CHILDREN’S SERVICES GUIDE

Thunder Bay

Communities Together for Children
FOR A CHILD’S BEST START

Best Start
Meilleur départ
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Al-Anon Alateen

*Address:* PO Box 10166   Thunder Bay on   P7B5E7
*Phone:* (807) 622-1906   Fax:
*Website* www.al-anon.alateen.org

**Program(s) Available**

**Al-Anon Adult Child Groups**

Support groups for individuals or families affected by someone's drinking; groups of relatives or friends band together to share their experiences, strengths and hope; there is much that families can do to help themselves and indirectly the alcoholic, whether he/she is still drinking or not; there are Alateen groups for teens 11-17 years.

Anishnawbe Mushkiki

*Address:* 29 Royston Court   THUNDER BAY ON   P7A4Y7
*Phone:* (807) 343-4843   Fax:   (807) 343-4728
*Website* http://www.anishnawbe-mushkiki.org/
*Email* bdubec@anishnawbe-mushkiki.org

**Program(s) Available**

**Health Beginning Postnatal and Prenatal**

We provide parents with postnatal education and support. Education consists of child development milestones, nutrition, traditional child rearing, cultural activities, budgeting, breastfeeding, feeding your baby etc. We also provide parents with prenatal education and support. Education consists of traditional child rearing, nutrition, lamaze, stages of labour, hospital tour, newborn care etc.

**Health Connections**

Provides parent education and support: addressing child development. To develop culturally appropriate educational resources, materials, tools and information. Develop and deliver community education workshops. Provide individual and group support in parenting and nutritional issues. Prepare and deliver nutrition education sessions. Organizing community kitchen programs
**Association des Francophones du Nord-Ouest**

**Address:** 225 River rue Ecole catholique Franco-Superieur THUNDER BAY on P7B6C6

**Phone:** (807) 684-1953  
**Fax:**

**Email** petiteenfance@afnoo.org

**Program(s) Available**

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<tr>
<td>Grandir en français</td>
<td>Le Centre Grandir en français est un satellite francophone des Centres de la petite enfance de Thunder Bay de l'Ontario. Nous offrons des groupes de jeux, des ateliers pour parents, gardiens, gardiennes, une joujouthèque ainsi qu'un centre de ressources.</td>
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**Autism Ontario - Thunder Bay and District Chapter**

**Address:** 1100 Memorial Avenue, Suite 143 Thunder Bay on P7B4A3

**Phone:** (807) 622-9713  
**Fax:**

**Website** www.autismontario.com

**Email**

**Program(s) Available**

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<td>Autism Ontario</td>
<td>Provides assistance, advocacy and resources for those diagnosed with Autism/Pervasive Development Disorder (PDD), their families, friends and professionals involved with their diagnosis, therapies and advocacy. October is Autism month. The Autism library is located at the Children's Centre Thunder Bay.</td>
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**Beendigen Inc.**

**Address:** 103-100 Anemki Drive THUNDER BAY ON P7J1A5

**Phone:** (807) 622-1121  
**Fax:** (807) 622-2240

**Website** www.beendigen.com

**Email** patricia@beendigen.com

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<td>Community Action Plan-Children</td>
<td>To improve the physical, mental, emotional and spiritual well-being of off-reserve aboriginal families with children from 0 - 6 years of age.</td>
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Pre and Postnatal Program
We provide complete programs and services for off-reserve pregnant women and their families until baby is 6 months of age. Registered Nurse on site. For further information call 628-0624.

Bingwi Neyaashi Anishinaabek First Nation

Address: 684 City Road, Suite #7 684 City Road, Unit #7, Thunder Bay, ON THUNDER BAY on P7J1K3
Phone: (807) 623-2724  Fax: (807) 623-2764
Website
Email gtpodolchuk@hotmail.com

Program(s) Available
Aboriginal Healthy Babies Healthy Children
This program is an Ontario legislated prevention/intervention strategy for families with children ages 0-6. The goal is to assist and address the needs of BNA children at risk who reside in Thunder Bay through education, family home visiting, and coordination/access to services. Advocacy and referral is provided upon request to the BNA families living outside the city of Thunder Bay. For more information go to: www.ahwsontario.ca.

Community Wellness Worker
Advocacy, Promotion and awareness of healthy living, Referrals to other service providers, Educational resource library

Birthright of Thunder Bay

Address: 281-B Bay Street  THUNDER BAY ON P7B1R7
Phone: (807) 345-3200  Fax:
Website www.birthright.org
Email

Program(s) Available
Birthright
Birthright provides free pregnancy tests, counselling and practical help to women facing a distressing pregnancy.
Camp Quality of Northwestern Ontario

Address: Box 31027 Thunder Bay Mall THUNDER BAY on P7E6V5
Phone: (807) 577-0059 Fax: (807) 577-0059
Website www.campquality.com Email director@campqualitynwo.com

Program(s) Available
Camp Quality Non-profit volunteer organization that provides a camping experience and year round support for children with cancer and their families. The camping program provides a week of activity focusing on the best that life has to offer in a healthy, natural setting. Staff are volunteers who commit more than a week of their time to the program - they are the hear of Camp Quality. Eligibility: Ages 3 to 18 and in remission or receiving cancer treatment.

Canada Games Complex

Address: 420 Winnipeg Avenue THUNDER BAY ON P7B6B7
Phone: (807) 684-3339 Fax: (807) 345-4520
Website www.gamescomplex.com Email

Program(s) Available
4 Strokes 4 Fun An introduction to competitive swimming.
Adventurer's Camp Every summer, a camp full of fun fitness activities for children 5-12yrs.
Babysitting Course For youth 10 years and older who want to become a babysitter.
Boat Operator Accredited Training Anyone born after 1983 needs this course to operate a power boat.
First Aid & CPR Emergency and Standard First Aid courses and CPR courses.
Karate Tots (4-6yrs), Beginners and Advanced (7yrs +); all in the Isshin Ryu style.
March Break Something new every day for children 5-12yrs.
### Canadian Hearing Society

**Address:**  
#300 - 135 Syndicate Avenue N  
THUNDER BAY ON  
P7C3V6

**Phone:** (807) 623-1646  
**Fax:** (807) 623-4815

**Website**  
www.chs.ca

**Email**  
nfrost@thunderbay.chs.ca

#### Program(s) Available

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<td>ASL and Literacy Consultant Services</td>
<td>As able, we provide American Sign Language (ASL) development services and cultural exposure to clients referred from the Ontario Infant Hearing Program.</td>
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<td>Communication Devices and Accessibility Program</td>
<td>We offer consultation services regarding communication/linguistic accessibility and sell a full range of communication devices including TTY's, FM systems, alerting/signalling devices and amplified phones.</td>
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<tr>
<td>CONNECT Counselling</td>
<td>We provide wellness information, support, counselling, case management, as well as mental health and addication services to persons with hearing loss or are culturally Deaf and their families and offer extended support, education, advocacy and counselling to families of Deaf and hard of hearing children and adolescents.</td>
</tr>
<tr>
<td>Family Support Worker</td>
<td>We assist families referred from the Ontario Infant Hearing Program regarding language and communication development options for their child identified as culturally Deaf, oral deaf or hard of hearing, via services, information and exposure to role models and family representatives.</td>
</tr>
<tr>
<td>General Social Services Program (GSS)</td>
<td>We provide counselling, support, advocacy and guidance to persons with hearing loss or are culturally Deaf and promote and support community services to be accessible to deaf, deafened and hard of hearing consumers.</td>
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<tr>
<td>Northern Literacy and Life Skills Program (NLLP)</td>
<td>Culturally deaf adults are taught independent living skills and language development (American Sign Language and survival English).</td>
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Canadian Mental Health Association

Address: 200 Van Norman Street THUNDER BAY ON P7A4B8
Phone: (807) 345-5564 Fax: (807) 345-4458
Website www.cmha-tb.on.ca
Email mfortin@cmha-tb.on.ca

Program(s) Available

Crisis Reponse Service
A community based 24 hour crisis response telephone service plus a 12 hour mobile resource team. Crisis support program for individuals experience a mental health crisis. We provide immediate crisis assessment and intervention, referral and follow up for individuals, their families and friends. Also provides information and linkages to resources and services in the community.

Homelessness Outreach/Discharge Planning Services
The Homelessness Program is for homeless parent(s) with children or homeless women without children. The program encourages and assists those who find themselves homeless or at risk of being homeless to secure safe and affordable and long term housing. Also identifies and addresses issues of homelessness through the referral to appropriate agencies.

Canadian National Institute for the Blind

Address: 229 Camelot Street THUNDER BAY ON P7A4B2
Phone: (807) 345-3341 Fax: (807) 345-0786
Website www.cnib.ca
Email janet.skinner@cnib.ca

Program(s) Available

Parent-Child/ CNIB Rehabilitation Services
Parents of children born with visual impairments require information and support. Early intervention services provide this to each family and child as individuals. Blindness impacts all areas of early development.
## Canadian Red Cross

**Address:** 112 Harold Street S  
**Phone:** (807) 623-3073  
**Fax:** (807) 623-1031  
**Website:** www.redcross.ca  
**Email:** cherie.kok@redcross.ca

### Program(s) Available
- **Parent-Child/ Canadian Red Cross Child Safety**

## Catholic Family Development Centre

**Address:** 380 Dufferin Street  
**Phone:** (807) 345-7323  
**Fax:** (807) 345-5141  
**Website:** www.cfdc.ca  
**Email:** rbarrett@catholicfamilycentre.ca

### Program(s) Available
- **Parent-Child/ CFDC " Active Parenting Today"**
  - Help for parents through ‘Active Parenting Today’, the video-based parent education program for parents of children aged 2 to 12 years.

- **Parent-Child/ CFDC Child Witness**
  - An 8 week program (1 - 2 hour sessions per week) for women and children who have witnessed violence.

## Child Care Resources

**Address:** 425 Edward Street North  
**Phone:** (807) 624-2273  
**Fax:** (807) 622-3980  
**Website:** www.childcare.on.ca

### Program(s) Available
- **Regional Autism Intervention Program**
  - Provides Intensive Behavioural Intervention therapy and assistance with transition to school to children with autism, and support to their families.
**Regional Autism School Support Program**
Offers training and consultation to school boards, staff and volunteers working with children in autism spectrum and in-service to community agencies.

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### Children's Aid Society of the District of Tbay

<table>
<thead>
<tr>
<th>Address</th>
<th>1110 Jade Court</th>
<th>THUNDER BAY ON</th>
<th>P7B6M7</th>
</tr>
</thead>
<tbody>
<tr>
<td>Phone</td>
<td>(807) 343-6100</td>
<td>Fax:</td>
<td>(807) 343-1310</td>
</tr>
<tr>
<td>Website</td>
<td><a href="http://www.thunderbaycas.ca">www.thunderbaycas.ca</a></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Email</td>
<td><a href="mailto:rob.richardson@cas.gov.on.ca">rob.richardson@cas.gov.on.ca</a></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Program(s) Available**

Children's Aid Child Protection Services

The Children's Aid Society provides child welfare services to the community and families as set out by the Ontario Child and Family Services Act. Twenty-four hour emergency after hours services are offered. Adoption and adoption disclosure services are also provided.

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### Children's Centre Thunder Bay

<table>
<thead>
<tr>
<th>Address</th>
<th>283 Lisgar Street</th>
<th>THUNDER BAY ON</th>
<th>P7B6G6</th>
</tr>
</thead>
<tbody>
<tr>
<td>Phone</td>
<td>(807) 343-5076</td>
<td>Fax:</td>
<td>(807) 345-0444</td>
</tr>
<tr>
<td>Website</td>
<td><a href="http://www.childrenscentre.ca">www.childrenscentre.ca</a></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Email</td>
<td><a href="mailto:zohrehd@childrenscentre.ca">zohrehd@childrenscentre.ca</a></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Program(s) Available**

Parent-Child/ LRFC Early Intervention/Prevention

Early Intervention/Prevention Program specializes in Early Intervention for children from birth to 5 years of age. The program offers services to families where children are demonstrating behavioral, emotional, and/or developmental problems or who are delayed or at risk of becoming developmentally delayed. Speech language therapy for pre-school children is available following a pre-screening at the Thunder Bay District Health Unit.
**Children's Museum for Thunder Bay**

**Address:** 9 Water Street  2nd Floor CN Station Marina Park  THUNDER BAY ON  P7B6E8  
**Phone:** (807) 345-2222  
**Fax:**  
**Website**  
**Email** kschick@shaw.ca

**Program(s) Available**

- **Birthday Parties**  
  Private Birthday parties available.

- **Children's Museum**  
  The "Imagination Station" is open July - August, Tuesday - Saturday from 12:30 - 4:00 pm. Admission is $3.00/child, accompanying adults are free.

- **School Groups**  
  Reserved bookings for school groups (JK-Grade 4) and day care centres, etc.; minimum of 10 children; fee is $3.00/child.

- **Summer Camps**  
  Summer camps and Wednesday workshops are offered during July and August for children aged 4-9.

**Children's Wish Foundation of Canada**

**Address:** 1810 Isabella Street E  THUNDER BAY on  P7E5C1  
**Phone:** (807) 622-6972  
**Fax:**  
**Website** www.childrenswish.ca  
**Email**

**Program(s) Available**

- **Children's Wish Foundation**  
  The Children’s Wish Foundation of Canada is dedicated to working within the community to fulfill heartfelt wishes for children diagnosed with a high-risk, life-threatening illness. Our vision is to help every child enjoy the best quality of life possible, including the experience of laughter, shared joy and treasured memories with important people in their lives.
City of Thunder Bay Children's Services

Address: 34 Cumberland Street N, Suite 6th Floor    THUNDER BAY ON    P7A4L3
Phone: (807) 684-2651    Fax: (807) 345-9412
Website www.thunderbay.ca/cityservices

Program(s) Available

Day Care Centres

The City operates four Day Care Centres for children aged 18 months to 12 years. Drop-in services are available. Child care costs are geared to income. Hours are Monday to Friday, 6:45 am to 5:30 pm. As well, the City operates a Private Home Day Care program for children aged 6 weeks to 12 years, varied hours and days. Program Locations: (1) Grace Remus Day Care Centre, 750 Tungston Street Thunder Bay, ON    P7B 6R1    684-3594; (2) Jumbo Gardens Day Care Centre, 1122 Dawson Road, Thunder Bay, ON    P7B 5E3    684-2687; (3) Ogden Day Care Centre, 600 McKenzie Street, Thunder Bay, ON    P7C 4Z3    625-3810; (4) Algoma Day Care Centre, 58 Algoma Street, Thunder Bay, ON    P7A 4Z3; (5) Private Home Day Care Centres, located throughout the city 684-2651.

City of Thunder Bay, Recreation & Culture Division

Address: 111 Syndicate Avenue S  Victoriaville Civic Centre  THUNDER BAY ON  P7E6S4
Phone: (807) 625-2487    Fax: (807) 625-3395
Website www.thunderbay.ca

Program(s) Available

“Let’s Play” Activity Trunk

A box full of equipment, crazy games, and craft ideas for families and children aged 4-14. Can be borrowed free of charge from Ogden Community Centre. Great for birthday parties, family gatherings, and much more!
Chippewa Summer Camps

An amazing Day Camp program for children ages 5-13. This program for boys and girls is situated at beautiful Chippewa Park. Activities are geared to make the most of the natural features and amenities this fantastic park has to offer. There is a strong focus on nature, the outdoors and active healthy living. Outtrips are planned to the nearby NorWest Outdoor Centre. Twenty-five camps with various themes are planned over an 8-week period during July and August. Most Camps run Monday to Friday. 5-day Camp $128; 4-day Camp $103; Family rate available. Volunteer and Churchill Pools are the drop-off and pick-up locations for campers. Bus transportation is provided by an accredited bus company. The day begins at 9:00 am with a bus ride to Chippewa Park. Campers return to the pools at 4:00 p.m. Child care is available from 8:15 to 9:00 am and from 4:00 to 5:00 pm at no extra cost. Campers can participate in a supervised swim at 4:00 pm at Volunteer or Churchill Pools. On most days there is a supervised swim at Chippewa. Staff attend a comprehensive training program and have High Five quality assurance and first aid / CPR certification.

Equipment Borrowing

All-terrain wheelchairs available to use free of charge.

Junior Integration Services

A free one-on-one support service for children and youth with disabilities who want to get involved in the Recreation & Culture summer programs of Canada Games Complex Adventurer’s Camp, Chippewa Summer Camps, Playgrounds, and Youth Zone.

Learn to Skate

Instructional skating programs offered by the Recreation & Culture Division are a favourite with families across the city. Minimum age is three with lessons available for all ages right up to adult. Participants have a 20, 25 or 30 minute lesson once per week. Sessions are 9 or 10 weeks in duration. Power Skating programs are also available for skaters from beginner level to those more advanced. Sessions start in January and October. A wide range of classes are available throughout the week. Lessons are scheduled at various arenas throughout the city including Delaney, Neebing, Port Arthur and Current River. For children and youth fees range from $80 to $85 for a 10-week session. For the child’s safety, CSA approved hockey helmet and facemask is mandatory. Parent / guardian must remain in the arena while lessons are in progress. For details, consult The Winter and Fall issues of The Key or visit http://thunderbay.ca/index.cfm?fuse=html&pg=1424

Maman et Moi

Program that provides opportunity for children and parents to interact. Program is volunteer run on a drop-in basis, with small fee to participate. Program operates on Wednesdays.

Neighbourhood Recreation Programs

Nothing to do after-school? Check out the Neighbourhood Recreation Program. NRP is a free, inclusive, drop-in recreation program for children and youth. Trained, enthusiastic leaders are located at sites across the city to provide safe and enjoyable activities for your child. For more information, call 623-9581 or Recreation & Culture at 625-2351. No registration is necessary, just drop by the site to sign up. Programs for 5 - 12 year olds; sites as follows: Canada Games Complex - Tuesday 4:00 - 6:00 pm; Ogden Community Centre-Monday & Wednesday 3:15 - 5:15; CD Howe School-Monday & Wednesday 3:30 - 5:30 pm; Vance Chapman - Tuesday & Thursday 3:30 - 5:30 pm; McKeiver Park School-Tuesday & Thursday 3:30 - 5:30 pm; St. Margaret-Tuesday & Thursday 3:30 - 5:30 pm; West Thunder Community Centre-Tuesday & Thursday 3:30 - 5:30 pm

PAL Card

This card is given to a person with a disability who uses support people. It enables the person not to be charged admission for their support person when using all City recreation and leisure programs, as well as a variety of privately run activities.
Parents & Tots Programs
Program that provides opportunity for children and parents to interact. Program is volunteer run, drop-in basis with small fee to participate. Program runs on various days and times at the different locations. As well, a Maman et Moi program is also available.

Support Services
Inclusion Services makes programs and activities offered in City facilities more accessible to people with disabilities. We provide free support in all of the programs and activities at the following facilities: Canada Games Complex, Churchill Pool, Volunteer Pool, and at all the Community Centres.

Terrific Tuesdays
During the months of July and August, Terrific Tuesdays provide some wonderful opportunities for children and youth with disabilities between the ages of 10 and 17 to explore new and creative leisure experiences. Support people are available on site.

Communities Together for Children/OEYC

Address: 425 Edward Street N, Northwood Park Plaza, THUNDER BAY ON P7C4P7
Phone: (807) 624-5690
Fax: (807) 622-3980
Website www.ctctbay.org
Email karen_mcdaid@ctctbay.org

Program(s) Available

Central Referral Service Coordinates child care services for children with special needs in the city of Thunder Bay with a variety of options for child care, easing the inclusion of children with special needs into child care settings.

Child Care Connection Assists parents in making choices with regards to child care through: a Quality Child Care Booklet, a listing of locations of programs and types of care, and links and supports to home child care programs. Also assists individuals interested in providing child care in their homes.

Early Literacy Services These services will assist parents, caregivers and professionals with: education and resources, early literacy activities, advocacy, individualized consultations, and workshops and seminars.

Improving School Readiness To improve children's readiness to learn, we have partnered with local school boards to implement the Early Development Instrument (EDI). The EDI is a short, teacher-completed instrument which measures children's readiness to learn at school in five domains: (1) physical health and well-being; (2) social knowledge and competence; (3) emotional health/maturity; (4) language and cognitive development; and (5) general knowledge and communication skills. The results of the EDI are compiled into neighbourhood profiles and show us many things including the neighbourhoods that are most vulnerable. This information is shared with the community and is used to facilitate community program planning in regards to improving our children's readiness to learn, prior to entering school.
Information and Referral
Provides support and centralized access to resources and information which will assist families, child care professionals and educators. Information about and referrals to other children's services and a variety of resource materials through the: Resource Library, Toy Lending Library, and Family Library.

Interactive Programs
Provides parents, caregivers and children the opportunity to participate in a variety of programs that encourage positive parenting, healthy child development, parent peer support and learning through play. The programs include: drop-in programs, pre-school programs, Babies Day Out, under three toddler program. Programs are located at various locations in the city and surrounding rural areas: (1) Northwood Park Plaza, 425 Edward Street North, Thunder Bay, ON P7C 4P7; (2) CD Howe School, 30 Wishart Crescent, Thunder Bay, ON P7A 6G3; (3) Hyde Park School, 2040 Walsh Street, Thunder Bay, ON P7E 4W2; (4) Wee Wonders Play Group - W. J. Griffis Centre, 715 John Street, Thunder Bay, ON P7B 1Z7; (5) Centre Grandir en français - École catholique Franco-Supérieur, 225 rue River, Thunder Bay, ON P7A 3R1; (6) MacGregor Recreation Centre, 800 Lakeshore Drive, Township of Shuniah; (7) Eagle’s Nest Family Centre - Upsala Public School, Upsala ON P0T 2Y0

Professional Development
Parents, caregivers and professionals are provided access to: workshops and seminars, on-location training, and Speakers Bureau.

Special Needs Resource Program
An early intervention and prevention service offered by Resource teachers, to support the inclusion of children with special needs in licensed child care programs.

Community Care Access Centre (CCAC)

Address: 961 Alloy Drive THUNDER BAY on P7B5Z8
Phone: (807) 345-7339 Fax: (807) 346-4625
Website www.tb.ccac-ont.ca

Program(s) Available

Enhanced Respite Service
This service is a specifically funded program for families who have medically fragile and/or technologically dependent children. The CCAC determines eligibility for this program. The funding enables eligible families to schedule a break from their caregiving duties while providing appropriate care for their child(ren).

School and Paediatric Programs
The School and Paediatric Programs involve programs for students with special needs. These can be divided into two broad groups of support and include School Health Support Services and services for Medically Fragile Technologically Dependent Children.
### Confederation College, Children & Family Centre

**Address:** 1450 Nakina Drive P.O. Box 398 THUNDER BAY ON P7C4W1  
**Phone:** (807) 475-6407  
**Fax:** (807) 473-0847  
**Website** [www.conferationc.on.ca](http://www.conferationc.on.ca)  
**Email** price@confederationc.on.ca

#### Program(s) Available

<table>
<thead>
<tr>
<th>Program</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Caregiver Support &amp; Training</td>
<td>Drop-in Program for Caregivers in a safe/nurturing, developmentally appropriate environment. The program provides qualified Early Childhood Educators on-site, support, and peer interactions for families and caregivers. Toy lending library, resources and workshops available.</td>
</tr>
<tr>
<td>Day Care/Nursery School</td>
<td>Toddler, Preschool, School-aged</td>
</tr>
<tr>
<td>Family Resource Program</td>
<td>Drop-in Program for Parents and Caregivers in a safe/nurturing, developmentally appropriate environment. The program provides qualified Early Childhood Educators on-site, support, and peer interactions for families and caregivers. Toy lending library, resources, and workshops also available. Drop-in programs are located at two places in the city: (1) Hilldale Site (Hilldale Lutheran Church - 321 Hilldale Road, Thunder Bay, ON P7G 1Y7); (2) Westfort Site (1315 Crawford Street, Thunder Bay, ON).</td>
</tr>
<tr>
<td>Workshops</td>
<td>Parenting Workshops</td>
</tr>
</tbody>
</table>

### Corey's Place

**Address:** 231 Brodie Street THUNDER BAY on P7E1C1  
**Phone:** (807) 623-7838  
**Fax:** (807) 623-7902  
**Website** [www.CoreysPlace.ca](http://www.CoreysPlace.ca)

#### Program(s) Available

<table>
<thead>
<tr>
<th>Program</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Learning Centre</td>
<td>The Learning Centre offers individualized programs designed to meet each child’s unique needs. Your child will be taught intensively using the principles of Applied Behavior Analysis (ABA). The lessons will be gradually generalized so that your child will be ready to learn at school with traditional teaching methods.</td>
</tr>
</tbody>
</table>
Learning Centre - Computer Education Labs

Available to all children who need help with: attention, focus, concentration, reading, language, cognitive processing, sequencing and planning. Staffed with Educational Therapists at a 1:2 ratio so that your child has an interactive and quality learning experience. Labs are equipped with evidence-based learning software used in schools across North America. We have specialty software designed to address the needs of children with ADD, ADHD, PHH, Developmental Delay, Autism and FASD.

Learning Centre - Intensive Skill Development Pgm

This program is designed for children aged 3 to 6 years old who need extra help to become ready for transition to elementary school. The focus is on boosting the education and life skills your child needs for social appropriateness and academics in the elementary school setting. Our Certified Teaching staff and Educational Therapists use the principles of ABA and Floortime with a Pre-School curriculum that gives special attention to the improvement of your child’s: communication skills, attending skills, self help skills, social skills, gross and fine motor skills.

Learning Centre - One-to-One Tutoring Sessions

Available in any academic area for all children.

Treatment Centre

We offer a multi-faceted approach to child development which recognizes that each child’s success depends upon: individualized programs designed with evidence-based practices, employed by enthusiastic professionals in an inclusive and accepting environment for all ages. Services offered: Assessment, Program Development, Social Skills & Development, Sensory Room, Sensory Therapy, One-to-One Therapy using Applied Behavioral Analysis (ABA), The Son-Rise Model, The Floortime (DIR) Model, and Play Therapy.

CSDC des Aurores Boréales

Address: 175 High Street North  THUNDER BAY ON  P7A8C7
Phone: (807) 344-2266  Fax: (807) 344-3734
Website www.csdcab.on.ca
Email lhouston@csdcab.on.ca

Program(s) Available

Elementary School
Elementary School; Maternelle et jardin d’enfant à temps plein. Programmation pour les élèves ayant des besoins particuliers.

Secondary School
Secondary School - École catholique de La Vérendrye
### Dilico Ojibway Children & Family Services

**Address:** 200 Anemki Place  Fort William First Nation  THUNDER BAY ON  P7J1L6  
**Phone:** (807) 623-8511  
**Fax:** (807) 626-7999  
**Website**  www.dilico.com  
**Email**  donauger@dilico.com

**Program(s) Available**

- **Assessment and Brief Treatment Unit**  Residential program which provides assessment and brief treatment facilities for children aged 5 - 18 years.
- **Child Welfare Services**  Protection Services.
- **Community Health Services**  Health services.
- **Counselling and Clinical Support & Services**  Outservice counselling for First Nation children aged 6 - 18 and their families.
- **Day Treatment Centre**  Alternative educational setting for aboriginal school aged children experiencing moderate to severe behavior/emotional difficulties in the regular classroom.
- **Family Preservation Services**  Intensive home-based supportive service for families experiencing serious difficulties as a family unit.
- **Infant/Child Development Services**  Early screening and intervention; regular home visits to support healthy child development; parenting programs; developmental assessments; parent/child intervention techniques.

### Easter Seal Society, (The)

**Address:** 91 Cumberland Street South  THUNDER BAY on  P7B6A7  
**Phone:** (807) 345-7622  
**Fax:** (807) 345-7180  
**Website**  www.easterseals.org

**Program(s) Available**

- **Easter Seal Society**  A non-profit organization serving children and youth less than 19 years of age with physical disabilities. Easter Seals provides needs assessment, financial assistance, regional service management, northern clinics, camping, education, and, parent programs for children and families.
## Family Services, Thunder Bay

<table>
<thead>
<tr>
<th>Address:</th>
<th>544 Winnipeg Avenue THUNDER BAY ON P7B3S7</th>
</tr>
</thead>
<tbody>
<tr>
<td>Phone:</td>
<td>(807) 684-1880 Fax: (807) 344-3782</td>
</tr>
<tr>
<td>Website</td>
<td><a href="http://www.fstb.net">www.fstb.net</a></td>
</tr>
<tr>
<td>Email</td>
<td><a href="mailto:nancy@fstb.net">nancy@fstb.net</a></td>
</tr>
</tbody>
</table>

### Program(s) Available

- **Child Witness - a group for me and my mom**
  - A place where children can meet with other children who have witnessed woman abuse and know they're not alone. A safe place to learn violence is not their fault and violence is not acceptable.

- **Family Counselling**
  - Counselling, education, support, and advocacy for a variety of issues.

- **Family Life Education**
  - Workshops called the Solution Series.

- **Living Free from Violence**
  - An education, support and problem solving group for women who have been abused and for their children who have witnessed the violence.

- **Parent-Careg/ FSTB Step Parenting Workshop**
  - A 2 week educational workshop for couples involved in step or blended families.

- **Parent-child/ FSTB Living Free From Violence**
  - An education, support and problem solving group for women who have been abused and for their children who have witnessed the violence.

- **Parenting Series**
  - Workshops available on topics such as communication with teens, keys to good parenting, parenting after separation, and, healthy attachments in our children.

- **Pregnancy & Health Community Outreach Project**
  - This project provides support for women who struggle with alcohol or drug issues and are pregnant or parenting children 0 - 6 years.

- **School Based Services**
  - Counselling, education and support to women and their children who have witnessed violence against women in their home.

- **Step Parenting Workshop**
  - A two-week educational workshop for couples involved in step or blended families.

- **Workshops and Groups**
  - Educational and therapeutic groups offered in response to a variety of issues.
### Fetal Alcohol Support & Information Network

**Address:** P.O. Box 100  MURILLO ON  P0T2G0  
**Phone:** (807) 935-3168  **Fax:** (807) 935-2198  
**Website**  www.ccsa.ca  
**Email**  fulton@northroute.net  

#### Program(s) Available

- **FASD Training/Education**  
  Education/Training on what Fetal Alcohol Spectrum Disorder (FASD) is, how to recognize it, prepare for diagnosis, interventions to improve outcomes, prevention, etc.

- **Resource Library**  
  Print, audio, and video resources about FASD, from prevention through interventions for better outcomes for children. Intended for adult use mostly, although some resources could be targeted for children aged 5 - 6 years.

- **Support Group**  
  Informal get-togethers for parents (individually or in a group) to share information, experiences and problem-solving ideas.

### Footsteps Family Centre

**Address:** 370 County Blvd  THUNDER BAY ON  P7A7P5  
**Phone:** (807) 767-1958  **Fax:** (807) 767-2261  
**Email**  footstep@tbaytel.net  

#### Program(s) Available

- **Footsteps Day Care Program**  
  Provides child care for children aged 18 months to 12 years. Before and after school programs; 1/2 day, 3/4 day and full day programs.
Fort William First Nation Health Center

**Address:**  90 Anemki Drive, Suite 100    THUNDER BAY ON  P7J1L3

**Phone:**  (807) 622-8802

**Fax:**  (807) 623-8312

**Website**

**Email**  karen@fwfn.com

**Program(s) Available**

**Aboriginal Healing and Wellness Program**  Community health promotion and awareness. The program provides community members with health focused information and programs.

**Community Health Representative program**  This program includes pre and post natal monitoring, blood pressure, blood sugar, hearing and vision screenings, dental health, and client advocacy.

**Family Support Program**  This program offers recreational activities, cultural events, client advocacy, information and referrals, child welfare and family support, and, education and awareness.

Fort William Historical Park

**Address:**  1350 King Road    THUNDER BAY ON  P7K1L7

**Phone:**  (807) 577-8461

**Fax:**

**Website**  www.fwhp.ca

**Email**  info@fwhp.on.ca

**Program(s) Available**

**Children's Farm Life**  Learn how different members of a farming family cooperate by joining in on the daily chores including planting or harvesting in the garden, feeding horses, cows and pigs, and, gathering eggs laid by the hens. And for your trouble, La Tulipe will be pleased to take you on a wagon or a sleigh ride.

**Farm Babies**  Spring is a special time for little farmers to enjoy a wagon ride and visit a 19th Century working farm. While learning about activities on the farm, students will meet the farm’s recent additions: young lambs, piglets, chicks, and calves. They will then help with the spring planting of “baby” beans and other vegetables.

**L'il Norwester Day Camp**  L'il NorWester Day Camp is geared towards children aged 5 years, to introduce peer interaction, play opportunities, physical activities, games, and more.
Little Fur Traders
Choose one of two themes: Native or Voyageur. Helo in the daily life of doing activities such as participating in a trading session, “portaging” a canoe, singing and dancing, or helping with farm chores. Upon booking, a pre-visit kit will be sent to you to help prepare your students for their visit.

Playing with Time
Enjoy participating in a variety of Ojibwa, French Canadian, and Scottish recreational games and activities found at Fort William.

Sleighing and Playing
Enjoy participating in a variety of Ojibwa, French Canadian, and Scottish recreational games and activities found at Fort William. Wind up the day with a sleigh ride and hot chocolate!

George Jeffrey Children’s Centre

Address: 507 Lillie Street N   THUNDER BAY ON   P7C4Y8
Phone: (807) 623-4381   Fax: (807) 623-6626
Website www.georgejeffrey.com
Email etsubouchi@georgejeffrey.com

Program(s) Available

Augmentative Communication
Our Augmentative Communication Team works together with clients and their families to determine the best way to enhance client’s verbal and written communication skills.

Community Day Care
We offer licensed full and part-time integrated day care for children aged 18 months to 6 years.

Drooling Control Clinic
Drooling Control Clinics are run by our Speech-Language Pathologists and are available to both children and adults by forwarding a written medical referral to the Centre.

Integrated Services for Northern Children
ISNC’s speech-language pathologists, physiotherapist, and occupational therapist provide an integrated network of quality health, special education, and mental health services to children and their families in rural and remote communities.

Medical Consultant
Our families can schedule a medical clinic appointment with our Medical Consultant, Doctor De.

Music Therapy
Uses musical elements in a healing way and involves children in singing, listening, moving, playing, and other creative activities to help them become better learners.

Occupational Therapy
Occupational therapy helps children meet the challenges of daily life in the areas of: self-care, productivity in play, school-related activities and leisure.
Orthopedic Clinic

The orthopedic clinic evaluates musculo-skeletal development and provides continuity of care between the family, child, orthopaedic surgeon, centre clinicians, and local orthotists and prosthetists.

Physiotherapy

Our physiotherapist works closely with the family, caregivers, and clients to encourage gross motor development. This may include a home program of exercises as well as active therapy at the Centre.

Recreation Therapy

Our recreation therapist provides individual and group activities, social interaction, and therapeutic skill development to eliminate barriers to leisure, develop life-long leisure skills and attitudes, and optimize leisure involvement for children aged 0 to 21 years already on the Centre's caseload.

Seating and Mobility Services

Our occupational therapist and seating technician assess and prescribe mobility and other aids to children and adults to help them lead more independent lives.

Social Work

We provide support and resources and coordinate services for clients. Our Social Workers offer support groups and counselling (for example, on family relations behaviour and parenting skills).

Speech-Language Therapy

Speech-Language Pathologists assess strengths and challenges in communication. Intervention includes individual therapy, parent training and consultation with day care centres and schools.

Girl Guides of Canada

Address: 275 Christina Street W  THUNDER BAY ON  P7E4P5
Phone: (807) 577-6869  Fax: (807) 577-2375
Website www.tbaygirlguides.com
Email tbguides@tbaytel.net

Program(s) Available

Sparks - Girl Guides of Canada

Sparks is a group for 5 and 6 year old girls. The meetings are offered in many locations and different days across the city. The aim of Girl Guides of Canada is to provide opportunities designed to help girls become responsible, resourceful and happy members of society.
Handicap Action Group Inc., Kids Connection

**Address:**
1201 Jasper Drive, Suite Suite A
THUNDER BAY ON P7B6R2

**Phone:**
(807) 343-0414

**Fax:**
(807) 344-6140

**Website:**
www.hagi.ca

**Email:**
al.buchan@hagi.ca

**Program(s) Available**

H.A.G.I. Kids’ Summer Camp Program

Family Camp Program that works with children with a disability, their siblings and parents.

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Harbour View Child Care Centre

**Address:**
189 Red River Road, Suite 103
THUNDER BAY ON P7B1A2

**Phone:**
(807) 345-5633

**Fax:**
(807) 346-7658

**Email:**
hvccc@shaw.ca

**Program(s) Available**

Child Care

We provide full or half day programs for children ages 18 months to 5 years. We also provide alternate day care for children in JK/SK programs. We provide before and after school care for children 6-12 years and run a summer camp program for children 6-12 years of age.

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Home Child Care Network

**Address:**
126 Junot Avenue N
THUNDER BAY ON P7A6H2

**Phone:**
(807) 473-3822

**Fax:**

**Email:**
makifamily@shaw.ca

**Program(s) Available**

Home Child Care Network

Offers support, training, and child care registry for home child care providers.
Integrated Services for Northern Children

Address: 1703 Victoria Avenue, Suite #213 THUNDER BAY ON P7C1C8
Phone: (807) 622-2721 Fax: (807) 623-6818
Website www.isnc.org
Email alison@isnc.org

Program(s) Available

ISNC Children's Service System
Program provides a single referral and access point for the following existing programs/services: children's mental health services through North of Superior Programs, children's substance abuse services through North of Superior Programs, assessment and consultation services in mental health, health and education for children through Integrated Services for Northern Children, and case manager assistance and support from intake to closure. Children up to age 18 and their families are eligible for service. Consultation Services, ISNC Staff, Resource Group, Speech Language Services, Occupational Therapy, Physiotherapy, Psychiatry, Psychological Services, and Education.

KA:NEN Our Children Our Future

Address: 106 Cumberland Street North, Suite 101 THUNDER BAY ON P7A4M2
Phone: (807) 684-1920 Fax: (807) 344-6678
Website www.kanen.on.ca
Email info@kanen.on.ca

Program(s) Available

Ka:Nen CAPC
The goal of the CAPC program is to strengthen families to improve the physical, mental, emotional and spiritual well-being of off-reserve Aboriginal children aged 0 - 6 years.
Kindermusik of Thunder Bay

Address: 843 Red River Road   THUNDER BAY ON   P7B1K3
Phone: (807) 345-4552   Fax:
Website www.visitmybiz.com/kindermusik
Email sutherlandmusic@tbaytel.net

Program(s) Available
Kindermusik for the Young Child
This two year program is a fun-filled musical adventure for children ages 5 to 7 years. Each child learns how to play his/her own glockenspiel (a pre-keyboard instrument), 2 string dulcimer, and recorder along with many other percussion instruments. Note and rhythm reading, singing, dancing, learning about orchestral instruments and music from around the world all combine to lay a wonderful foundation for a lifetime of enjoying and making music.

Kindermusik of TB "Imagine That" ™
Fun filled music and movement education for children aged 3 1/2 - 5 years. Instruments, musical storytelling, drama and more! Parents/families attend the final 15 minutes of each 45 minute class. Special emphasis on language and pre-literacy skills

Kindermusik Our Time Music Ed.™
Music and movement fun and education for parents/grandparents and their toddlers aged 1 1/2 - 3 1/2 years.

Kindermusik Village ™
Music and movement classes for parents/grandparents and their little ones, aged newborn through 18 months. Babies discover more about the world and parents discover more about their babies.

Kindermusik with Kelly Green

Address: RR #3 1046 Riverdale Road N   THUNDER BAY ON   P7C4B2
Phone: (807) 473-5794   Fax: (807) 623-0800
Website
Email greenacres4@shaw.ca

Program(s) Available
Kindermusik with Kelly Green
A premium music and movement program for children from birth to 7 years of age.
### Kinderplace Child Care Centre

**Address:** 580 Algoma Street North    THUNDER BAY ON   P7A3S0  
**Phone:** (807) 343-4363    **Fax:** (807) 346-3690  
**Email** kinderplace@tbaytel.net  

**Program(s) Available**

KinderPlace Child Care Centre Inc.  
KinderPlace is a non-profit child care centre that offers programs for children 4 months - 12 years. It is a warm caring environment.

### Kiwanis PlayKare Centre (Westfort Kiwanis Club)

**Address:** 1122 Dawson Road    THUNDER BAY ON   P7B5E3  
**Phone:** (807) 474-7372    **Fax:** (807) 767-2184  
**Email** lois_stella@hotmail.com  

**Program(s) Available**

Kiwanis PlayKare Centre Enrichment Program  
Enrichment program for children referred by Lakehead Regional Family Centre, Children's Aid Society and Dilico Child and Family Services.
Kumon Centre Thunder Bay North

Address:
Phone: (800) 768-3693    Fax:
Website www.kumom.com
Email

Program(s) Available
KUMON Math, Reading, Success

Kumon is an after-school math and reading program that employs a unique learning method designed to help each student develop the skills needed to perform to his or her full potential. The curriculum spans material from preschool all the way up to university.

Kumon can help students who may be struggling and need to catch up, as well as those who are seeking enrichment. Our goal is for all students to begin studying above their school grade, and to always have opportunities to reach their full potential.

Students attend Kumon twice weekly and complete daily work assignments. Sensible tuition. Correspondence students welcome.

Kumon Centre Thunder Bay South

Address: 2621 Victoria Avenue East  The Salvation Army Thunder Bay Community Church
          THUNDER BAY  on  P7C1E8
Phone: (807) 475-5274    Fax:
Website www.kumom.com
Email

Program(s) Available
KUMON Math, Reading, Success

Kumon is an after-school math and reading program that employs a unique learning method designed to help each student develop the skills needed to perform to his or her full potential. The curriculum spans material from preschool all the way up to university.

Kumon can help students who may be struggling and need to catch up, as well as those who are seeking enrichment. Our goal is for all students to begin studying above their school grade, and to always have opportunities to reach their full potential.

Students attend Kumon twice weekly and complete daily work assignments. Sensible tuition. Correspondence students welcome.
La Leche League

Address: c/o 314 St. George Avenue    THUNDER BAY ON   P7A3X5
Phone: (807) 344-3857    Fax: 
Website www.LLLC.ca
Email priemick@shaw.ca

Program(s) Available
La Leche League
Breastfeeding information and support. Monthly meetings to discuss:
advantages of breastfeeding, childbirth and the new baby at home, the art of
breastfeeding and overcoming difficulties, and, nutrition and weaning.
Pregnant women, moms and babies welcome.

Lakehead District School Board

Address: 2135 Sills Street    THUNDER BAY ON   P7E5T2
Phone: (807) 625-5100    Fax: (807) 623-5833
Website www.lhbe.edu.on.ca

Program(s) Available
Elementary Schools
Elementary French Immersion Schools: Agnew H. Johnston, Claude E.
Garton, Ecole Gron Morgan.

Lakehead Social Planning Council

Address: 125 Syndicate Avenue, Suite 17    THUNDER BAY ON   P7E6H8
Phone: (807) 624-2330    Fax: (807) 625-9427
Website www.lspc-circ.on.ca
Email lfwilson@lspc.ca

Program(s) Available
Community Information and Referrals
Provides information and referrals for services for children aged 0-18.
Learning Disabilities Association of Thunder Bay

Address: P.O. Box 21090  Grandview Mall  THUNDER BAY  ON  P7A8A7
Phone: (807) 622-9741  Fax: 
Website www.ldao.ca
Email

Program(s) Available
Social Skills  We provide children with the skills on how to deal with social issues. For example, making friends, dealing with bullying, etc.

Little Lions Waldorf Daycare & Kindergarten

Address: 211 Clarke Street  THUNDER BAY  ON  P7A2M1
Phone: (807) 344-2283  Fax: (807) 344-4252
Website
Email llwaldorf@tbaytel.net

Program(s) Available
Little Lions Waldorf Daycare & Kindergarten  Full-time child care for children aged 2 1/2 - 5 years, in a Waldorf DayCare/Kindergarten. Before school/after school care, and 1/2 day socialization program, toddler child care 18 months- 2 1/2 years. Also infant care (6-18 months). Follow the Waldorf Philosophy. Hours 7:30 am to 5:30 pm.

Little Myrtles Daycare

Address: 313 Grenville Avenue  THUNDER BAY  ON  P7A2B2
Phone: (807) 683-9683  Fax: (807) 683-0568
Website
Email littlemyrtlesdaycare@shaw.ca

Program(s) Available
Little Myrtles Daycare  Children are our most precious gift; quality affordable daycare for children 18 months to 6 years; over 25 years experience; fun and friendly learning environment; full/part time, after school; Sign Language and Academic Programs. Hours: 7:00 am - 6:00 pm. Ask about our "Parents Night Out".
Mahmowenchike Family Development Centre

Address: 229 Pacific Avenue West  THUNDER BAY  ON  P7C2R5
Phone: (807) 623-9580   Fax: (807) 622-5501
Website
Email mahmowenchike@tbaytel.net

Program(s) Available

Mahmowenchike Child Care Centre

Infant, toddler, preschool and school age programmes. Drop-in program available as space allows. Centre based child care centre where children have the opportunity to experience the language and culture of the Anishnawbe people.

Ministry of Community, Family and Children's Servi

Address: 435 James Street South , Suite 111  Ontario Government Building  THUNDER BAY on  P7E6S7
Phone: (807) 475-1336   Fax: (807) 465-5561
Website www.children.gov.on.ca  www.mcss.gov.on.ca
Email

Program(s) Available

Assistance for Children with Severe Disabilities
This is a program to assist the parents with the extra costs that a child may have because they have serious special needs. The child must be under 18 years of age and live at home with their parents.

Special Services at Home
This program provides support to families caring for (1) children under 18 years of age with a physical disability (2) children and adults with a developmental disability, in the family home. Website: www.family-alliance.com
Mothers of Preschoolers, MOPS

Address: P.O. Box 21031 Grandview Mall THUNDER BAY ON
Phone: (807) 577-3463 Fax: (807) 475-9208
Website www.mops.org
Email planet@shaw.ca

Program(s) Available
MOPPETS MOPPETS is the childrens’ program for children of MOPS moms. Moms in MOPS (Mothers of Preschoolers) pay the fee ($45.00 per semester - October and February).

MOPS (Mothers of Preschoolers) MOPS is a non-profit support group for mothers with children ages 0 - 5 years old.

Music For Young Children

Address: 588 Riverview Drive THUNDER BAY ON P7C1R7
Phone: (807) 577-6999 Fax:
Website
Email schmidt@tbaytel.net

Program(s) Available
Music for Young Children Music instruction and enjoyment.

Music with Mary Lou

Address: 1408 Edward Street S THUNDER BAY ON P7E2J6
Phone: (807) 622-4980 Fax: (807) 623-3254
Website
Email mlhoskin@yahoo.ca

Program(s) Available
Music with Mary Lou Music classes for children ages 0 - 3 and 2 1/2 - 4 and their parents.
### Nanabijou Childcare Centre

| **Address:** | 855 Oliver Road THUNDER BAY ON P7B5E1 |
| **Phone:** | (807) 343-8369 |
| **Fax:** | (807) 346-7841 |
| **Website:** | www.lakeheadu.ca/nanabijou/nanab.html |
| **Email:** | nanabijo@lakeheadu.ca |

**Program(s) Available**

Nanabijou Childcare Centre  
Child care provider for children ages 18 months to 12 years.

### NorWest Community Health Centres

| **Address:** | 525 Simpson Street THUNDER BAY ON P7C3J6 |
| **Phone:** | (807) 626-8480 |
| **Fax:** | (807) 622-3548 |
| **Website:** | www.norwestchc.org |
| **Email:** | ajean@norwestchc.org |

**Program(s) Available**

- **“Food to Grow On”**  
  “Food to Grow On” is a community kitchen for young mothers who have graduated out of Healthy Moms Healthy Babies program. The program usually runs once a month.

- **Anishnawbe/quek Craft**  
  The program is geared towards family outings. There is a separate craft group for men and women.

- **Breakfast Buddies**  
  A drop-in Breakfast Program for parents and preschool children that is held once a month.

- **Family Drop-In**  
  An informal drop-in program for parents and preschoolers.

- **Healthy Moms, Healthy Babies**  
  Healthy Moms, Healthy Babies is a weekly pre & postnatal drop-in program for young pregnant women and mothers of young infants.

- **Nobody's Perfect Parenting**  
  An eight-week Parenting program open to male and female participants. This program runs at different times during the year - not on an on-going basis.

- **Shake, Rattle, ‘n Roll**  
  Informal program with a parent/child interaction time and a parent educational time.
Women's Skill Building Program  An eight week women's life skills program focusing on positive skill building experiences. This is a joint child-parent program.

You Make the Difference  A parent-child communication program. Parents learn ways to promote speech and language development with children from birth to 3 years of age. A Hanen Prevention Program.

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**Ontario Native Womens' Association**

*Address:* 212 Miles Street East  THUNDER BAY ON  P7C1J6

*Phone:* (807) 623-3442  

*Fax:* (807) 623-1104

*Website:* [www.onwa-tbay.com](http://www.onwa-tbay.com)

*Email:* jomandamin@shaw.ca

**Program(s) Available**

Aboriginal Healthy Babies/Health Children  Serves people in Ontario in a culturally appropriate manner and ensures that children and families at risk have access to services and supports.

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**Our Kids Count**

*Address:* 425 Edward Street N  Northwood Park Plaza  THUNDER BAY ON  P7C4P7

*Phone:* (807) 623-0292  

*Fax:* (807) 623-1530

*Website:* [www.ourkidscount.net](http://www.ourkidscount.net)

*Email:* okcmail@tbaytel.net

**Program(s) Available**

Community Garden  An opportunity to grow nutritious food as well as planting the seeds of community spirit and pride. Share garden skills with your children and eat fresh vegetables you have grown yourself.

Community Kitchen  Participants share in shopping and cooking with 3 or 4 other parents and take home meals for their family for as little as 34 cents per serving.

Community Kitchens  Participants share in shopping and cooking with 3 or 4 other parents and take home meals for their family for as little as 34 cents per serving.

Drop In Playgroups  Get together with other parents and their children to share in a time of play and creative activities offered by Child Care Educators.
Drop-In Playgroup and Pre/Post Natal Support
Moms must be pregnant or have an infant less than one year old to attend. A Registered Nurse qualified in Prenatal and Postnatal Education can help you to prepare for your labor and birth by teaching you about pregnancy and the birth process. Areas covered include Lamaze breathing, relaxation and coping strategies, information on birth options, hospital routines/tour of the hospital, and breastfeeding and caring for yourself and the baby after the birth.

Drop-in Playgroups
Get together with other parents and their children to share in a time of play and creative activities offered by Child Care Educators.

Home Visiting Program
One-on-one home visiting service offered to families with children aged 0-6, to provide valuable parenting resources, through support from resource moms and public health nurses.

Infant Drop-in
Provides parents of children aged birth to twelve months information on infant care and development. Early Childhood Educators and a Health Nurse are available.

Morning Munchies
Drop-in program with a focus on nutrition. Attendees help prepare a nutritious meal.

Outreach
Neighbourhood door to door outreach tool used to encourage families who are not yet comfortable with coming to the centre or attending a program, to access the Resource Centre.

Outreach Program
Neighbourhood door to door outreach tool used to encourage families, who are not yet comfortable with coming to the centre or attending a program, to access the Resource Centre.

Parent-Child/ OKC Computer Access Program
A computer lab available to the community to provide families with internet access.

Parenting
Families learn about child development, positive guidance, developing your child's self-esteem, the importance of taking time for self, plus other life skills topics.

Parenting Program
Families learn about child development, positive guidance, developing your child's self-esteem, the importance of taking time for self, plus other life skills topics.

Parenting with Promise
Families learn about child development, positive guidance, developing your child's self-esteem, the importance of taking time for self, plus other life skills topics.

Prenatal & Postnatal
A Registered Nurse qualified in Prenatal and Postnatal Education can help you to prepare for your labor and birth by teaching you about pregnancy and the birth process. Areas covered include Lamaze breathing, relaxation and coping strategies, information on birth options, hospital routines/tour of the hospital, and breastfeeding and caring for yourself and the baby after the birth.

Right From the Start
Families learn about child development, positive guidance, developing your child's self-esteem, the importance of taking time for self, plus other life skills topics.
Roots of Empathy

OKC is a member of the Thunder Bay Roots of Empathy Coalition since 2002. This program is seen as one of the most effective, anti-bullying strategies in Canada. It is an evidence-based, best practice prevention program implemented in the Public, Catholic and Francophone school boards. This program is for children in Senior Kindergarten to grade 6. School participate on a voluntary basis, dependent on available Moms with infants.

Volunteer Program

Opportunities exist to volunteer at OKC in many different capacities, such as participating on one of our planning teams, assisting with program planning, or participating in leadership development workshops.

Young Parents' Program

This program is restricted to young parent participants, at OKC sites and through the SAMISOL program with Confederation College. This program provides an opportunity for pre-natal and post-natal young parents to share parenting ideas and learn new life skills.

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Partners in Rehabilitation

**Address:**
73 Cumberland Street N, Suite Suite 104    THUNDER BAY ON    P7A4L8

**Phone:**
(807) 683-9500

**Fax:**
(807) 683-9503

**Website**

**Email**
partners@tbaytel.net

**Program(s) Available**

Occupational and Physiotherapy

Speech and Language

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Precious Bundles

**Address:**
243 Brock Street E    THUNDER BAY on    P7E4H3

**Phone:**
(807) 577-2085

**Fax:**

**Email**

**Program(s) Available**

Precious Bundles

A non-profit group whose aim is to recycle children's clothing, toys, books and other items, that will be distributed to local families in need. Service is free and confidential.
Pregnancy & Health Community Outreach Project

Address: 544 Winnipeg Avenue    THUNDER BAY on    P7B3S7
Phone: (807) 577-1532    Fax: (807) 683-4707
Website www.pghealth.com

Program(s) Available

Ask a Nurse If you have a health question or want to speak with a nurse.

Drop In A good opportunity to build a non-using network and learn new leisure skills.

Other Programs Individual Substance Use Counseling, Good Food Bag and Clothing Exchange.

Parenting and Substance Use Exploring the impact of substance use on children and the challenge of change and parenting.

Pregnancy & Health Pregnancy and Health Community Outreach Project provides support for women who are pregnant or parenting children (0-6 years) and want to make changes related to their alcohol or drug use.

Women and Substance Use For women interested in exploring addiction issues such as getting ready for treatment, peer pressure, opiates, etc.

PRO Kids - Recreation and Culture Division

Address: 111 Syndicate Ave S, Suite P.O. Box 800 Community Recreation Division
           THUNDER BAY ON    P7E S4
Phone: (807) 625-3212    Fax: (807) 625-1444
Website www.prokidsthunderbay.com
Email ldaniele@thunderbay.ca

Program(s) Available

Support Groups & Services A service provided by the city of Thunder Bay that makes recreational activities more accessible to children and youth who are unable to afford program fees.
Rural Family Resource Centre

Address:    P.O. Box 39, 4509 Oliver Road    MURILLO ON    P0T2G0
Phone:     (807) 935-3009    Fax:     (807) 935-2242
Website
Email    ruralfrc@tbaytel.net

Program(s) Available

Child Care Information & Referral Provides information to help parents choose and monitor appropriate child care providers. In addition, provides support and information for home child care providers.

Child Care Registry A listing of people in the rural area who are offering childcare in their homes.

Drop-In Playgroup Registered and non-registered drop-in programs are available. Call for dates/times. These playgroups provide an opportunity for parents/caregivers to meet and for children to participate in play programs.

Education Training Workshops and programs that provide information on child development, management, safety and health.

Family Resource Lending Library Toys, books, equipment, videos and audio lending libraries for parents/caregivers and children.

Information and Referral Provides information on programs, services, and activities that are available both within and outside the rural area.

Mobile Playgroup Support This program provides toys, books, equipment and other support services to rural co-operative playgroups.

Relief/Respite Care This service provides care for children at the Centre allowing parents/caregivers a relief period or break time.
Rural Roots Children's Centre

Address: 1946A Mountain Road Nor'Wester View School THUNDER BAY ON P7J1A9
Phone: (807) 475-7644 Fax: (807) 475-0243
Website
Email rroots@tbaytel.net

Program(s) Available
Rural Roots Children's Child Care Licensed childcare for children ages 2 1/2 to 12 years.

Scholars Education Centre

Address: 280 Park Avenue THUNDER BAY on P7B1C6
Phone: (807) 345-2661 Fax: (807) 345-2665
Website www.scholarscanada.com
Email

Program(s) Available
Academic Upgrading Receive individual instruction for reading, math, writing and study skills.

Qualified Tutoring Receive individual instruction from a qualified teacher to assist students in their math, science and English homework.

Schoolhouse Playcare Centre

Address: 243 St. James Street THUNDER BAY ON P7A3P1
Phone: (807) 344-8719 Fax: (807) 622-6910
Website
Email

Program(s) Available
After Hours Program For children aged 6 to 12 years.
### Early Childhood Education
An early childhood education program, for children aged 18 months and up, provided in a warm, loving home-like atmosphere. Certified Early Childhood Educators.

### For the Love of Books
Literacy program for parents.

### Schoolhouse "Active Parenting Today"
Parenting training programs that focus on children aged 2 to 12 years.

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### Scouts Canada: Northern Ontario Council

<table>
<thead>
<tr>
<th><strong>Address:</strong></th>
<th>395 Stafford Street  Central Canada Administration Centre  WINNIPEG  MB R3M2X4</th>
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<tbody>
<tr>
<td><strong>Phone:</strong></td>
<td>(888) 992-4499</td>
</tr>
<tr>
<td><strong>Fax:</strong></td>
<td>(204) 772-5248</td>
</tr>
<tr>
<td><strong>Website</strong></td>
<td><a href="http://www.scouts.ca">www.scouts.ca</a></td>
</tr>
<tr>
<td><strong>Email</strong></td>
<td><a href="mailto:mlainman@scouts.ca">mlainman@scouts.ca</a></td>
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</tbody>
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**Program(s) Available**

<table>
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<tr>
<th>Program Name</th>
<th>Description</th>
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<tbody>
<tr>
<td>Beavers - Scouts of Canada</td>
<td>Beavers for boys and girls aged 5 to 7 years. Scouts helps to contribute to the development of young people in achieving their full physical, intellectual, social and spiritual potential as individuals, as responsible citizens and as members of their local, national and international communities through the application of our principles and practices.</td>
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### Seventh-Day Adventist Church and Academy

<table>
<thead>
<tr>
<th><strong>Address:</strong></th>
<th>1770 Oliver Road  THUNDER BAY  ON  P7G1K9</th>
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<tbody>
<tr>
<td><strong>Phone:</strong></td>
<td>(807) 346-4583</td>
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<tr>
<td><strong>Fax:</strong></td>
<td></td>
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<tr>
<td><strong>Website</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Email</strong></td>
<td><a href="mailto:dan-anita.bates@sympatico.ca">dan-anita.bates@sympatico.ca</a></td>
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**Program(s) Available**

<table>
<thead>
<tr>
<th>Program Name</th>
<th>Description</th>
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<tbody>
<tr>
<td>Elementary School</td>
<td>Grades 1 to 8.</td>
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Shanahan Centre

Address: 63 Algoma Street, Suite 230 Thunder Bay Medical Centre THUNDER BAY on P7A4Z6

Phone: (807) 345-4327  Fax: (807) 346-4075

Program(s) Available

Audiology  Hearing testing in children as well as central auditory testing.

Occupational Therapy  Assess and treat children with fine motor and other developmental issues.

Speech-Language Pathology  We work with children, families and community supports to address speech and language concerns in children.

Sister Margaret Smith Centre

Address: 35 Algoma Street North THUNDER BAY on P7B5G3

Phone: (807) 343-2425  Fax:

Program(s) Available

Alcohol and Drug Dependency  Provides alcohol and drug dependency treatment services for both youth and adults. Programs provide residential and non-residential services that are intense, holistic and high supervised. Individual and group counseling are available for youth, adults, seniors and families. Services are adapted to meet the needs of individuals.
### St. John Ambulance - Thunder Bay

**Address:** 518 Fort William Road    THUNDER BAY ON P7B2Z8  
**Phone:** (807) 345-1712    **Fax:** (807) 343-0295  
**Website** www.sjatbay.com  
**Email** mgraham@sja.ca

**Program(s) Available**  
Car Seat Inspection & Education    Car seat (child restraint) inspections, presentations and training.

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### Step by Step Child Care Center

**Address:** 2118 Arthur Street E    THUNDER BAY ON P7E6A8  
**Phone:** (807) 622-3383    **Fax:** (807) 622-2122  
**Website**  
**Email** stepbystep@tbaytel.com

**Program(s) Available**  
Step by Step Child Care Centres    Child care for infants to school-age children. Our Bayberry location is pleased to serve children from 18 months to 8 years of age. Our Arthur Street location takes pride in being one of the few centre in Thunder Bay that offers infant care from 4 weeks old. Our other programs include toddlers through twelve year of age. Both Centres are opened from 7am to 6pm. Each group follows a daily routine geared to the age and the development of the child.

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### Sylvan Learning Centre

**Address:** 905 Victoria Avenue East    Thunder Bay on P7C1B3  
**Phone:** (807) 623-7323  
**Website**  
**Email**

**Program(s) Available**  
Educational Consulting

Educational Consultants
Thunder Bay Aboriginal Head Start

Address: 1610 John Street Road    THUNDER BAY ON    P7G1J9
Phone: (807) 768-2342    Fax: (807) 768-9509
Website
Email tbahs@tbaytel.net

Program(s) Available
SAO Aboriginal Head Start    Head Start is a preschool readiness program for Aboriginal children.

Thunder Bay Boys & Girls Club

Address: 706 McTavish Street    THUNDER BAY ON    P7C3C7
Phone: (807) 623-0354    Fax: (807) 622-5000
Website www.tbayboysandgirlsclub.org
Email tbbgc@tbaytel.net

Program(s) Available
After School Care Program    Shuttle service from school; snack, homework help and recreation (ages 4 and up).
Drop in After School Care    Parent/Child interaction program, drop-in, structured play.
Registered Day Programs    P.A. day and holiday programs for those 4 years of age and up.
Thunder Bay Breastfeeding Coalition

Address: 999 Balmoral Street  THUNDER BAY ON  P7B6E7
Phone: (807) 625-5952  Fax:
Website
Email  laura.prodanyk@tbdhu.com

Program(s) Available
Thunder Bay Breastfeeding Coalition

A non-profit organization comprised of individuals and representatives of various agencies and organizations whose goal it is to establish breastfeeding as the optimal forum of infant nutrition within our community. In order to promote, support and protect breastfeeding the coalition identifies community needs and resources; plans and coordinates activities around these issues and provides public and professional education based on current research regarding the health, environmental, social and family benefits of breastfeeding.

Thunder Bay Catholic District School Board

Address: 115 Mary Street W, Suite 2nd Floor  THUNDER BAY ON  P7E4K5
Phone: (807) 625-1555  Fax: (807) 625-1560
Website
Email

Program(s) Available
Elementary Schools

Junior kindergarten programming, senior kindergarten programming, and French immersion.
Thunder Bay Christian Community Centre

Address: 132 Dease Street  THUNDER BAY ON  P7C2H6
Phone: (807) 623-8184  Fax: (807) 473-0726
Website
Email  gervan@tbaytel.net

Program(s) Available

Little Lambs Program  While parents/caregivers are busy in the building preparing food hampers for the community or cooking in the Community Kitchen program, children are busy learning about the love of Jesus through music, crafts, stories and activities. For children 0-6. Offered: Tuesday 11:00 am - 1:00 pm and Thursday 10:00 am - 12:00 pm.

Number Fun Family Math Program  Children along with their parents/caregivers enjoy "hands on" early math activities. Parents/caregivers are provided on the Ontario Mathematics Curriculum and the importance of early Math experiences. Lunch provided. Registration is required as space is limited. No cost to participants. For children ages 2-6 (younger siblings welcome). Seven weeks in duration, offered throughout September - June.

Tell Me a Story Reading Readiness Program  Children and parents/caregivers spend time together enjoying stories, rhymes and signing songs. Parents and caregivers are provided information on early literacy and its importance in the preschool years. Lunch is provided. Registration is required as space is limited. No cost to participants. Program is 8 weeks in duration and offered throughout September - June for children ages 0-6.

Thunder Bay Christian School

Address: R.R.2 Cooper Road  THUNDER BAY ON  P7C4V1
Phone: (807) 939-1209  Fax: (807) 939-2843
Website
Email

Program(s) Available

Elementary School (JK -10)  Elementary Education Program for pre-school children who are JK or SK age.
Thunder Bay District Health Unit

Address: 999 Balmoral Street    THUNDER BAY ON P7B6E7
Phone: (807) 625-8841    Fax: (807) 623-2369
Website www.tbdhu.on.ca
Email pioves99@mail1.moh.gov.on.ca

Program(s) Available

"Kids Have Stress Too" Three part educational program designed for parents and caregivers of 4 to 9 year olds to better understand stress and to help teach children ways to manage their stress. Each session builds upon the previous session. Sessions are 2 hours long. All sessions are offered free of charge to parents and caregivers.

Babies Day Out Informal drop-in for mothers with infants, birth to 1 year of age, also featuring discussions facilitated by a Public Health Nurse and guest speakers. Provides resource, information and links to community services.

Better Beginnings - Youth Prenatal Prenatal series geared to youth in early pregnancy, providing a supportive environment where young parents-to-be can meet others from across the city and share the same concerns.

Breastfeeding Clinic The Breastfeeding Clinic helps mothers and babies who are experiencing problems or need more information about breastfeeding. Private appointments are booked for each mother and baby. Referrals can be made by mothers or their health care or service providers, with permission of the mother. Services are confidential and free of charge. Home visits are available for those not able to attend the breastfeeding clinic. The clinic is staffed by Public Health Nurses who are International Board Certified Lactation Consultants.

Fair Start Screening This program offers individual screening and referral in the areas of speech and language, motor skills, and social development for children aged 18 months to JK entry. Screening is conducted at all licensed child care centres as well as part of JK/SK registration. It is offered (as requested) in many community locations throughout the City and District of Thunder Bay, and is free of charge. All families are urged to have their children screened at 18 months of age.

Healthy Babies/Healthy Children A prevention, and early identification and intervention program supporting families in the Prenatal period and with children 0-6 years. The goal is to promote healthy child growth and development through home visiting and parenting support.

Healthy Beginnings Adult Prenatal Program Prenatal classes to promote healthy pregnancies. Education classes for pregnant women and their partners, from early pregnancy (i.e. first trimester) and on (five classes).

Infant Hearing Program Screens all infants in City and District of Thunder Bay for hearing loss. Provides follow up assessment, intervention and communication development for children /infants with hearing loss. Referral is automatic at birth.
### Nutrition Services
To promote behaviors, community resources, policies, and environments that support healthy eating and healthy weights before and during pregnancy, and during the preschool years.

### Parent-Careg/ TBDHU Preconception Health Panel
Annual panel discussion, open to the public featuring experts in the field of preconception health (how to prepare for a healthy pregnancy/baby).

### Preconception Health Panel
Annual panel discussion, open to the public featuring experts in the field of preconception health (how to prepare for a healthy pregnancy/baby).

### Preventive Dental
Children who have been identified with a dental need and whose parents/guardians do not have dental insurance, and cannot afford to pay for the dental treatment can access this program. Parents/guardians who are receiving dental benefits through other programs such as Ontario Works or Ontario Disability Support or if the child has First Nations Inuit Health Services, should use that coverage. Treatment is done by participating dentists in the community, but cleanings, fluorides and sealants are done at the Health Unit Dental Clinic free of charge by a registered dental hygienist. Children in the District who require cleanings etc. can make arrangements through their dentist. Anyone interested in the program must contact the Health Unit to confirm eligibility into the program prior to going to a dentist.

### RiskWatch Safety
Injury Prevention Program delivered through teachers and community safety educators to help children promote, practise and apply learned skills to make safe choices. Program runs at various school locations.

### Sexual & Reproductive Health
Provides teaching and information to adults and older teens in sexual and reproductive health.

### Speech & Language Services - Pres-School
A community joint venture. Referrals for children age 0-5 for speech and language screening and appropriate follow up. The Health Unit Speech and Language Pathology Dept. also promotes normal speech and language development through community and service provide education. Clinical Audiology services including assessment and rehabilitation is provided free of charge to individuals in the outlying District of Thunder Bay.

### Vaccines
Immunization Clinic (School-based & health based) for children over 1 years of age. A nurse practitioner is onsite to provide immunization and well baby checks to infants under a year.
Thunder Bay Down Syndrome Association

Address: c/o 524 Churchill Drive West   THUNDER BAY on   P7C1W1
Phone: (807) 935-2797       Fax:
Website
Email sblekken@tbaytel.net

Program(s) Available
Thunder Bay Down Syndrome Association   Affiliated with the Canadian Down Syndrome Association and the Down Syndrome Association of Ontario. Provides information and support to families and friends of persons with Down Syndrome. This service is run out of a private home.

Thunder Bay DSSAB

Address: 34 Cumberland Street N, Suite 4th Floor   THUNDER BAY ON   P7A8B9
Phone: (807) 766-2107       Fax: (807) 345-9412
Website www.tbdssab.on.ca
Email jbax@city.thunder-bay.on.ca

Program(s) Available
Children services   We provide fee subsidies for parents for licensed child care spaces.

Thunder Bay Gymnastics Association

Address: 425 Northern Avenue, Suite 2nd flr Dorothy Dove Bldg., CLE THUNDER BAY ON   P7C2V7
Phone: (807) 628-8474       Fax: (807) 628-8474
Website
Email tbga@nwconx.net

Program(s) Available
Kindergym   Gymnastic Instruction geared toward young children.

Tumblebugs & Gymny Cricket Gymnastic instruction geared toward young children.
Thunder Bay Indian Friendship Centre

**Address:** 401 Cumberland Street N  THUNDER BAY ON  P7A4P7

**Phone:** (807) 345-5840  Fax: (807) 344-8945  

**Website**

**Email** ann.lesage@shawcable.com

**Program(s) Available**

**Bringing Balance**
Medicine wheel-based approach to healthy living and lifestyle choices. Focus on bringing balance in life, including physical, mental, emotional and spiritual elements.

**Cultural Development Parents ‘n Tots**
Child focused culturally enriched programs based on traditional teachings and values, with Ojibwe and Oji-cree language enhancement. Programs include In Our Footsteps, Tiny Tots Pow Wow, Niibin Nature and Stories and Legends.

**Cultural Family/Community Events**
Participate in community events including National Aboriginal Day, Earth Day, Xavier Michon recognition, seasonal feasts, family supper nights, berry picking, medicine walks.

**Family Nutrition**
Programs promote healthy living and lifestyle options, include baby food making, parents ‘n tots community kitchens, community gardening, family supper nights and grocery store tour.

**Individual Parent Support**
Intake/registration, counseling/advocacy, referrals to other community and Indian Friendship Centre services, family case management.

**Keeping the Circle Strong**
Program in partnership with Akwe:go for children and youth with fathers. Dads and children engage in cultural and recreational activities; program facilitates father involvement and peer support. Recreational programs include swimming, outings and community kitchens.

**Native Parenting**
Parents learn to meet the mental, physical, emotional and spiritual needs of their children. Sessions follow medicine wheel and life cycle teachings with sharing circles and visiting Auntie and Uncle. Bus tickets, child care and healthy snacks provided.

**Parental Relief**
A weekly respite program for parents with priority given to parents attending parent education programs.

**Parents ‘n Tots Drop-in**
Drop-in program for children and their parents. Families will enjoy a theme-related playtime just for them with lots of hands-on activities. Lunch and transportation provided. No cost.

**Traditional Crafts**
Families learn or enhance existing skills while chatting and sharing in traditional craft groups. Crafts include quilting, sewing, beadwork, making dreamcatchers, moccasins, regalia, wreaths, birch bark baskets, medicine wheels and sweetgrass pins.
### Thunder Bay Metis Council - Metis CAPC

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<tr>
<th>Address:</th>
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<th>THUNDER BAY  ON</th>
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<tbody>
<tr>
<td>Phone:</td>
<td>(807) 624-5012</td>
<td>Fax:</td>
<td>(807) 623-4195</td>
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<tr>
<td>Website</td>
<td></td>
<td>Email</td>
<td><a href="mailto:serenae@metisnation.org">serenae@metisnation.org</a></td>
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**Program(s) Available**

Thunder Bay Metis CAPC is a family-support program available to Aboriginal families, with children 6 years and under, living within the city of Thunder Bay.

### Thunder Bay Midwives

<table>
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<tr>
<th>Address:</th>
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<th>THUNDER BAY  ON</th>
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<tbody>
<tr>
<td>Phone:</td>
<td>(807) 622-2700</td>
<td>Fax:</td>
<td>(807) 628-8889</td>
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<tr>
<td>Website</td>
<td><a href="http://www.aom.on.ca">www.aom.on.ca</a> (Canadian Site)</td>
<td>Email</td>
<td><a href="mailto:midwives@tbaytel.net">midwives@tbaytel.net</a></td>
</tr>
</tbody>
</table>

**Program(s) Available**

Thunder Bay Community Midwifery Practice - Primary care during pregnancy, labour and birth and until 6 weeks after the baby is born. Midwifery is a registered health care profession in Ontario. Midwives can provide care in both the hospital and the home. No referrals necessary.

### Thunder Bay Public Libraries

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<tr>
<th>Address:</th>
<th>285 Red River Road</th>
<th>THUNDER BAY  ON</th>
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<tbody>
<tr>
<td>Phone:</td>
<td>(807) 684-6816</td>
<td>Fax:</td>
<td>(807) 344-5119</td>
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<tr>
<td>Website</td>
<td><a href="http://www.tbpl.ca/kidzone">www.tbpl.ca/kidzone</a></td>
<td>Email</td>
<td><a href="mailto:bholmes@tbpl.ca">bholmes@tbpl.ca</a></td>
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**Program(s) Available**

"For the Love of Books" program - We offer literacy and library information as part of the "For the Love of Books" series either by attending the program site or sharing with parents/children at the library.
### Beginning with Books
A free drop-in storytime for babies, toddlers and preschoolers and their parents or caregivers offered at Brodie and Waverley branches.

### Children's Website
Children's website (www.tbpl.ca/kidzone) contains program listings, educational and fun Internet sites, e-books for children, thematic and recommended book lists, interactive stories and more. Access is available 24/7, 365 days a year.

### Family Literacy Bingo
An interactive "game" designed to engage families in early literacy activities. Free to all. Runs from International Literacy Day in September until Family Literacy Day in January. This program is available at all library locations.

### Library Homework Help
A free program which provides one-on-one assistance and support after school in homework and research at the County Park Location.

### Library Puppet Show Series
A free literacy based program for children and their families which entertains while exposing them to a unique form of traditional storytelling. These puppet shows are offered at Brodie, Mary J.L. Black and Waverley branches.

### Library Visits and Tours
A free tour and orientation to library services and resources for parents, children, and service providers which includes options such as registering for a card, computer instruction, storytelling and puppet shows. These tours are available at all library locations.

### OLA Blue Spruce Reading Program
Program which introduces young children to the best Canadian children's literature for their age. Children reader are read to and then join other children across Ontario in voting for the favourite book. This program is offered at Brodie and Waverley branches.

### Preschool Storytime
Preschool storytime is a literature-based class for children aged 3-4 that gives the children the opportunity to experience stories, songs, fingerplays, films and crafts in a group setting. School-readiness program. This program is offered at Brodie, Mary J.L. Black and Waverley branches.

### Readers are Leaders
Reading support for emergent readers. Pairs child with volunteer for one-to-one practice and support with appropriate material and learning activities/games. This program is offered at Waverley Resource Library and Brodie Resource Library. This program is offered at Brodie and Waverley branches for children in grades one to four.

### Storytime and Family Program
Free programs which provide storytelling and craft or other creative activities on a theme e.g. Halloween, Dora the Explorer, Colours, etc. or open performances such as concerts for the whole family to enjoy. This program is offered at Brodie, Mary J.L. Black and Waverley branches.

### Tales for Twos
Tales for Twos is an interactive story time for 2 year olds and their parents or caregivers. Books, flannelgraphic, fingerplays, songs and crafts stimulate the toddler and introduce the adult to children's literature. Provides modelling of good story telling for parents/caregivers. This program is offered at the Waverley branch only.
TD Summer Reading Game/Program

A free reading program (part of a national initiative) which encourages summer reading and family literacy by rewarding reading in weekly prizes and other activities related to an overall fun theme. This program is offered at Brodie, Waverly, Mary J.L. Black and Count Park libraries.

Thunder Bay Regional Health Sciences Centre

Address: 984 Oliver Road, Suite 402, 4th Floor Medical Centre - Maternity Centre Thunder Bay on P7B7C7

Phone: (807) 684-6228

Fax: 

Website www.tbh.net

Email

Program(s) Available

Breastfeeding

A breastfeeding class is provided in collaboration with the La Leche League. The monthly class is designed for pre-natal women and their support person who would like to learn more about breastfeeding prior to delivery. Postpartum women are welcome to attend.

In addition, we also have a lactation consultant who is available to provide information regarding common breastfeeding difficulties, and some helpful hints to make breastfeeding a success. Clinics and one-to-one counselling sessions, with practical support for all breastfeeding difficulties, are available.

Cultural Liaison

Our Cultural Liaison Worker assists aboriginal women when they travel to Thunder Bay from northern communities to give birth, to access services in the prenatal period: Non-Insured health benefits, Cultural supports such as translation/interpretation services, Accommodation, Transportation, Social programs.

Dietitian Services

Our Dietitian can help you plan healthy meals and snacks to ensure that you: Meet increased needs for vitamins/minerals, especially iron, calcium, vitamin D, and folic acid; Stay within your target gestational weight gain range, to help maintain a healthy pregnancy, and reduce risks to mother and baby. A Dietitian can also suggest nutritional strategies to address: symptoms such as nausea, vomiting, heartburn or constipation; food intolerances/aversions; any questions you may have about food safety, allergies, etc.

Exercise Therapy

A fit and active lifestyle provides numerous benefits for both you and your baby. Daily exercise during pregnancy may assist with: Decreasing back pain and fatigue levels; Stabilizing gestational weight gain; Easing labour and delivery; Promoting a quicker recovery postpartum, etc. During a consultation, our Exercise Therapist provides: Education on safe physical activity during pregnancy; pregnancy specific stretching, strengthening and aerobic activities; An individualized physical activity plan (derived from your own personal goals, which include a variety of activities taking your preferences into consideration).

The exercise therapist offers prenatal fitness classes twice per week on Monday's and Thursdays from 12:30-1:30 and 7:30-8:30 pm. All pregnant women are welcome to attend. The healthy weights postpartum class is also offered once per month - please call the Maternity Centre for more information.
Midwives, Family Physician, Obstetricians

We also have Midwives, a Family Physician, and Obstetricians working from the Centre.

Nurse Practitioner

A nurse practitioner offers obstetrical care for those without a care provider. A drop-in clinic is available on Thursday’s from 1:00 pm -3:00 pm.

Prenatal Education Group Classes

Prenatal education classes from 27 weeks gestation are available. Classes are free and available to all women in the community. The phone number to register for prenatal classes is 684-6541.

Smoking Cessation Program

The Quit Coach provides: One on one counseling to help pregnant and postpartum women to quit smoking; Help for smokers in developing a "quit plan"; Ongoing follow-up and support, for as long as it takes; Counseling for partners and/or family members as well

Thunder Bay Suzuki Strings/Private Teaching Studio

| Address: | R.R. #13, 491 Lakeshore Drive   | THUNDER BAY ON  P7B5E4 |
| Phone:   | (807) 683-6811                  | Fax:     | (807) 683-6811 |

Program(s) Available

Thunder Bay Suzuki Music Camp

Suzuki Summer Music Camp offers both Suzuki and traditional method instruction in strings, flute, saxophone, clarinet, recorder, piano, brass, accordion, and voice for ages 3 to adult. (Note: this will not be offered in 2006 due the The National Music Festival being held in Thunder Bay in August, 2006).

Thunder Bay Suzuki Strings

Offers both suzuki and traditional method instruction in violin, viola, chamber music and orchestra.
Thunder Bay Therapeutic Riding Association

Address: P.O. Box 10583    THUNDER BAY ON    P7B6G9
Phone: (807) 472-5650
Fax: 
Website: http://my.tbaytel.net/tbtra
Email: tbtra@tbaytel.net

Program(s) Available
Thunder Bay Therapeutic Riding Association
We offer horseback riding lessons/sessions to children for physical, recreational and social benefits. Each session is 45 minutes long from start to finish (includes loading and unloading, mounting and dismounting).

Upsala District School Area Board

Address: General Delivery    UPSALA ON    P0T2Y0
Phone: (807) 986-2352
Fax: (807) 986-1409
Website:
Email: scrowley@upsalapublicschool.on.ca

Program(s) Available
"Keep Good School Open" Program
Provides a number of after-school programs for children and adults.

Elementary School
Junior & senior kindergarten program.

Speech Language
The school partners with Integrated Services for Northern Children (ISNC) and George Jeffrey Children's Centre to deliver a pilot speech coach program in order to deliver speech-language services at the school site for parts of two days each week.

Upsala PS Family Nutrition
Offer morning nutrition break consisting of two food groups (fresh fruit or vegetable and a serving of milk) and also breakfast consisting of three food groups (dry cereal, fruit juice and cheese).

Upsala Public School Library
School library is open to the public one day a week for parents, children and members of Ealge's Nest Family Centre playgroup.
### Upsala Recreation Committee

**Address:** General Delivery

**Phone:** (807) 986-2209

**Fax:** (807) 986-1816

**Website**

**Email**

**Program(s) Available**

- Community Kitchen
  - Community Kitchen held for parents and caregivers.

### Wesway

**Address:** 1703 Victoria Avenue E, Suite Suite 210

**Phone:** (807) 623-2353

**Fax:** (807) 623-6413

**Website** www.wesway.com

**Email** dmacmillan@wesway.com

**Program(s) Available**

- Community Friends Service
  - Volunteer acts as connector to the community for people with disabilities in order to develop interests and build relationships.

- Host Family Service
  - Volunteer host family welcomes someone with a disability into their home to provide regular or occasional respite care and support for the family. Also provides opportunities for the individual(s) to develop new relationships and grow in independence.

- In-Home Service
  - Trained respite worker provides service right in the family home when required.

- Respite Home Services
  - Provides respite care for individuals in a home-like setting and is staffed by trained respite workers. Affords opportunities to enhance daily living skills and enjoy activities with peers.
WJ Griffis Children's Centre - CLTB

Address: 717 John Street    THUNDER BAY ON   P7B1Z7
Phone: (807) 768-3222       Fax:   (807) 768-5351
Website www.cltb.ca
Email abroere@cltb.ca

Program(s) Available

W. J. Griffis Children's Centre

Drop in program for parents and caregivers in a safe/nurturing, developmentally appropriate environment. Program provides qualified Early Childhood Educators on-site, support, and peer interactions for families and caregivers. Toy lending library resources and workshops available.
## Alphabetical Listing of Children's Services

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