

**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 Department of Recreation
and Leisure 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!

January 2010

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
www.waterlooregion.org

Family Resource Centres

For more information on these programs and others, contact **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 Farm Village Association Family Resource Centre

Langs Park Plaza, 887 Langs Dr, Unit 1,
Cambridge
Phone: 519-653-1470

Region of Waterloo Public Health Healthy Children Info Line

99 Regina St S, Waterloo
Phone: 519-883-2245

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 Pky, Elmira
Phone: 519-669-3043

Health

Region of Waterloo Public Health Healthy Babies Healthy Children Program

99 Regina St S, Waterloo
Phone: 519-883-2245
Early identification/early intervention
program, information and referral

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

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 **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

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

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

Child Care

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

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