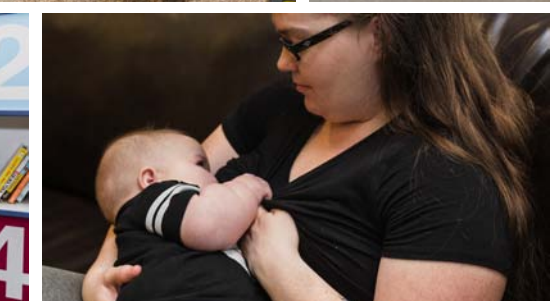
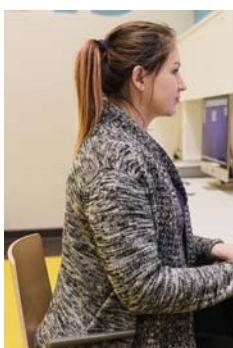
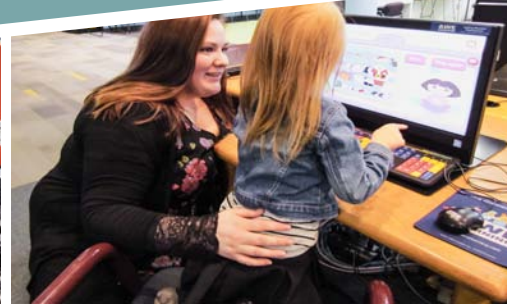




# Parker's Project: A Guide to Parenting In Brantford



# Introduction

**Dear reader,**

Welcome! The parents behind Parker's Project are so excited you're here.

We know being a parent can be tough and we want to help. We've made this booklet to help you learn about all the resources, community groups, and help that Brantford-Brant has to offer. Don't forget to check us out online at [www.parkersproject.info](http://www.parkersproject.info) too!

Having children can be stressful, so we hope that this resource guide will help make sure that both you and your kids are happy and healthy. Happy parenting!

**Sincerely,**

Parker's Project

## How does this booklet work?

We've tried to make this guide as simple as possible, so you can find what you need quickly. To the right, you'll find a table of contents so you can simply flip to what you need.



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## Legend



This symbol means that a service is religious.



This symbol means that a service is non-religious.



The symbol means that a service is on a bus route.



This symbol means that a service is geared-to-income.



This symbol means that a service is free.



This symbol means that a service is LGBTQ2S+ Friendly.



This symbol means that a service is Indigenous Friendly.

# Barriers to Accessing Services

We've found that the biggest barriers to accessing services are lack of transportation and knowledge. Here are some resources that we think will break those barriers down.



## City of Brantford - Transit



A public transit system to help you get where you need to be. Call 519-753-3847 or visit [www.brantford.ca/transit](http://www.brantford.ca/transit) for more information.

## Brant County Health Unit Online Prenatal Classes



The Brant County Health Unit provides online childbirth and parenting preparation classes. To register, visit [www.bchu.org](http://www.bchu.org) or call 519-753-4937 extension 463.

*"I couldn't go to prenatal because of my work schedule."*

## Your Local Pharmacy



Your local pharmacy will have breastfeeding supplies, smoking cessation information and supplies, flu shots, naloxone, and more. Visit Google and search “pharmacies near me” to find your local pharmacy.

“We need to distribute information more effectively.”

## Looking for an online resource?

Check out this virtual resource that you can access anywhere you have internet.

- Visit [www.walmart.ca](http://www.walmart.ca) to order groceries online.



# Feeding Your Baby

Feeding your baby can seem overwhelming, but we know that a fed baby is a happy baby. Check out our resources below.



## Brant County Health Unit



Offering programs on infant feeding, breastfeeding clinics, and Healthy Babies Healthy Children. Call 519-753-4937 extension 464 or visit [www.bchu.org](http://www.bchu.org) for more information.

**Address:** 194 Terrace Hill Street, Brantford

## La Leche League Canada



An organization that provides mom-to-mom support for breastfeeding. Call 1-800-665-4324 or visit [www.lllc.ca](http://www.lllc.ca) for more information.

**Address:** 202 Grand River Avenue  
Suite C, Brantford

“There’s pressure on moms to choose breastfeeding.”

## Best Start (Feeding Your Baby Formula)



Best Start is a resource centre that provides information about feeding your baby formula, breastfeeding, and introducing solid foods. Visit [www.bit.ly/2XFZWZo](http://www.bit.ly/2XFZWZo) to view the booklet on formula feeding.

“I wish the community would just realize that a fed baby is a happy baby regardless of whether it comes from a boob or a bottle.”

### Looking for an online resource?

Check out our list of virtual resources that you can access anywhere you have internet.

- Visit [www.breastfeedingresourcesontario.ca](http://www.breastfeedingresourcesontario.ca) for research and resources about breastfeeding.
- Explore the Formula Feeding Your Baby booklet from St. Joe’s at [www.bit.ly/2XFZWZo](http://www.bit.ly/2XFZWZo) (don’t forget the capital letters!).

# Childcare Services



Finding a childcare service that you trust is important. We've found some services that we know are reliable and will make sure your kids are happy and healthy!

## Child and Child Care Fee Subsidy in the City of Brantford and the County of Brant



Providing support to families to help them find quality child care through OneList Brantford/Brant and apply for child care subsidy to reduce costs. Call 519-759-7009 or visit [www.brantford.ca/childrenservices](http://www.brantford.ca/childrenservices) for more information.

**Address:** 220 Colborne Street, Brantford

## Wee Watch Licensed Home Care



This agency offers full- and part-time home based child care for children aged 6 weeks to 12 years. To apply for child care at Wee Watch go to OneList Brantford/Brant at [www.brantford.onehsn.com](http://www.brantford.onehsn.com).



## EarlyON Child and Family Centres



EarlyON offers free interactive drop-in programs for children aged 0 to 6 and their parents or caregivers. To learn more and to find a centre near you, visit [www.earlyonbrantfordbrant.ca](http://www.earlyonbrantfordbrant.ca) or call 519-759-7009.

“I had to turn down a job because I wasn’t gonna have childcare in time.”

### Looking for an online resource?

Check out this virtual resource that you can access anywhere you have internet.

- Visit [www.bgcbrant.ca](http://www.bgcbrant.ca) to learn more about the programs offered by the Boys and Girls Club of Brantford.

# Community Connectedness

Being a new parent can feel very lonely and sometimes isolating. Connecting to your community is important as you face challenges and joys in your new role. When you're ready to take that step into the community, we have some excellent places to help you feel connected.



## Margot's Place



A non-profit organization providing a non-judgemental place for moms 29 and under to just be moms.



Includes group programs, drop-ins, peer-to-peer support, and childminding. To learn more, call 226-208-7401 or email [margotsplace@outlook.com](mailto:margotsplace@outlook.com).

**Address:** 95 Darling Street, Brantford

## Parent Mentorship Program: A Parker's Project Initiative



As a part of Parker's Project, 1:1 parent support is offered for parents looking to connect to community resources, wanting to set achievable goals, or needing guidance in their parenting role. To learn more, call 226-208-7401 or email [parkersprojectbrant@gmail.com](mailto:parkersprojectbrant@gmail.com).

**Address:** 95 Darling Street, Brantford

"We need to create a network of women who are anti-judgement and pro-support."

## The Bridge



The Bridge is a grassroots committee that works to identify and address the inequalities experienced by the LGBTQ2S+ community within Brantford and Brant County. Visit [www.thebridgebrant.com](http://www.thebridgebrant.com) to learn more.

# Indigenous Participants

Services that are created by and for Indigenous peoples are important. Below, you'll find some resources that can help you with a variety of issues.



## Brantford Native Housing



Brantford Native Housing helps those who identify as Indigenous find housing. They also offer daily programs and drop-in counselling. For more information, visit [www.brantfordnativehousing.com](http://www.brantfordnativehousing.com) or call 519-756-2205.

**Address:** 318 Colborne Street East, Brantford

## A Practical Handbook for Aboriginal Women



A manual to help Indigenous peoples dealing with abuse in the home. Visit [www.brantfordnativehousing.com/files/evaaw-handbook.pdf](http://www.brantfordnativehousing.com/files/evaaw-handbook.pdf) to see the manual.

*“Young native moms have no support.”*

## De dw a de dehs nye>s Aboriginal Health Centre



A Health Centre designed to meet the needs of Indigenous people. Services include seeing a doctor, access to mental health and addiction services, diabetes support, and access to traditional healers. For more information, visit [www.aboriginalhealthcentre.com](http://www.aboriginalhealthcentre.com) or call 519-752-4340.

**Address:** 36 King Street, Brantford

“More Aboriginal representation within the professional community is needed.”

## Indigenous-led EarlyON Program



An Indigenous-led EarlyON program offered three days a week and rotating through other EarlyON programs in the community on other days. A full schedule can be found at [earlyonbrantfordbrant.ca](http://earlyonbrantfordbrant.ca).

# Day to Day Challenges

Life with kids is never easy, and everyday can feel tough! We've found some resources that can help your day a little bit easier.



## Kids Can Fly



A program promoting early childhood development. To learn more, visit [www.kidscanfly.ca](http://www.kidscanfly.ca) or call 519-448-1713.

**Office Address:** 110 German School Road, Paris  
Kids Can Fly has satellite locations throughout Brantford-Brant. Call for more information.

## Brantford Food Bank



Offering food options for those who need it. To learn more, visit [www.crs-help.ca/foodbank](http://www.crs-help.ca/foodbank) or call 519-751-4357.

**Address:** 1100 Clarence Street South, Brantford

*"I had no family to teach me life skills."*

## Triple P Brant



The “Positive Parenting Program” helps educate parents on how to prevent behavioural, emotional problems in children. For an updated session list and registration, please visit [www.tripleontario.ca](http://www.tripleontario.ca) or call Contact Brant at 519-758-8228 for more information.

**Address:** 643 Park Road North, Brantford

“Everyday is a struggle.”

### Looking for an online resource?

Check out this virtual resource that you can access anywhere you have internet.

- Visit [www.childmind.org](http://www.childmind.org) to join a parent support group and get advice on day to day challenges.

# Education Services

If you're thinking about going back to school or continuing your education, these resources are for you!



## GED Certificate



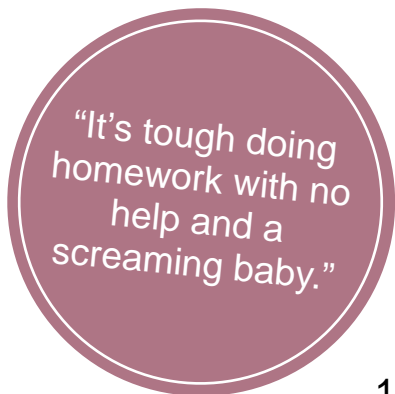
A GED certificate is your high school equivalency. To learn how to earn it, visit [www.ilc.org/en-ca/GED/home](http://www.ilc.org/en-ca/GED/home) or call 1-800-573-7022.

## Grand Erie District School Board Learning Alternatives (GELA)



Grand Erie Learning Alternatives is an Adult Credit Program that offers a variety of courses for students 21 and over. To learn more, visit [www.granderie.ca/schools/gela](http://www.granderie.ca/schools/gela) or call 519-753-6079 extension 8.

**Address:** 365 Rawdon Street,  
Brantford





## Skills for Change



Skills for Change is a free program offering assistance for those exploring employment and post-secondary options. Visit <https://skillsforchange.org/#> to learn more.

“If I wanted to start post-secondary,  
I wouldn’t even know where to start.”

### Looking for an online resource?

Check out this virtual resource that you can access anywhere you have internet.

- Visit [alison.com/tag/study-skills](https://alison.com/tag/study-skills) to take a free online course on study tips and skills.



# Employment Services

When you're ready to get back to work, there can be a lot of challenges as a parent. We have listed a few places to help you get employment suited to your needs and your child's.



## Career Link Employment Centre



Career Link helps you find a job if you're in need. Visit [www.careerlink.ca](http://www.careerlink.ca) or call 519-759-1412 to learn more.

**Address:** 1 Market Street, Brantford

## Ontario Works Employment Centre



Ontario Works offers employment services.

To learn more, visit [www.brantford.ca/en/living-here/ontario-works.aspx](http://www.brantford.ca/en/living-here/ontario-works.aspx) or call 519-759-7009.

**Address:** 220 Colborne Street, Brantford

*"Job places need to be understanding of moms with babies."*

## Community Resource and Employment Centre



Offering comprehensive employment and job search services. Call 519-751-4357 extension 312 or visit [www.crs-help.ca/employment](http://www.crs-help.ca/employment) to learn more.

**Address:** 230 Shellard Lane Unit 3-4, Brantford

## St. Leonard's Employment Services



Delivering a variety of employment services. For more information, visit [www.st-leonards.com](http://www.st-leonards.com) or call 519-756-7665.

**Address:** 225 Fairview Drive, Brantford

“There needs to be more family-related work laws.”

## Looking for an online resource?

Check out our list of virtual resources that you can access anywhere you have internet.

- Visit these websites to start looking for employment:
  - [www.indeed.ca](http://www.indeed.ca)
  - [www.workopolis.com](http://www.workopolis.com)

# Housing Services

Affordable housing can feel impossible to find - but it isn't! These resources are here to help you understand the housing market and help find you a house to make a home.



## City of Brantford Housing Service - Finding Housing



The City of Brantford can assist in finding you affordable housing. To learn more, visit [www.brantford.ca/en/living-here/housing-and-shelter.aspx](http://www.brantford.ca/en/living-here/housing-and-shelter.aspx) or call 519-759-3330.

**Address:** 220 Colborne Street, Brantford

## Cooperative Housing



The City of Brantford has many cooperative housing options:

- Applegate Cooperative Homes - call 519-753-1935



- Cahiague Cooperative Homes - call 519-753-5911 or visit [www.cahiaguecoop.ca](http://www.cahiaguecoop.ca)
- Saorsie Cooperative Homes - call 519-754-0167 or visit [homestarts.wixsite.com/saorsie](http://homestarts.wixsite.com/saorsie)
- Wicklow Cooperative Homes of Brantford - call 519-757-1022
- Westglen Cooperative Homes of Brantford - call 519-304-0397
- Drumlin Cooperative Homes - call 519-752-6629 or visit [www3.sympatico.ca/drumlin.coop/](http://www3.sympatico.ca/drumlin.coop/)

“It’s impossible to save for a mortgage. We aren’t making enough money but rent keeps going up.”

## Looking for an online resource?

Check out these virtual resources that you can access anywhere you have internet.

- Visit the following websites to start looking for housing:
  - [www.kijiji.ca](http://www.kijiji.ca)
  - [www.brantfordareahomefinder.com](http://www.brantfordareahomefinder.com)

# Medical Challenges

A parent's health can sometimes be put on the back burner once we have children, but when we stop caring for ourselves then our ability to care for our children is impacted. Here are some local resources for emergency and day to day medical needs.



## Brant County Health Unit (BCHU)



BCHU offers prenatal and postnatal classes (some are online, check out page 4!) on physical and emotional wellness. They also have a sexual health clinic and they offer dental services. Call 519-753-4937 or visit [www.bchu.org](http://www.bchu.org) for more information.

**Address:** 194 Terrace Hill Street, Brantford

## Finding a Family Doctor



Need help finding a family doctor? Visit [www.health.gov.on.ca](http://www.health.gov.on.ca) to see a list of available physicians.

*"Please take the time to listen to us."*

## Brantford General Hospital



Brantford's main hospital offers many services. To learn more, visit [www.bchsys.org](http://www.bchsys.org) or call 519-752-7871.

The hospital also has a Sexual Assault and Domestic Violence Care and Treatment Centre (call 519-751-5544 extension 4449) for more information. If you are in crisis, call 519-752-2273. If it is an emergency, call 911.

**Address:** 200 Terrace Hill Street, Brantford

“There’s no support for sick, pregnant women.”

### Looking for an online resource?

Check out our list of virtual resources that you can access anywhere you have internet.

- The website [www.smartpatients.com](http://www.smartpatients.com) is an online community for families affected by various illnesses.
- Visit [www.communitymidwivesofbrantford.blogspot.com](http://www.communitymidwivesofbrantford.blogspot.com) to learn more about midwives in the Brantford-Brant area.

# Mental Health Challenges

Mental health and addiction challenges are a tough thing to navigate as a parent and we can't do it alone. If you need help, we've listed a few resources you can reach out to.



## Contact Brant



Contact Brant is your first point of contact for children and youth with mental health concerns, a developmental disability, or autism.

Visit [www.contactbrant.net](http://www.contactbrant.net) or call 519-758-8228 to learn more.

## St. Leonard's Community Services



St. Leonard's offers many services including crisis support, counselling, peer support, and addiction services. Visit [www.st-leonards.com](http://www.st-leonards.com) to learn more.

If you are in crisis, please call 519-754-0253.



## Woodview Mental Health and Autism Services



Woodview offers family and caregiver skills-building services, group programs, and more. Visit [www.woodview.ca](http://www.woodview.ca) for more information.

## Parents for Children's Mental Health



A support group for parents and caregivers of a child with a mental health issue or behavioural challenge. Visit [www.pcmh.ca/brantford](http://www.pcmh.ca/brantford) for more information.

“My doctor was asking ME,  
‘Well, do you have postpartum depression?’”

## Looking for an online resource?

Check out our list of virtual resources that you can access anywhere you have internet.

- Visit [www.novavita.org](http://www.novavita.org) if you need help with abuse.
- Visit [www.sacbrant.ca](http://www.sacbrant.ca) to learn about the services the Sexual Assault Centre of Brant offers.

## **Crisis Lines**

### **Sexual Assault Centre of Brant Crisis/Support Line**

519-751-3471 (available 24/7)

### **St. Leonard's Crisis Support Line**

519-759-7188 or 1-866-811-7188 (available 24/7)

### **Brant Community Healthcare System - Mental Health Emergency Crisis Line**

519-759-7188 or 1-866-811-7188 (available 24/7)

### **Canada Suicide Prevention Service**

1-833-456-4566 (available 24/7)

### **ConnexOntario Mental Health Help Line**

1-866-531-2600 (available 24/7)

### **Trans Lifeline**

1-877-330-6366 (available from 10am to 4pm)

### **National Suicide Prevention Lifeline**

1-800-273-8255 (available 24/7)

## **Counselling Lines**

### **Canadian Mental Health Association - Distress Centre of Waterloo Region**

519-745-1166 (available 24/7)

**If it is an emergency, call 911.**

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- **Rachel Callan Photography**

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



## Didn't find what you were looking for in this guide?

Visit [www.info-bhn.ca](http://www.info-bhn.ca) for more community information and resources.

