



## H.O.P.E. Community Calendar

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

September 2011

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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://www.sacl.ca)

**Changing Ways (London)**

825 Bradley Avenue  
London, Ontario N6E 3C2  
Phone: 438-9869  
Website: [www.changingways.on.ca](http://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](http://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](http://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](http://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](http://www.familyserVICETHAMESVALLEY.ca)

**Daya Counselling Centre**  
141 Dundas Street  
London, ON N6A 1G3  
Phone: 519-434-0077  
Website: [www.dayacounselling.on.ca](http://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](http://www.childreach.on.ca)

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

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

Learning Disabilities Association - London Region, 333 Horton St. , London, phone 438-6213, fax 438-0368, email [lda@linkd.net](mailto:lda@linkd.net) and website [www.ldalondon.ca](http://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 –June at 6:45 pm.
- Fun Fridays PA Day Camp – September 23, November 18, February 3, and April 20
- Social skills program- September 21 to November 9, 2011 and February 7 – April 10, 2012.
- Skills for Learning Program – September 20 to November 8, 2011 and Feb. 8 – April 11, 2012 and April 24 – June 12, 2012
- Guidance Tutoring Program – Sepember 20 to November 8, 2011 and Feb. 8 – April 11, 2012
- One to One Tutoring Program – October 1 to December 10, 2011 and January 14 – March 31, 2012
- Computer Club Program – November 22 to January 24, 2012 and april 25 – June 13, 2012
- Girls Talk Program – November 23 to January 25, 2012
- Transitions/Coaching for Youth – November 23 to January 25, 2012

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.
- You're Grounded for Life is a workshop that looks at ways to improve communication with your teen and to understand and avoid arguments, looking at setting limits and using appropriate consequences. It is a 2-session program for parents of 11-15 year olds.
- Why They Do the Things They Do is a class where you can learn more about what motivates children to behave the way they do, and how we can promote cooperation and positive behaviour.

- Lets Talk is a class where you can learn more about communicating effectively with your child, and how to use encouragement to strengthen your relationship and build more confident and capable children.
- Effective Discipline is an opportunity to learn effective discipline strategies that will teach and encourage appropriate behaviour in your children.
- Young Moms and Children Playgroup - Parenting information and guidance, parent-child activities and peer support for moms 21 years and younger with their children. Thursdays from 3:30 to 5:30 p.m. at Childreach. For further information, please call Marg at 519-434-3644, ext. 38, or Lois Greer at 519-663-5317, ext. 2382.
- Active Parenting Now - 3 evening program uses video, activities and discussion to show you ways to raise responsible, cooperative children who are better able to resist negative peer pressure.
- Parenting 101 - This one session workshop gives practical suggestions for parents for structuring home life, establishing bedtime and morning routines, and to form household rules.
- Teen Moms: Parenting Support for Teen Mothers.

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

- Strategies in Positive Parenting (SIPP)-Mondays 1:00-3:00 pm. Call Wendy at ext. 274 for more information.
- Parenting Preschoolers-14 session program, Tuesdays, 9:15-12:15, call ext. 274 to register.
- 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.
- Don't Make Me Go! Whose First Day is it Anyway? - parents learn ways to make transition to kindergarten less stressful for the family. Contact Sarah at ext. 280 for more info.
- Terrific Toddlers – 6 week program offers parents information on toddler development. Contact Deb at ext. 246 for more info.
- Interactive Parenting – for parents to meet together to discuss parenting issues in atmosphere of crafts, stories & play, call ext. 278 for information.
- Secure Connections: Infant Group - 10 wk. play-based program, Thursdays 10:00-11:30 am.
- 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, Fridays, 9:30-11:30 am.
- Preparing to Parent – 6 week prenatal program for expectant/new parents helps develop secure relationship.
- Well Baby and Child Clinic- call Middlesex Health Unit at 663-5317, ext. 2459, Fridays 9:30-11:00 am at Merrymount
- Prenatal Classes- call Middlesex Health Unit, 663-5317 for 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.
- Grand Parent Support – offers support and addresses issues relevant to meeting needs of children in grandparents' care. Call Deb at ext 246 for more information.
- Building Families: The Early Years – intensive 23 week program for parents working with CAS, Wednesdays 9:15-12:15, call Wendy at ext. 274 for more information.
- Right from the Start – 8 week session for parents of infants offers practical guides for developing nurturing parent/child interaction and secure attachments. Call Wendy to register at ext. 274.
- Teen Chat– 10 month pre and post natal program for teen moms and teen dads, 2 educational sessions and 2 drop in sessions per month. Topics include life skills, health, nutrition, family planning, attachment, parenting, education/employment, self care, relationships and social issues. Call Deb at ext 246 for more information.
- 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.
- On Your Own: Parenting Through Separation and Divorce – examines effects on children and strategies for adjustment to family changes. Contact Katie at ext. 236 for more 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 Sara at ext. 280 to register, or Raquel at Addiction Services Thames Valley, 519-673-3242.
- 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.
- The Community Group for Children who have Witnessed Woman Abuse – for children/youth 5-16 years of age and their mothers who have experienced abuse in the family. Contact Community Group program coordinators at 519-455-9000.

Craigwood Youth Services, 520 Hamilton Rd., London 434-8821, website: [www.craigwood.on.ca](http://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](http://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](http://www.canadianparents.com)

[www.notmykid.org](http://www.notmykid.org)

[www.parentsinfo.sympatico.ca](http://www.parentsinfo.sympatico.ca)

[www.parents.com](http://www.parents.com)

[www.familyinfo.ca](http://www.familyinfo.ca)

[www.info.london.on.ca](http://www.info.london.on.ca)

[www.parentguide.ca](http://www.parentguide.ca)

[www.childrensinfo.ca](http://www.childrensinfo.ca)

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

Autism Society Ontario - [www.autismsociety.on.ca](http://www.autismsociety.on.ca)

Children and Adults with ADD - [www.chadd.org](http://www.chadd.org)

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

Eating Disorders Association of London - [www.eating-disorder.org/edal.html](http://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](http://www.ldcsb.on.ca)  
Mental health for kids - <http://mentalhealth4kids.ca/>  
Middlesex-London Health Unit - <http://www.healthunit.com>  
Ministry of Education & Training of Ontario - [www.edu.gov.on.ca](http://www.edu.gov.on.ca)  
Mood Disorders Society of Canada - <http://www.mooddorderscanada.ca/index.php>  
Non-verbal Learning Disabilities Association - <http://www.nldline.com/>  
Ontario Association of Children's Aid Societies - [www.oacas.org](http://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](http://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](http://www.tvdsb.ca)  
Tourette's Syndrome Foundation - [www.lifesatwitch.com](http://www.lifesatwitch.com)  
VOICE for Hearing Impaired Children - <http://www.voicefordeafkids.com/>