in or phone-in service provided.

The Clinic 705-474-1400 ext. 2289
Abstinence, sexuality and safer sex counselling; STI/HIV testing; low-cost birth control,

Immunization Services 705-474-1400 ext. 2252

Oral Health Clinic 705-474-1400 ext. 2468
For children 17 and under

North East Community Care Access Centre 705-476-2222

Telehealth Ontario 1-866-797-0000
24 hour telephone advice available from a Registered Nurse.

Medical Clinics

Algonquin Walk-In Clinic 705-472-5588
Mon. to Wed. - 5:30 pm to 7 pm, 1950 Algonquin Avenue, Suite 306

Blue Sky Family Health Team After-Hours Clinic 705-476-1413
Mon. to Fri. - 5 pm to 8 pm, Sat. and Sun. 10 am - 1pm 2029 Cassells St. (next to Shoppers Drug Mart)

Ferris Medical Clinic 705-495-4000
By appointment only - calls accepted beginning at 9 am Mon. to Fri. - 1 pm to 7 pm 41 Lakeshore Drive

Near North Medical Clinic 705-495-2685
Monday to Friday - 5 pm to 8 pm 66 Josephine St.

Housing

Low Income People Involvement of Nipissing (LIPI) 705-472-1337
Advocacy service and assistance to people by providing a weekly vacancy list and information.

Transitional Housing Program 705-474-8853
Community support services for people at risk of becoming or who are homeless.

IMMEDIATE AND SHORT TERM HOUSING

Crisis Centre Residence – 1675 Cassells Street 705-474-1031
Emergency shelter & support is provided 24 h/day, 365 days/year.

Futures Residence for Youth – 1651 Cassells Street 705-476-4502

RENT GEARED TO INCOME/MARKET RENT HOUSING

Native People of Nipissing Housing 705-497-1773

Nipissing District Housing Registry 705-472-2826

SHELTERS FOR WOMEN AND CHILDREN IN CRISIS

Nipissing Transition House 705-476-2429

Ojibway Family Resource Centre 705-472-3321

Sturgeon Falls Family Resource Centre 705-753-1154

Mattawa Family Resource Centre 705-744-5567

TENANT RIGHTS

Landlord and Tenant Board 1-888-332-3234

Low Income People Involvement of Nipissing (LIPI) 705-472-1337
Advocacy for tenants' rights.

Nipissing Community Legal Clinic 705-476-6603

Child Care

Child Care Subsidy

- Information 705-474-2151
- Application 705-474-1923

See Yellow Pages under Child Care Services for complete listings. Go to www.dnssab.on.ca, Children's Services, Licensed Child Care Programs.

Education

Academic & Career Development - Canadore College <i>Literacy & Basic Skills/Academic & Career Entrance</i>	705-474-7600 ext. 5469
Adult Learning Connection <i>Chippewa Secondary School</i>	705-475-2341 ext. 8049
Anishinabek Education Institute <i>Union of Ontario Indians</i>	705-497-9127
Centre de formation du Nipissing (literacy)	705-472-6673
Conseil scolaire catholique Franco-Nord	705-472-1702
Conseil scolaire public du Nord-Est de l'Ontario	705-472-3443
Independent Learning Centre English Service 1-800-387-5512 French Service 1-800-265-0454 <i>Distance education courses in English and in French for Ontario residents who want to earn secondary school diploma credits, and credit and non-credit courses in English as a Second Language.</i>	
Life Experience Alternative School <i>Almaguin Highlands Secondary School</i>	705-475-2327
Literacy Council <i>One-to-one tutoring services, literacy classes, workplace essential skills training, GED preparation, and variety of workshops.</i>	705-494-9416
Near North District School Board	705-472-8170
Nbisiing Secondary School – Nipissing First Nation	705-497-9938
Nipissing Alternative School – Chippewa Secondary School	705-475-2339
Nipissing-Parry Sound Catholic District School Board	705-472-1201
Alternative & Continuing Education Campus	705-472-7771

Recreation & Leisure

KidSport	705-474-0626 ext. 2328
Indian Friendship Centre	705-472-2811
Parks, Recreation & Leisure Services City Hall	705-474-0400 ext. 2335
Y.M.C.A	705-497-9622

Food Banks/Nutrition Resources

EatRight Ontario – <i>General nutrition info</i>	www.ontario.ca/EatRight or to speak to a dietitian 1-877-510-510-2
North Bay Food Bank <i>1319 Hammond Street</i>	705-495-3290
Pro-Cathedral Catholic Charities <i>387 Algonquin Avenue</i>	705-472-5821
St. Andrew's United Church Food Bank <i>399 Cassells Street at McIntyre Street</i>	705-472-7680
St. Vincent de Paul Society Food Bank <i>280 Fifth Avenue East</i>	705-497-9784
Salvation Army Food Bank <i>134 McIntyre Street East</i>	705-474-7859
The Gathering Place, North Bay's Soup Kitchen <i>392 Algonquin Avenue</i> <i>Serves soup and main course weekdays.</i>	705-474-7687
Trinity United Church Food Bank <i>111 McIntyre Street East</i>	705-474-3310

Food Banks are also available at various other city churches.

Special Needs

Canadian Hearing Society <i>office@northbay.chs.ca</i>	TTY 1-887-634-0174 705-474-8090
Canadian National Institute for the Blind (CNIB)	705-472-2710
Community Counselling Centre	705-472-6515
Community Living North Bay <i>Provides support for people with developmental disabilities including service coordination and respite services.</i>	705-476-3288
Hands - TheFamilyHelpNetwork.ca <i>Offers diverse early intervention (prenatal to six), child and youth mental health, autism, and developmental disabilities programs.</i>	705-476-2293
Indian Friendship Centre <i>FASD Support</i>	705-472-2811
Infant and Child Development Services <i>Parent-child therapists assess children (age 0-6), who are at risk or who have a developmental delay, work with parents to address delays & provide resources for support.</i>	705-472-0910
One Kids Place – Children's Treatment Centre <i>Offers a range of services to help children and their families with physical, developmental, and communication delays and disabilities including physiotherapy, occupational therapy, speech therapy, therapeutic recreation and social work.</i>	705-476-KIDS (5437)
Resource Teacher Program <i>Supports the integration of children with special needs in licensed childcare programs.</i>	705-474-8910 ext. 29
Special Services at Home <i>Assistance for children with severe disabilities & their caregivers.</i>	705-474-3540

Addictions

Aboriginal Alcohol & Drug Program	705-472-2811
Addiction Services - Youth to Adult <i>Community Counselling Centre of Nipissing</i>	705-472-6515
Al Anon Family Group / Alateen	705-492-8101
Alcoholics Anonymous	705-474-7940
Alliance Centre – West Nipissing	705-753-2271
Centre for Addiction & Mental Health Information Line	1-800-463-6273
North Bay Recovery Home	705-472-2873
Narcotics Anonymous	705-223-3234
Nipissing Detox and Substance Abuse Programs	705-476-6240
Ontario Problem Gambling Helpline	1-888-230-3505
Smokers' Helpline	1-877-513-5333
The Right Path 'Giyak Moseng' Counselling & Prevention Services	705-753-1375
Tobacco	
North Bay Parry Sound District Health Unit <i>Educational materials & knowledge of available community resources for those wanting to quit smoking. Information about second-hand smoke and smoke-free spaces.</i>	705-474-1400 ext. 2306

Mental Health

Alliance Centre – West Nipissing	705-753-2271
Amelia Rising (Sexual Assault Centre) <i>Crisis Line</i> <i>TTY Crisis Line</i>	705-840-2403 705-476-3355 705-840-5877
Canadian Mental Health Association	705-474-1299
Mental Health Clinic	705-494-3050 ext. 6310
Community Counselling Centre of Nipissing	705-472-6515
Crisis Intervention Program <i>24 hours/day, 7 days/week</i>	1-800-352-1141
Hands TheFamilyHelpNetwork.ca <i>Offers diverse programs in early intervention (prenatal to six), child and youth mental health, developmental disabilities, and developmental support services.</i>	705-476-2293
Indian Friendship Centre <i>Healing and Wellness Program</i>	705-472-2811 ext. 219
Nipissing Mental Health Housing & Support Services	705-476-4088
Postpartum Mood Disorder	705-474-1400 ext. 2351
P.E.P. Place <i>People for Equal Partnership in Mental Health</i>	705-494-4774

Support Groups

Amelia Rising	705-840-2403
Autism Ontario	705-476-5437 ext. 3561
Bereavement Support Services <i>Offered by Near North Palliative Care Network.</i>	705-497-9239
Nipissing Down Syndrome Society	705-474-7587
Nipissing Transition House	705-476-2429
Ojibway Family Resource Centre	705-472-3321

Employment

Indian Friendship Centre <i>Apatisiwin Education & Employment Program</i>	705-472-2811
Employment Ontario	1-800-387-5656
Human Rights Commission	1-800-387-9080
Ministry of Labour – Employment Standards	1-800-531-5551
Ontario Works	705-474-2151
Service Canada	705-472-3700
True Self Employment & Training	705-474-4058
Yes! Employment Services www.yesnorthbay.com <i>Provides services to help individuals find meaningful employment, return to school, and access training.</i>	705-476-3234

Money

Child Tax Benefit	1-800-387-1193
Credit and Debt Counselling <i>Community Counselling Centre</i>	705-472-6515
Family Responsibility Office Automated Information System Child Support Client Service Associate	1-800-267-7263 1-800-267-4330
GST/HST Credit (Cheques)	1-800-959-1953
Income Tax Forms	1-800-959-2221
Income Tax Information (Individual)	1-800-959-8281
LEAP (Learning, Earning & Parenting)	705-474-2151
Ontario Disability Support Program (ODSP)	705-474-3540
Ontario Childcare Supplement for Working Families	1-800-263-7965
Ontario Works	<i>Information</i> 705-474-2151 <i>Application</i> 705-474-1923
Special Services at Home & Assistance for Children with Severe Disabilities	705-474-3540 ext. 237

Emergencies

24 HOUR TELEPHONE NUMBERS

Children's Aid Society	705 472-0910
Crisis Centre	705 474-1031
Crisis Intervention Program	705 495-8198 or 1-800-352-1141
Kids Help Phone	1-800-668-6868
Nipissing Transition House	705 476-2429
Ojibway Family Resource Centre	705 472-3321
Poison Information Centre	1-800-268-9017
Sexual Assault	705 476-3355
Sexual Assault TTY Line	705 840-5877

NORTH BAY

City Police	705 472-1234
Fire Prevention	705 474-0400
General Emergencies	911
Salvation Army Social Services	705 474-7859
Victim Services of Nipissing District <i>Victim Crisis Assistance and Referral Service.</i>	705 472-2649
Victim Support Line (24-hour)	1-888-579-2888

The Law

Custody Application - Family Court	705 495-8309 ext. 209
Crime Stoppers	705 476-8477 or 1-800-222-TIPS (8477)
Crown Attorney's Office	705 495-8313
Indian Friendship Centre Criminal and Family Court Programs	705 472-2811
Legal Aid Ontario	1-800-668-8258
Nipissing Community Legal Clinic	705 476-6603
Victim Witness Assistance Program	705 495-8339

Area Resources

MATTAWA

Ambulance	911
Best Start Child & Family Centre - English	705 472-7015 ext. 8952
Centre pour l'enfant et la famille	705 744-4027
Child Care Centre	705 744-5366
Fire Department	911
Food Bank: <i>Every second Wednesday 10am to 1pm</i>	705 744-6706
Hospital	705 744-5511
Ontario Works	705 744-0395
Police/O.P.P.	1-888-310-1122
Town Hall	705 744-5611
Victim Services of Nipissing District <i>Victim crisis assistance & referral service.</i>	705 472-2649
Women's Resource Centre	705 744-5567

SOUTH RIVER

Ambulance	911
Early Years Program	705 386-0570
Esprit Place - Family Resource Centre	705 386-2303
First Steps Child Care Centre	705 386-0553
Great Beginnings	705 384-0160 ext. 4235
Integration Support Services <i>Work with children 0-6 years with special needs.</i>	705 386-2967
Medical Centre	705 386-0512
O.P.P.	Emergency 911 Non-emergency 1-888-310-1122
Ontario Works	705 386-2358
Victim Services – <i>Accepts collect calls</i> <i>Victim crisis assistance and referral service.</i>	705 938-1476
Women's Own Resource Centre	705 386-9672

STURGEON FALLS

Ambulance	911
Child & Family Centre	705 753-0561
Community Living West Nipissing	705 753-1665
Centre Alliance (Counselling)	705 753-2271
Centre de formation du Nipissing	705 753-1566
Community Health Centre	705 753-0151
Family Resource Centre	705 753-1154
Fire Department	911
Food Bank	705 753-0314
Hospital	705 753-3110
Literacy Alliance	705 753-0537
Municipal Office	705 753-2250
Non-Profit Housing	705 753-6607
Ontario Works	705 753-5400
Police – <i>Non-Emergency</i>	705 753-1234
Stepping Stones Resource Teacher Program	705 753-0561
Victim Services of Nipissing District <i>Victim crisis assistance and referral service.</i>	705 753-9194
Women's Outreach Services	705 753-5571
West Nipissing Child Care Corporation	705 753-4144