



SUPPORT FOR CHILDREN AND PARENTS

EarlyON Child and Family Centre and CROW

Phone: 613-283-0095 or

1-800-267-8252

Facebook & Website: www.crowlanark.com

Supports and strengthens child development, child care and family life through parent education, playgroups and interactive programs.

Family and Children's Services

Phone: 1-855-667-2726 if you are concerned about the safety and/or well-being of a child or youth under 18 years

Kids Help Phone

Phone: 1-800-668-6868

Text: CONNECT to 686868

Website: www.kidshelpphone.ca

Whether by phone, text, mobile app or through the website, connect whenever you want, however you want.

Open Doors for Lanark Children and Youth

Phone: 1-877-232-2860

Website: www.opendoors.on.ca

Lanark County's Children's Mental Health provider. Available to everyone who needs assistance through various virtual means including phone, video and social media (Facebook and Instagram)

Parents' Lifeline of Eastern Ontario (PLEO)

Phone: 1-855-775-7005

Website: www.pleo.on.ca

Provides free family peer support for parents whose children up to 25 years of age are facing mental health challenges.

PLEO Peer Supporters are parents who have been there, they get it, and they can help.