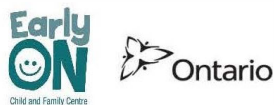


Your Guide

HALDIMAND & NORFOLK

for Families, Children & Teens

Your Guide is
made possible by:



JANUARY TO JUNE 2021

Your Guide is also available online at www.contactbrant.net/yourguide

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

TABLE OF CONTENTS

EarlyON Child and Family Centres	2
Haldimand Norfolk Health Unit	4
EarlyON Outdoor Programs.....	5
Parenting Programs.....	8
In the Community.....	10





Welcome to the Your Haldimand Norfolk!

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

Available online at www.contactbrant.net/yourguide.

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

Welcome to the EarlyON Child and Family Centres

H-N REACH EarlyON Child and Family
Centre programming information
January to June 2021

Visit our website hnreach.on.ca



Haldimand-Norfolk
REACH

Find us on 

[Haldimand-Norfolk REACH](#)

&

[HN REACH EarlyON Child and Family
Centre](#)

MCFN EarlyON Child and Family
Centre programming information
January to June 2021

Visit our website at mncfn.ca



Find us on 

[MNCFN 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
Caledonia 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"> • join fun activities such as storytelling, arts, science, sing-alongs and games • get advice from professionals trained in early childhood development • find out about other family services in your community • connect with other families with young children <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 website or Facebook pages for up to date information and schedules.</p> <div>    </div> <div> WWW.HNREACH.on.ca Facebook/EarlyON Facebook/MCFN EarlyON </div> <div>  </div>					
Cayuga J.L Mitchener School 60 Munsee St., South						
Delhi Delhi United Church 105 Church St., West						
Dunnville Mapleview Elementary School 223 Fairview Ave., West						
Houghton Houghton Public School 505 Fairground Side Rd						
Hagersville Hagersville Secondary 70 Parkview Road 289-758-5599						
Jarvis Jarvis Public School 14 Monson St.						
Langton Sacred Heart Public School 26 Albert St.						
Mississaugas of the Credit First Nation 659 New Credit Road 289-758-5599						
Port Dover Lakewood Elementary 713 St. George Street						
Port Rowan St. John's Anglican Church 46 Front Road						
Selkirk Selkirk Public Library 34 Main St., West						
Simcoe 12 Colborne St., North						
Waterford Waterford United Church 135 Main St., South						

Well Baby / Breastfeeding Drop-in

In Partnership with Haldimand Norfolk Health Unit

Drop-in may be affected by the COVID-19 pandemic. Please refer to [HNHU](#) and [H-N REACH](#) website.

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.



Prenatal Classes

In-person prenatal classes may be affected by the COVID-19 pandemic. Please check the HNHU website <https://hnhu.org/clinics-classes/prenatal-classes/> for up-to-date information.

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 program fee. Financial support 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/>



EarlyON Outdoor Programs

EarlyON Outdoor programs are open to any parent/caregiver and their children 0-6 years old and their siblings. Location details will be provided upon registration.

To register call EarlyON Child and Family Centre at 905-765-1661 or 1-866-463-2759, or email earlyon@hnreach.on.ca.

Holiday Closures

Friday, January 1 – New Years Day
 Monday, February 15 – Family Day
 Friday, April 2 – Good Friday
 Monday, April 5 – Easter Monday
 Monday, May 24 – Victoria Day

January:

Outdoor Winter Wonders of Nature

Inviting children to discover the wonders of winter through exploration and play!

Selkirk	Monday, January 11	10:00 a.m.
Simcoe	Wednesday, January 13	10:00 a.m.
Caledonia	Tuesday, January 19	1:00 p.m.
Waterford	Wednesday, January 20	10:00 a.m.
Cayuga	Monday, January 25	10:00 a.m.
Houghton	Thursday, January 28	10:00 a.m.

February:

Trail Explorer

Families with babies and young children connecting with the outdoors and each other through various activities.

Caledonia	Tuesday, February 9	10:00 a.m.
Simcoe	Wednesday, February 17	10:00 a.m.
Dunnville	Monday, February 22	10:00 a.m.

March:

Scavenger Hunt

Families with babies and young children connecting with the outdoors and each other through various activities.

Selkirk	Monday, March 8	10:00 a.m.
Houghton	Thursday, March FF	1:00 p.m.
Caledonia	Tuesday, March 16	10:00 a.m.
Waterford	Wednesday, March 17	10:00 a.m.
Cayuga	Monday, March 22	10:00 a.m.
Simcoe	Tuesday, March 23	10:00 a.m.

Trail Babies - Stroller walk

Get together and walk, make new friends, and talk about a variety of parenting topics.

Waterford	Thursday, March 1	1:00 p.m.
-----------	-------------------	-----------

April:

Trail Babies - Stroller walk

Get together and walk, look for signs of spring.

Waterford	Thursday, April 8	1:00 p.m.
Caledonia	Monday, April 26	1:00 p.m.

Spring Has Sprung

Feel the warm sun and observe the changing seasons.

Selkirk	Monday, April 12	10:00 a.m.
Langton	Wednesday, April 14	10:00 a.m.
Houghton	Tuesday, April 20	10:00 a.m.
Dunnville	Wednesday, April 21	6:30 p.m.
Townsend	Wednesday, April 28	10:00 a.m.

May:

Trail Babies - Stroller walk

Families with babies and young children connecting with the outdoors and each other.

Waterford	Thursday, May 6	1:00 p.m.
Caledonia	Thursday, May 20	1:00 p.m.

Story Telling in the Park

Selkirk	Monday, May 3	10:00 a.m.
Caledonia	Tuesday, May 4	1:00 p.m.
Simcoe	Wednesday, May 5	10:00 a.m.
Cayuga	Monday, May 17	10:00 a.m.
Houghton	Thursday, May 20	1:00 p.m.
Jarvis	Wednesday, May 26	1:00 p.m.

June:

Trail babies – Stroller walk

Get together and walk, make new friends, and talk about a variety of parenting topics.

Simcoe	Tuesday, June 1	6:00 p.m.
Waterford	Thursday, June 10	1:00 p.m.
Caledonia	Monday, June 14	1:00 p.m.
Cayuga	Monday, June 21	10:00 a.m.
Townsend	Tuesday, June 29	1:00 p.m.

Move and Groove

Engage in vigorous physical play in natural outdoor spaces.

Jarvis	Thursday, June 3	1:00 p.m.
Selkirk	Monday, June 7	10:00 a.m.
Houghton	Tuesday, June 15	10:00 a.m.
Simcoe	Wednesday, June 16	10:00 a.m.
Dunnville	Thursday, June 17	6:30 p.m.

EarlyON Indoor Programming

For current and up to date information on our Indoor Programming please contact EarlyON at 519-429-2875 or 1-866-463-2759 or visit our [website](#) or [Facebook](#) pages for up to date information and schedules.

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.

Parenting Programs

Moms Talk:

Wednesdays, January to June - 1:00 p.m. to 3:00 p.m.

Open to any parent/caregiver.

Moms meet virtually to talk about things that matter to them including relationships, parenting, feeling alone and friendship. Zoom link provided upon registration.

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:

Want to raise your child, not your voice? Our problem-solving model promotes healthy child development and strong parent-child relationships for parents/caregivers with children up to the age of 6.

Tuesdays, January 19 to March 9 - 1:00 p.m.- 2:30 p.m.

Haldimand Norfolk REACH 101 Nanticoke Creek Parkway, Townsend, ON

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.

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

Positive Discipline in Everyday Parenting – Booster Program

Parents and caregivers who have previously completed a Positive Discipline in Everyday Parenting (PDEP) program are invited to a facilitated discussion. Share with other parents what is working for you and pick up some hints and tricks to add to your tool box.

Tuesdays beginning in March

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

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.

To register for a licenced program or to see a full list of licensed centres in Haldimand and Norfolk visit 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 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

For support: call: 1.888.722.1540

or email: 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).

Development Check-In

Open to all parents/caregivers and their child 0 to 4 years. Your virtual or in person 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.

Notice

Haldimand Norfolk Health Unit programs may be affected by the COVID-19 pandemic. Please check the HNHU website at

www.hnhu.org

or call 519-426-6170 for up to date information.

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.



Breastfeeding Support

Support is available by:

- Calling a Public Health Nurse at 519-426-6170 or 905-318-6623
- Attending a Well Baby and Breastfeeding Drop-in at the Early ON Centres
- Calling Telehealth Ontario at 1-866-797-0000
- Breastfeeding Buddies, support from another mom - Call 519-587-2441

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 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 our website at www.hnhu.org.





Dalhousie Place

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.

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.

A certificate of attendance and resource materials are provided.

*Programs Funded by the United Way.



It's a sign.



Of respect.

Stop the spread. Wear a mask.





Haldimand-Norfolk

REACH

supporting children, families, communities

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)



Haldimand-Norfolk
REACH

supporting children, families, communities

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/>.



Haldimand-Norfolk

REACH

supporting children, families, communities

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



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 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



BRANT HALDIMAND NORFOLK
Catholic District School Board



COMMUNITY INFORMATION
Brant, Haldimand & Norfolk
www.info-bhn.ca

A website of local programs and services

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 1-800-454-7186

Brant Haldimand Norfolk Preschool Speech &
Language System ext 247



Register for Kindergarten Today

Learn what you need to register and locate your school at granderie.ca



Dalhousie Place

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.

Protect yourself and others from getting sick

Wash your hands



- after coughing or sneezing
- when caring for the sick
- before, during and after you prepare food
- before eating
- after toilet use
- when hands are visibly dirty
- after handling animals or animal waste



Nurturing Lives & Dreams of Children

We can all help keep kids safe



The Children's Aid Society
of Haldimand & Norfolk

1-888-CAS-KIDS
www.cashn.on.ca

**Foster/Adopt/Volunteer
Join our Board
or Donate**

