



H.O.P.E. Community Calendar

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

February 2010

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

London North Centre (LNC)

265 Maitland St. Register for these programs at 434-3644, or at www.childreach.on.ca

- Infant Massage for Dads - Join other dads of infants under 6 months in learning the art of Infant Massage. Help your baby learn to relax and stimulate baby's body systems while spending quality time with your infant. Practice techniques of special touch that builds a connection between you and your baby. Saturdays, February 6-27 10:00 to 11:00 am. Infant Massage for Moms Mondays, March 8 - 29 1:30 to 2:30 pm .
- Mommy and Baby Fitness -Join a Mommy and Baby Fitness Instructor for an opportunity to exercise with your baby, learn baby songs and activities and find out about postnatal fitness. Monday, March 1 1:30 to 2:30 pm.
- Disciplining Children over 5 -An AKB Resource Consultant will explain typical school aged misbehaviour and realistic expectations for 5 to 7 year old children. Discussions will focus on age appropriate strategies to deal with such behaviours. Tuesday, March 9 10:00 to 11:30 am.
- Exploring the "Intensity Trait" of Temperament- Let's talk and learn about how "highly intense" children behave and how intensity plays a role in the daily experience we have with them. Tuesday, March 9 6:30 to 8:00 pm.
- Developing Children's Self Esteem -Self-Esteem is how you feel about yourself. Children with high self esteem are more confident and have a positive attitude. Staff from Vanier Children's Services will talk about the importance of and how, as parents, we can build our children's self-esteem. Tuesday, March 23 10:00 to 11:30 am.
- Sleep and Bedtime A good night's sleep is important to the health and well-being of child and parent. Parents will learn and share ideas to develop successful bedtime and sleeping routines with their toddler, preschooler and school age child. Thursday, March 25 6:15 to 8:15 pm.
- Letter Fun -This is a four week literacy program for parents and their children aged 3 to 6 years. A wide range of alphabet-based activities are introduced. Call for location and dates 1:30 to 3:00 pm

London West (LW)

1019 Viscount Rd. To register call (519) 473-2825. Operated by London Children's Connection www.lcc.on.ca

- Home Made Fun! Learning starts and continues at home. Come ready to work at assembling some homemade toys for different age groups. We will have supplies, instructions and support staff to work with you. Information about safety, child development and early learning will be shared as we work. Monday, March 1 6:30 to 8:30 pm.
- Communicating With Your Baby -Explore developmental milestones of language and learn tips and techniques for communicating with your 6 month to 2 year old baby. The importance of one to one interaction will be discussed. Babes in arms are welcome to attend. Wednesday, March 3 10:00 to 11:00 am.
- Teaching Limits -Knowing about child development, temperament, and parenting styles can make it easier to guide your child's behaviour. We will look at ways to prevent struggles, turn situations around as well as strategies to set limits with love and keep everyone's dignity intact! Wednesdays, March 24 and 31 6:30 to 8:30 pm.

London Fanshawe (LF)

1892 Dundas St. E., To register call 519-455-2791. Operated by Merrymount www.oeyclondonfanshawe.ca

- Creative School Lunches -Do you often wonder what to make your child for lunch? Come and learn new creative ways to incorporate healthy, fun lunches for children to take to school. Take home recipes will be provided. Saturday, March 13 10:00 to 11:30 am
- Re-Discover Your Self- A good self-image is key to establishing positive relationships and friendships. Building a strong self-concept and image empowers you to attempt new skills and feel good about yourself. Join us in a relaxed and supportive setting to share the ups and downs of trying to balance being a mom, a wife and a woman. Tuesdays, March 23-30 1:30 to 2:30 pm.

Learning Disabilities Association - London Region, 333 Horton St. , London, phone 438-6213, fax 438-0368, e-mail 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 –June at 6:45 pm.
- Fun Fridays PA Day Camp April 23
- Social skills program starts week of April 26 and runs for 8 weeks.

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, , Sept. 15-Dec. 15, call ext. 274 to register.
- Parenting School Aged Children – program focusing on effective discipline strategies and building self-esteem. Beginning Tuesday, Sept. 22, 9:30-11:30 am or 6:00-8:00 pm.

- 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.
- Interactive Parenting – for parents to meet together to discuss parenting issues in atmosphere of crafts, stories & play, call ext. 278 for information.

For information on the following programs, call Kathryn at 434-6848, ext. 227

- Secure Connections: Infant Group - 10 wk. play-based program, Thursdays 10:00-11:30 am Oct. 1-Dec.3.
- Secure Connections: Toddler Group – 10 week program for parents & toddlers, Mondays, 9:30-11:30 am, Sept. 28-Dec. 7.
- 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.

For information regarding the following programs, call 434-6848, ext. 236

- Mom’s House, Dad’s House- helping children cope with parenting separation
- Heroes- developing self-esteem and social skills for children
- Well Baby and Child Clinic- call Middlesex Health Unit at 663-5317, ext. 2459, Fridays 9:30-11:00 am at Merrymount
- Smart Start for Babies- prenatal nutrition and support, for info call 646-2961
- Prenatal Classes- call Middlesex Health Unit, 663-5317 for info
- H.U.G.S. (Help Us Get Strong) – for children 4-7 years old who have parents with addiction issues
- P.E.I.C. (Prevention and Early Intervention for Children of Substance Abusers) – for children 8-12 years old who have parents or other family members with addiction issues.
- 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.
- On Your Own – addressing how separation and divorce affect children and strategies for healthy adjustment. Runs concurrent with Mom’s House, Dad’s House (children’s programs). Contact Katie at ext. 236 to register.
- 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, beginning in November, 2009 – May 2010, 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.
- Don’t Make Me Go – 6 week concurrent program to reduce anxiety for young children about to enter school. Call Sarah at ext. 280.

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

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>

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

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

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

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

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

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/>