## St. Clair Child and Youth www.stclairchild.ca 519-337-3701

- Counselling to target social/ emotional/behavioural needs
- Family Counselling
- Programs regarding attachment, anger, anxiety, trauma, substance abuse, mental health, crisis support,
- Telephone Consults offered

### St. Joseph's Hospice www.stjosephshospice.ca 519-337-0537

- Bereavement groups for children ages 3-18 years of age (currently suspended due to Covid)
- Counselling for children and teens virtually or by phone

#### Thames Valley Children's Centre Bekki Grieve 519-521-6450 abs@tvcc.on.ca

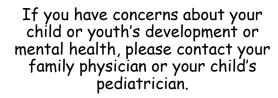
 Autism and Behavioural Services for children/youth with a diagnosis of Autism Spectrum Disorder

#### VON

www.voneriestclair.ca/sarnia-lambton 519-542-2310

- Kid's Circle program for children facing a life-threatening illness or impacted by the illness of a loved one
- Respite care

This list of agencies and services was compiled as a guide by Pathways Health Centre for Children and contains information from each agency website. We encourage you to contact agencies for updated information.





# Family & Behaviour Supports in Lambton County

There are supports available in our community for children, youth and their families who may be facing challenging situations.



#### Early ON

Earlyonlambton.ca

519-542-9842 or 1-888-542-6101

- Parent Programs
- Ontario EarlyOn Child and Family Centres (currently closed due to Covid)
- Parent/professional workshops—see website for info

### Canadian Mental Health Association (CMHA)

www.lambtonkent.cmha.ca 519-337-5411

- Early Intervention Services for Youth/Young Adults ages 14-30
- Services include: screening, nursing assessments, comprehensive assessment, linkage with a psychiatrist, family engagement, etc.

### Family Counselling Centre www.familycounsellingctr.com 519-336-0120 or 1-800-831-3031

- Family, couple and individual counselling
- Distress Line 1-888-DISTRES (347-8737)
- STARRting Point children's mental health

### Lambton County Library www.lclibrary.ca 519-845-3324 or 1-866-324-6912

 Various children's programs offered in person are currently on hold due

to Covid-19

 Virtual programming offered-check calendar for information- https:// lclibrary.libnet.info/events

#### Lambton Public Health www.lambtonhealth.on.ca 519-383-8331 or 1-800-667-1839

- Parenting Program
- Healthy Babies, Healthy Children
- Check website for updated program information

#### Literacy Lambton Literacylambton.org 519-332-4876

 Train Your Brain -play based math and reading fun (currently on hold due to covid-19)





## Pathways Health Centre for Children www.pathwayscentre.org 519-542-3471 or 1-855-542-3471

 Services for children and youth with physical, developmental and communication needs

#### Sarnia Distress Line 1-888-347-8737 (1-888-DISTRESS) 519-336-3000

- 24 hour crisis phone service for callers who need reassurance, information, or support
- Callers and volunteers who staff the line remain anonymous

## Sarnia Lambton Rebound www.reboundonline.com 519-344-2841

- Programs on emotional regulation, communication, self-confidence, bullying prevention, support for LGBTQ2+ youth, currently running online
- Parent & caregiver support