

Child Care

The **Social Development Centre** has a listing of child care facilities, to inquire about these, call **1-877-579-3859**

Waterloo Region Social Services Department, Child Care Subsidy

99 Regina St S, 5th floor, Waterloo
Phone: 519-883-2200

For parents of children up to 12 years ~ parents must be attending school or working

Education

Waterloo Region District School Board

Education Centre, 51 Ardelst 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

TVOntario, Independent Learning Centre

2180 Yonge St, Ground Flr, Toronto
Toll-free phone: 1-800-387-5512 (English);
1-800-265-0454 (French)

Kitchener Waterloo Christian Home Educators Association

First Baptist Church, 306 Erb St W, Waterloo
Email only: info@kwchea.ca



Recreation

Call to find out about **fee assistance**, and programs that are available.

Kitchener-Waterloo YMCA, A R Kaufman Family YMCA

333 Carwood Ave, Kitchener
Phone: 519-743-5201

Kitchener-Waterloo YMCA, Stork Family YMCA

500 Fischer Hallman Rd N, Waterloo
Phone: 519-725-8783

Chaplin Family YMCA, YMCA of Cambridge

250 Hespeler Rd, Cambridge
Phone: 519-623-9622

Cambridge Community Services Department

50 Dickson St, Cambridge
Phone: 519-740-4681

Kitchener Community Services Department

200 King St W, 7th floor, Kitchener
Phone: 519-741-2312

North Dumfries Recreation Services

North Dumfries Community Complex
2958 Greenfield Rd., Ayr
Phone: 519-632-8800 ext. 102




Waterloo Community Services Department

100 Regina St S, Waterloo
Phone: 519-747-8733

Wellesley Recreation Department

4639 Lobsinger Line, RR 1, St Clements
Phone: 519-699-9369

Wilmot Facilities and Recreation Department

Link to:		
 Community Services	 Settlement Services	 Services for Persons with Disabilities

Parenting



- Family Resource Centres
- Health
- Counselling Services
- Child Protection
- Education
- Child care

Phone/TTY: 519-579-3800

From outside Waterloo Region:

1-877-579-3859

74 Frederick St Kitchener, N2H 2L7

Email: info@waterlooregion.org

Website: www.waterlooregion.org

[Family Resource Centres](#)

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

The Popcorn House Community Resource Centre

Centennial Public School
100 Weaver St., Cambridge
phone: 519-653-1470

YMCA Ontario Early Years Centre

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

Langs—Early Years 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 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](#)

Ontario Poison Centre

Toll-free phone: 1-800-268-9017

Region of Waterloo Public Health

99 Regina St S, Waterloo
Phone: 519-575-4400
Offers immunization clinics and dental health clinics,
call for more information

Health Care Connect Program

Toll-free phone: 1-800-445-1822
Matches individuals with health care providers

TeleHealth Ontario

Toll-free Phone: 1-866-797-0000
Registered Nurses provided medical advice 24 hours
service

Walk-in Clinics

980 Franklin Blvd, Cambridge ~ 519-654-2260
1150 Franklin Blvd, Cambridge ~ 519-520-7044
100 The Boardwalk, Kitchener ~ 519-279-4098
750 Ottawa St S, Kitchener ~ 519-570-3174
385 Fairway Rd S, Kitchener ~ 519-748-2327
751 Victoria St S, Kitchener ~ 519-745-2273
1400-5A Weber St E, Kitchener ~ 519-748-6933
170-13 University Ave W, Waterloo ~ 519-725-1514

Front Door Access to Child and Youth Services

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

1770 King St E, Suite 1, Kitchener

Phone: 519-749-2932

Services for families seeking mental health programs
for children and youth

Sunbeam Residential Development Centre, Developmental Services Resource Centre Waterloo Region

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

KidsAbility Centre for Child Development

- 65 Hansen Ave, Kitchener
Phone: 519-886 8886
- 500 Hallmark Dr., Waterloo
Phone: 519-886-8886
- 250 Hespeler Rd, Cambridge
Phone: 519-886-8886

Therapeutic, educational, support services and medical
consultation through referral

[Counselling Services](#)

Mosaic Counselling & Family Services

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

Interfaith Community Counselling Centre

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

KW Counselling Services

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

Shalom Counselling Services Waterloo

9 Avondale Ave S, Waterloo
Phone: 519-886-9690

Lutherwood Family Counselling Services

35 Dickson St, Cambridge
Phone: 519-622-1670 Ext 200

Woolwich Counselling Centre

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

Family Counselling Centre of Cambridge and North Dumfries

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

Family and Children's Services of the Waterloo Region

- 200 Ardelt Ave, Kitchener
Phone: 519-576-0540; 519-576-0540 ext. 5000
(after hours pager)
- 168 Hespeler Rd, Cambridge
Phone: 519-623-6970; 519-576-0540 ext. 5001
(after hours)

Family Counselling Centre Community Support Services of Ayr and North Dumfries

173 Northumberland St., Ayr
Phone: 519-632-9737

[Child Protection](#)

Family and Children's Services of the Waterloo Region

- 200 Ardelt Ave, Kitchener
Phone: 519-576-0540; 519-576-0540 ext. 5000
(after hours pager)
- 168 Hespeler Rd, Cambridge
Phone: 519-623-6970; 519-576-0540 ext. 5001
(after hours)

The Infant and Toddler Safety Association

23-500 Fairway Rd S, Box 154, Kitchener
Phone: 519-570-0181 (Child Safety Hotline)
Toll-free phone: 1-888-570-0181

Child Witness Centre of Waterloo Region

111 Duke St E, Kitchener
Phone: 519-744-0904
Toll-free phone: 1-888-544-0904