

### **St. Clair Child and Youth**

[www.stclairchild.ca](http://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](http://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](mailto:abs@tvcc.on.ca)

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

### **VON**

[www.voneriestclair.ca/sarnia-lambton](http://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.

If you have concerns about your child or youth's development or mental health, please contact your family physician or your child's pediatrician.



Updated March 2017



## **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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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

