

KidsLINK

Child Care Connection

1770 King St E, Ste 5, Kitchener

Phone: 519-741-1811

Provides advice, information, and referral to child care services

Education

Waterloo Region District School Board

Education Centre, 51 Ardelt Ave, Kitchener

Phone: 519-570-0003 (direct dialing) ~

519-570-0300

Waterloo Catholic District School Board

Catholic Education Centre, 35 Weber St W,

Unit A, Kitchener

Phone: 519-578-3660

Recreation

Kitchener-Waterloo YMCA

A.R. Kaufman Family YMCA

333 Carwood Ave, Kitchener

Phone: 519-743-5201

Kitchener-Waterloo YMCA

YMCA RIM Park

2001 University Ave E, Waterloo

Phone: 519-743-5201

YMCA of Cambridge

Chaplin Family YMCA

250 Hespeler Rd, Cambridge

Phone: 519-623-9622

There are also a variety of local community centres throughout Waterloo Region. Call the Community Information Centre of Waterloo Region at **519-579-3800** to find the one closest to you.

Waterloo Community, Culture, and Recreation Services

Phone: 519-747-8733

Kitchener Community Services

Department

Phone: 519-741-2382

Cambridge Community Services

Department

Phone: 519-740-4681

North Dumfries Recreation Services

Phone: 519-632-7442

Wilmot Facilities and Recreation

Department

Phone: 519-634-8444

Wellesley Recreation Department

Phone: 519-699-9369

Woolwich Recreation and Facilities Services

Phone: 519-669-1647

Free Internet Access Sites in Waterloo Region

All **Public Libraries** in Waterloo Region and **City of Kitchener Community Centres and Senior Centres** have free internet access available. For a complete list of access sites, call **519-579-3800**.

Social Planning Council of Kitchener-Waterloo/Community Information Centre of Waterloo Region

151 Frederick St, Ste 300, Kitchener

Phone: 519-579-3800

Ask us Anything!

Parenting Resources



Produced by:
Social Planning Council of Kitchener-Waterloo/Community Information Centre of Waterloo Region

151 Frederick St, Suite 300
Kitchener, ON N2H 2M2
519-579-3800

From outside Waterloo Region call
1-877-579-3859

Family Resource Centres

For more information on these programs and others, contact the **7ca a i b]m** **→bZcfa UHjcb`7YbhfY`at`519-579-3800**

Cambridge Family Early Years Centre

149 Ainslie St N, Cambridge
Phone: 519-740-8353

Our Place, Family Resource and Early Years Centre

St Francis School, 154 Gatewood Rd,
Kitchener
Phone: 519-571-1626

Sunbeam Early Years Drop-In Centre

68 Biehn Dr, Kitchener
Phone: 519-744-9223

YMCA Ontario Early Years Centre

161 Roger St, Waterloo
Phone: 519-741-8585

Langs Family Resource Centre

1145 Concession Rd, Cambridge
Phone: 519-653-1470

The Salvation Army Parent/Child Resource Centre

Kitchener Community Church, 75 Tillsley Dr, Kitchener
Phone: 519-745-4241

Wilmot Family Resource Centre Inc Family Support Outreach Program

175 Waterloo St, Unit 1, New Hamburg
Phone: 519-662-2731

Woolwich Community Services Kids and I Resource Centre

Birdland Plaza, 112 Oriole Pkwy, Elmira
Phone: 519-669-3043

Health

Region of Waterloo Public Health Healthy Children Info Line

Phone: 519-883-2245 (info line)

Region of Waterloo Public Health

99 Regina St S, Waterloo
Phone: 519-883-2000

Telehealth Ontario

Phone: 1-866-797-0000
Registered nurses provide 24 hour information and advice

Front Door: Access To Child and Youth Services

35 Dickson St, Cambridge
Phone: 519-749-2932

1770 King St E, Kitchener
Phone: 519-749-2932

Services for families seeking mental health programs for children

Sunbeam Residential Development Centre, Developmental Services Access Centre—Waterloo Region

205-1120 Victoria St N, Kitchener
Phone: 519-741-1121

KidsAbility Centre for Child Development

500 Hallmark Dr, Waterloo
Phone: 1-888-372-2259 ~ 519-886-8886

250 Hespeler Rd, Cambridge
Phone: 519-621-7580

Therapeutic, educational, support services and medical consultation through referral

Counselling Services

These programs offer a variety of family counselling services. For more information please call the **CIC** at **519-579-3800**

KW Counselling Services Inc

480 Charles St E, Kitchener
Phone: 519-884-0000

Interfaith Community Counselling Centre

23B Church St, New Hamburg
Phone: 519-662-3092

Mosaic Counselling & Family Services

400 Queen St S, Kitchener
Phone: 519-743-6333

Family Counselling Centre of Cambridge and North Dumfries

18 Walnut St, Cambridge
Phone: 519-621-5090

Lutherwood Family Counselling Services

35 Dickson St, Cambridge
Phone: 519-622-1670

Woolwich Counselling Centre

65 Memorial Ave, Elmira
Phone: 519-669-8651

Child Protection

Family and Children's Services of the Waterloo Region

168 Hespeler Rd, Cambridge
Phone: 519-623-6970 (automated attendant) ~ 519-623-6538 (after hours)

200 Ardelt Ave, Kitchener
Phone: 519-576-0540 (after hours) ~ 519-576-1329 (automated attendant)

Child Care

The Community Information Centre of Waterloo Region has a listing of child care facilities, to inquire about these, call the **CIC** at **519-579-3800**

Waterloo Region Social Services Department, Child Care Subsidy Program

99 Regina St S, 5th flr, Waterloo
Phone: 519-883-2200
For families of children, birth-10 years old