



H.O.P.E. Community Calendar

Project Hope is a program offered through Madame Vanier Children's Services

September 2012

Project H.O.P.E. (Helping Other Parents Excel), is a parent- driven peer mentoring network whose goal is to provide information and support to parents of children with behavioural and/or emotional challenges. Services include a parent resource centre, parent to parent telephone support, crisis information, and parent support groups. H.O.P.E. can be accessed directly by calling 519-433-3101, extension 179.

The following is a list of parent resources and programs offered throughout the community.

Community Resources

Vanier Children's Services

871 Trafalgar Street
London, Ontario N5Z 1E6
Phone: 433-3101
Website: www.vanier.com

MVCS provides assessment/treatment to children 0-14 years of age with emotional and behavioural challenges

Merrymount Children's Centre

1064 Colborne Street
London, Ontario N6A 4B3
Phone: 434-6848
Website: www.merrymount.on.ca
Merrymount is a family support & crisis centre providing programs for children 0-12 and their families

Childreach Centre

265 Maitland Street
London, Ontario N6B 2Y3
Phone: 434-3644
Website: www.childreach.on.ca

Crisis Intake Team (C-IT)

Phone: 433-0334
24 hours/day, 7 days/week crisis and single point intake service.

Ontario Early Years Centre

London North Centre
265 Maitland St.
London, ON N6B 2Y3
Phone: 434-3644

London West
1019 Viscount Rd.
London, ON N6K 1H5
Phone 473-2825

London Fanshawe
1892 Dundas St. East
London, ON N5W 3G4
Phone: 455-2791
Website: www.familyinfo.ca

Early learning opportunities for children, birth to 6 years, seminars, workshops, resources and support for parents, caregivers and professionals, community playgroups.

Thames Valley Children's Centre

779 Baseline Road
London, Ontario N6C 5Y6
Phone: 685-8680
Website: www.tvcc.on.ca
Serves the needs of physically & developmentally challenged children, including the Preschool Autism program

Child and Parent Resource Institute

600 Sanatorium Road
London, Ontario N6H 3W7
Phone: 858-2774
Website: www.cpri.ca
CPRI provides assessment, treatment and consultation to children and youth 0-18 years of age with complex mental health and/or developmental challenges.

Learning Disabilities Association

London Region
333 Horton Street
London, Ontario N6B 1L5
Phone: 438-6213
Website: www.ldalondon.ca

Craigwood Youth Services

520 Hamilton Road
London, Ontario N5Z 1S4
Phone: 433-0334 (intake)
432-2623 (office)
Website: www.craigwood.on.ca
Craigwood provides a continuum of care to adolescents and their families, focusing on difficult and hard-to-serve youth

Middlesex London Health Unit

50 King Street
London, Ontario
Phone: 663-5317
Website: www.healthunit.com

Information London

Phone: 432-2211
Website: <http://info.london.on.ca>

Community Services Coordination Network (CSCN)

Phone: 438-4783
CSCN is the 'one-stop-shopping' access point for social/health services in London and area

Parents' Help Line

Phone: 1-888-603-9100
Website: www.parentsinfo.sympatico.ca

Children's Aid Society

1680 Oxford Street East
London, Ontario
Phone: 455-9000

Memorial Boys' and Girls Club

184 Horton Street
London, Ontario N6B 1K8
Phone: 434-9114
Boys' & Girls' clubs provide low cost recreational programs for children

Sexual Assault Centre London

700 Richmond Street, Ste. 210
London, Ontario
Phone: 439-0844
Crisis line: 438-2272
Website: www.sacl.ca

Changing Ways (London)

825 Bradley Avenue
London, Ontario N6E 3C2
Phone: 438-9869
Website: www.changingways.on.ca
Offering family violence intervention programs for men & families London

Abused Women's Centre

69 Wellington Street
London, Ontario
Phone: 432-2204
Website: www.lawc.on.ca

Canadian Mental Health Association

684 Huron Street
London, Ontario
Phone: 434-9191

Community Living London

190 Adelaide Street South
London, Ontario
Phone: 686-3000
CLL provides services for developmentally challenged adults

Western Area Youth Services (WAYS)

714 York Street
London, Ontario N5W 2S8
Phone: 432-2209
Website: www.ways.on.ca
W.A.Y.S. provides a variety of therapeutic groups for adolescents and parent support groups for parents. In addition to community youth support, a wide spectrum of residential programs are available to meet the more challenging needs of children and youth.

University of Western Ontario Dental Clinic

Dental Sciences Bldg., UWO
Phone: 661-3326 (adults)
661-3329 (children)
661-3331 (emergency)

Ont. Association of Parents for Children's Mental Health

Phone: (416) 921-2109
Website: www.parentsforchildrensmentalhealth.org

Onward Social Skills Training

1215 Oxford St. W.
London, Ontario
Phone: 641-4781

Family Service Thames Valley
125 Woodward Ave
London, ON
N6H 2H1
Phone: 433-0183
Website: www.familyserVICETHAMESVALLEY.ca

Daya Counselling Centre
141 Dundas Street
London, ON N6A 1G3
Phone: 519-434-0077
Website: www.dayacounselling.on.ca

Parent Programs

Ontario Early Years Centres

For details regarding parenting programs offered monthly, contact the Ontario Early Years Centres listed below:

London North Centre (**LNC**)
265 Maitland St. 519- 434-3644 Operated by Childreach www.childreach.on.ca

London West (**LW**)
1019 Viscount Rd. 519-473-2825 Operated by London Children's Connection www.lcc.on.ca

London Fanshawe (**LF**)
1892 Dundas St. E., 519-455-2791 Operated by Merrymount www.merrymount.on.ca

Learning Disabilities Association - London Region, 333 Horton St. , London, phone 438-6213, fax 438-0368, email lda@linkd.net and website www.ldalondon.ca.

Offers a variety of programs and services including advocacy, consultations, community support, workshops, adult ADHD groups, parent support and children's programs.

- Parent support group meets the first Monday of the month October –May at 6:45 pm.
- Resource Centre – access to lending library, LDAO fact sheets onLD and AD/HD, online courses and list of websites.
- Parent consultations, on phone and in person, call 519-438-6213, ext. 26 or ldaresource@ldalondon.ca
- Family Support: Program based – regular support and updates on child's challenged/progress, skills for learning, social skills, one to one tutoring.
- Parent Advocacy Workshop series – 5 week series, begins November 1 call 519-438-6213, ext. 26 or ldaresource@ldalondon.ca. Cost is \$50 for all 5 evenings.

Middlesex London Health Unit - 50 King Street, London, ON, N6A 5L7 phone: 663-5317, ext. 2378 to register.

- Just Beginning is a program for first-time mothers and their babies (aged 0-6 months) in which they share the ups and downs of being a new mom, talk about relevant topics such as feedings, safety, community resources, growth and development, play and learning in a relaxed and supportive setting. This program is offered at a variety of library and community locations throughout London. It is held weekly for four weeks and is also offered through the Ontario Early Years Centres.
- Nobody's Perfect is a national education/support program for parents of children from birth to age five. Topics covered are safety, physical development, emotional well-being, the developing mind and the needs of parents. It is co-facilitated with community partners and is held weekly for six weeks.
- Mommy and Me – parenting group for moms 25 years and under.

- The Power of Positive Parenting - Learn more about the principles of positive parenting. Topics include: developing reasonable expectations for your child, assertive discipline, creating positive and safe learning environments and looking after yourself as a parent among others.
- Raising Confident, Competent Children – learn the 6 building blocks that help your child grow socially, interpersonally and intellectually.
- Raising Resilient Children – learn how to support the development of emotionally resilient children.
- Raising Responsible Teenagers – how to encourage your teen to be respectful, independent and considerate.
- Raising Competent Teenagers – learn to help your teen make the most of time at school.
- Getting Teenagers Connected – help your teen to become positively involved with your community.

Merrymount Children's Centre - 1064 Colborne St., London, N6A 4B3, 434-6848.

Partnerships with CAS

- Strategies in Positive Parenting (SIPP)-Mondays 1:00-3:00 pm. Call Wendy at ext. 274 for more information.
- Building Secure Connections – for parents of infants and toddlers, discussion and playtime to support attachment relationship. Contact Wendy Smith at CAS, 519-455-9000, ext 387 to register.
- Building Families – intensive 23 week program to support parents in making positive changes and diminishing risk factors that negatively impact children. Beginning January, 2013, call Wendy at ext. 274 for more information.
- The Community Group for Children who have Been Exposed to Woman Abuse – for children/youth 5-16 years of age and their mothers who have experienced abuse in the family. Self referral. Contact Community Group program coordinators at 519-455-9000.

Community Partnerships

- Well Baby and Child Clinic- call Middlesex Health Unit at 663-5317, ext. 2459, Fridays 9:30-11:00 am at Merrymount. For more info, call 519-663-5317, ext. 2280.
- Prenatal Classes- call Middlesex Health Unit, 663-5317, ext. 2280 for info.
- Strengthening Families for the Future – for families with history of addiction issues, 14 session adult/child program to improve parenting skills, relationships, for parents and children aged 7-11. Contact Sarah at Merrymount, 519-434-6848 ext. 280 to register, or Raquel at Addiction Services Thames Valley, 519-673-3242, ext. 256.
- Mother Reach – an ongoing drop in support and discussion group for women experiencing post-partum mood disorder. Babies welcome and child minding is available for older children. Call Kathryn at 519-434-6848, ext. 227 or Lisa, ext. 228 to register.

Educational Programs

- Parenting Preschoolers – provides strategies to meet the needs of young children and promote positive parent/child interactions. Tuesdays, 9:15 am- 12:15 pm, Sept. 18 – Dec. 18, 2012. Contact Wendy, ext. 274.
- Right from the Start – 8 week session for parents of infants offers video clips, directed discussion and homework to enhance parent's skill in reading cues and responding to their infant. Call Wendy to register at ext. 274.
- On Your Own – examines effects on children and strategies for adjustment to family changes. Contact Katie at ext. 236 for more info.
- Don't Make Me Go! Whose First Day is it Anyway? - Part 1 and Part 3 - parents learn ways to make transition to kindergarten less stressful for the family. Contact Sarah at ext. 280 for more info.

Programs for parents of School Aged Children (Ages 6-12)

- Parenting School Aged Children – program focusing on effective discipline strategies and building self-esteem. Contact Susan at ext. 278 for more information.
- The Temper Tricking Club, program to build strategies for managing temper, call Susan, ext. 278 for more info.
- When your Child has ADHD, help in understanding ADHD and strategies to cope, call Susan, ext. 278 for more info.
- Group Triple P – help for parents in acquiring knowledge and strategies in positive parenting, causes of child behaviour problems and child development; contact Wendy at ext. 274 for more information.

Secure Connections Programs

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- Preparing to Parent – prenatal program designed for expectant or new parents, providing information to develop a secure attachment relationship with the child. Call Kathryn, ext. 227.
- Secure Connections: Infant Group - 10 wk. play-based program, for parents and infants to 15 months. Contact Kathryn, ext. 227
- Secure Connections: Toddler Group – 10 week program for parents & toddlers, Mondays, 9:30-11:30 am.
- Playtime Fun – weekly, ongoing drop in program for caregivers and infants to 24 months. Contact Kathryn, ext. 227

Drop In Programs

- Playtime Fun – weekly drop in program for parents and caregivers with infants to 24 months. Fridays, 9:30 am- 11:30 am. Contact Kathryn ext. 227.
- Busy Bodies – a preschool and parent drop in playgroup offering activities for keeping children's busy bodies healthy. Games, food and crafts. Call Sarah, ext. 280.

Support Program

- Parent's Care – designed for custodial parents who are looking for support with personal and parenting challenges. Thursdays 1:00-3:00 pm. Contact Sarah at ext. 280 for info.
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Craigwood Youth Services, 520 Hamilton Rd., London 434-8821, website: www.craigwood.on.ca

Craigwood offers youth community programs for youth at risk ages 12-16 years, including:

- Child witness of woman abuse
- Anger awareness and interpersonal skills group
- Victim awareness group
- Parent group
- Intensive family support service

Also offers youth residential and youth custody programs, as well as Crisis Intake, 24 hours per day, 7 days per week (433-0334)

Western Area Youth Services, 714 York St., London N5W 2S8 432-2209, website: www.ways.on.ca

WAYS offers youth and families community programs for at risk youth aged 14 to 18 including:

- Anger Management
- Collective Kitchen
- Surviving Adolescents
- A variety of other group topics
- Parent Support Group

Also WAYS offers youth a number of group care beds in addition to youth custody programs. The C-IT program is a collaborative program offered by Craigwood Youth Services, Vanier Children's Services and Western Area Youth Services, 24 hours per day, 7 days per week (433-0334).

Websites of Interest to Parents

www.canadianparents.com

www.notmykid.org

www.parentsinfo.sympatico.ca

www.parents.com

www.familyinfo.ca

www.info.london.on.ca

www.parentguide.ca

www.childrensinfo.ca

Ask a Teacher - <http://www.ilc.org/aat/index.php>

Autism Society Ontario - www.autismsociety.on.ca

Children and Adults with ADD - www.chadd.org

Children's Mental Health Services Directory - <http://www.mentalhealth4kids.ca/>

Eating Disorders Association of London - www.eating-disorder.org/edal.html

Homework Help - <http://school.discovery.com/homeworkhelp/bjpinchbeck/>

Justice for Children and Youth - <http://www.jfcy.org>

Learning Disabilities Online newsletter - <http://www.ldonline.org/ldnewsletters>

Legal Aid Ontario - <http://legalaid.on.ca/en/default.asp>

London Anti-Bullying Coalition <http://www.londonabc.ca/>

London District Catholic School Board - www.ldcsb.on.ca

Mental health for kids - <http://www.mentalhealth4kids.ca/>

Middlesex-London Health Unit - <http://www.healthunit.com>

Ministry of Education & Training of Ontario - www.edu.gov.on.ca

Mood Disorders Society of Canada - <http://www.mooddisorderscanada.ca/index.php>

Non-verbal Learning Disabilities Association - <http://www.nldline.com/>

Ontario Association of Children's Aid Societies - www.oacas.org

Ontario Ombudsman - <http://www.ombudsman.on.ca/>

Ontario School Council Support Centre - <http://www.schoolcouncils.net/>

Parents for Children's Mental Health - <http://www.pcmh.ca/>

Pediatric Psychiatry pamphlets - <http://jamesdauntchandler.tripod.com/>

Project No Spank - <http://www.nospank.net/>

Psychology Foundation of Canada - www.psychologyfoundation.org

School Advocacy Hamilton <http://www.schooladvocacy.ca/index.html>

Special Education Regulations

<http://www.edu.gov.on.ca/eng/general/elemsec/speced/regs.html>

Thames Valley District School Board - www.tvdsb.ca

Tourette's Syndrome Foundation - www.lifesatwitch.com

VOICE for Hearing Impaired Children - <http://www.voicefordeafkids.com/>