

PRODUCED BY
THE LAMBTON KENT DISTRICT SCHOOL BOARD,
SPECIAL EDUCATION DEPARTMENT

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Any Errors and/or Omissions Please Contact:
Lambton Kent District School Board,
Special Education Department



Sarnia-Lambton Community Services Guide



OUR STUDENTS –
SHAPING OUR
WORLD

Lambton Kent District School Board is committed to providing a safe and caring learning environment for all students. This commitment is strengthened by embracing diversity and respecting self, others and the world around us. The LKDSB welcomes students, parents and community members as respected and valued partners as we work together to meet the many challenges of the 21st century.

As our students struggle with mental health concerns such as anxiety, anger and depression, parents and educators need to know where to look to find the care they need. The LKDSB offers numerous services that can benefit our students; however, many of our students have learning challenges that may require external support.

While this guide provides information to assist parents and students with resources and supports available in our community, the school Principal and appropriate school staff can assist you in finding the appropriate services that you need.



By supporting our children, we can help to foster success for all students every day.



LKDSB BELIEF STATEMENTS

- ✓ **Public education is an investment in the future of all peoples and all communities.**
- ✓ **All students can learn and are entitled to quality instruction.**
- ✓ **A safe and caring learning environment is strengthened by embracing diversity, and respecting self, others and the world around us.**
- ✓ **Student success is achieved through shared responsibility of students, staff, families, community and First Nation partners.**
- ✓ **Accountability is attained through open dialogue, transparency and fiscal responsibility.**
- ✓ **We are committed to innovation and continuous improvement.**

OFFICE OF THE PROVINCIAL ADVOCATE FOR CHILDREN AND YOUTH

<http://provincialadvocate.on.ca/>

**ASSISTANCE FOR CHILDREN WITH SEVERE DISABILITIES (ACSD)
Toll-free: 1-800-265-4197**

If you are a parent caring for a child with a severe disability, you may be able to receive some financial assistance.

<http://www.children.gov.on.ca/htdocs/English/topics/specialneeds/disabilities/index.aspx>

**SPECIAL SERVICES AT HOME (SSAH)
Toll-free: 1-866-821-7770**

The Special Services at Home program helps families who are caring for a child with a developmental or physical disability, as well as adults with a developmental disability. It is funded and managed by the Ministry of Community and Social Services.

<http://www.children.gov.on.ca/htdocs/English/topics/specialneeds/specialservices/index.aspx>

**JERRY McCAW FAMILY CENTRE Y.M.C.A.
(519) 360-9622**

The Y.M.C.A. nurtures the potential of children, teens, and young adults by promoting healthy living and fostering social responsibility and focuses on inclusiveness and accessibility by serving people of all ages, backgrounds and abilities through all stages of life.

http://ymcaswo.ca/membership_branches-jerry_mccaw_family_centre.php

**YMCA - ST. CLAIR CHILD AND YOUTH PARTNERSHIP:
YOUTH RESOURCE HOUSES
(519) 336-5950**

Three houses in geared-to-income neighbourhoods provide a variety of nutritional and social programs to residents.

- **FRIENDSHIP HOUSE** - 681 Roger Street
- **HOUSE BY THE SIDE OF THE ROAD** - 454 Kathleen Avenue
- **OUR HOUSE** - 914 Confederation Street, Unit 15



MENTAL HEALTH SERVICES

KIDS HELP PHONE 1-800-668-6868

Kids Help Phone is a Canadian and world leader known for our expertise and continuous innovation as Canada's only 24/7 counselling and information service for young people.



<https://www.kidshelpphone.ca/teens/home/splash.aspx>

BLUEWATER HEALTH LAMBTON COUNTY ADDICTION SERVICES (519) 464-4400 EXT. 5370

This includes community treatment orders, crisis intervention, social work, assertive community treatment, and addiction & problem gambling services.



<http://www.bluewaterhealth.ca/MentalHealth>

Private counselling and **psycho-educational services** can also be located throughout Sarnia Lambton. These companies tend to be fee for service. Check your Employee Assistance Plans for coverage.

CANADIAN MENTAL HEALTH ASSOCIATION LAMBTON KENT BRANCH Sarnia-Lambton: (519) 337-5411

Supports to help residents maintain and improve mental health include:

- Mental Health First Response
- Integrated Client Services
- Preventative Education
- Supportive Housing Services
- Referrals to Practitioners and Psychiatrists

<http://lambtonkent.cmha.ca/>

FAMILY COUNSELLING CENTRE (519) 336-0120 Distress Line (519) 336-3000 or 1-888-347-8737 (24 hours)

Family Counselling Centre is a not-for-profit, community-based agency that provides Sarnia Lambton residents with a variety of professional counselling, support, prevention and coordination services.

- Dealing with Life's Challenges
- Supporting Children and Families
- Ending the Cycle of Violence
- Assisting People with Special Needs

<http://www.familycounsellingctr.com/>

ST. CLAIR CHILD & YOUTH SERVICES
(519) 337-3701

St. Clair Child & Youth Services is the primary advocate and source for programs related to the mental health of children and youth (to 18 years) in Sarnia-Lambton. Their *Working Together for Kids' Mental Health* strategy supports better outcomes. Services include:

- Infant Development Program
- 0 – 6 Mental Health Program
- Family Drop-In Program/Ontario Early Years Central Satellite
- Schools and Community in Partnership (SCIP)
- Outreach Program

<http://www.stclairchild.ca/>

THE SALVATION ARMY
(519) 337-3011

Services include:

- Food Bank
- School Supplies
- Emergency Assistance
- Rent, Utilities, and Dental Assistance Available

www.salvationarmy.ca

VON – SARNIA LAMBTON DISTRICT
(519) 542-2310

Services include:

- Pre-School/School Health Program
- Kid's Circle Bereavement Program
- Home Visiting Nursing Program
- Immunization Programs

<http://www.von.ca/en/services>

SARNIA-LAMBTON REBOUND
(519) 344-2841

Rebound is a caring partner in the successful development of youth who are experiencing difficulties at home, school or with the law. Services include:

- Life Choices (social skills programming for youth aged 12 – 17)
- STAND (Stop, Think and Decide provides one-on-one support for youth 8 – 17 who need help navigating the teen years)
- Thrive (for youth aged 12 – 14 who need resiliency support and coping mechanisms)
- PASS (an alternative to home suspension for youth in Grades 4 – 12 who need help developing positive social and cognitive skills)
- Stage (Strategies Towards Achieving Girl Empowerment is geared towards adolescent girls)
- TAG (for boys 8 – 11 who are facing challenging issues)

<http://reboundonline.com/programs-and-services/>

SOUNDSTART
– LAMBTON PRESCHOOL SPEECH AND LANGUAGE PROGRAM
Phone: (519) 542-2074

SoundStart is a preschool speech and language program for children birth to 5 years of age in Sarnia/Lambton. The goal of SoundStart is to help children with speech and language needs as early as possible. The program is led by Pathways Health Centre of Children. Services include:

- Assessment
- Workshops
- Parent/Caregiver Training
- Home Programming
- Therapy
- Transition to School



<http://www.soundstart.org/>

EDUCATIONAL SUPPORT

HOMEWORK HELP - MATH HOMEWORK HELP

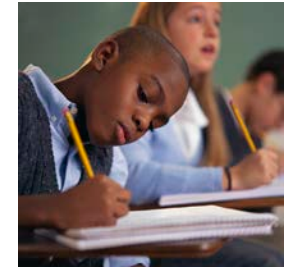
- Homework Help provides free online math help for students in Grades 7-10. Homework Help is administered by the Independent Learning Centre. Homework Help provides free, live one-on-one tutoring from Ontario teachers Sunday to Thursday from 5:30pm–9:30 pm Eastern Time.

<http://www.edu.gov.on.ca/elearning/homework.html>

LDAO: LDALC – LEARNING DISABILITIES ASSOCIATION OF LAMBTON COUNTY
(519) 344-4919

The Learning Disabilities Association of Lambton County is dedicated to improving the lives of children, youth and adults with learning disabilities. They offer resources, services and support to help people with learning disabilities and ADHD, as well as for parents, teachers and other professionals. Programs include:

- Kids Positive Social Skills Program
- Study Smart Program
- Homework Hub
- One-on-One Tutoring
- Parenting Program
- Young Entrepreneur Summer Day Camp



<http://www.sarnia.com/groups/ldalc/index.html>

CENTRE CULTUREL FRANCOPHONE JOLLIET
(519) 332-3774

The Centre culturel francophone Jolliet represents the interests of the francophone community in Sarnia -Lambton. The center provides cultural and recreational programs and community services to promote the French language and meet the needs of the francophone community.

<http://www.centrecultureljolliet.com/>

Tutoring Services can be located throughout Sarnia Lambton. Professional Services are located in your phone book under tutoring services.

SARNIA LAMBTON PUBLIC LIBRARIES (519) 337-3291

Branches offers a variety of programs for children and adults. Visit the website for full details on all branches, and programs and services available.



- Alvinston Branch (519) 898-2921
- Brigden Branch (519) 864-1142
- Bright's Grove Branch (519) 869-2351
- Corunna Branch (519) 862-1132
- Courtright Branch (519) 867-2712
- Florence Branch (519) 692-3213
- Grand Bend (519) 238-2067
- Inwood Branch (519) 844-2491
- Mooretown Branch (519) 867-2823
- Oil Springs Branch (519) 834-2670
- Petrolia Branch (519) 882-0771
- Point Edward Branch (519) 336-3291
- Sarnia Branch (519) 337-3291
- Wilkesport Branch (519) 864-4000
- Wyoming Branch (519) 845-0181

http://www.lclibrary.ca/index.php?option=com_mtree&task=viewlink&link_id=20&Itemid=598

ST. JOSEPH'S HOSPICE, SARNIA-LAMBTON (519) 337-0537

The St. Joseph's Hospice of Sarnia Lambton provides compassionate care to enhance quality and dignity of life for those living with a terminal illness. Programs include:

- Caring Hearts Children's Program
- Bereavement Support Groups
- Caregiver Support Groups
- Day Hospice
- Illness Support
- Share the Journey Program

<http://www.stjosephshospice.ca/?q=programs>

SARNIA-LAMBTON CHILDREN'S AID SOCIETY (519) 336-0623

The Children's Aid Society provides protection services under the Child and Family Services Act. Their services are varied and depend on the needs of the children, youth and families. They work closely with families, other community partners and First Nations to provide children and youth with safe, nurturing environments. Services include:

- 1:1 Support Program
- Family Support Program
- Family Visit Centre
- Make the Connection Parenting Group
- Signs of Safety Family Meetings



<http://www.slcas.on.ca/programs-and-services>

SARNIA-LAMBTON NATIVE FRIENDSHIP CENTRE
(519) 344-6164

The Centre creates networks and develops partnerships to ensure urban Native issues are addressed in a sensitive and equitable manner.

- Wasa- Nabin is a self-development program for Urban Aboriginal at-risk youth (ages 13-18).
- Akwe:go Urban Aboriginal Children's Program aims to improve the quality of life of urban Aboriginal children (ages 7–12 years) through the delivery of appropriate activities and services.
- Urban Aboriginal Healthy Living Program promotes and supports healthier lifestyles for urban Aboriginal people.
- Healthy Eating Active Living enhances knowledge, skills and attitudes toward improving health and reaching goals.

<http://slnfc.org/index.html>

SOCIAL SERVICES & FAMILY ASSISTANCE

A number of **Advocacy Groups** related to exceptional students, i.e. Autism Ontario, VOICE for Hearing Impaired Children, Ontario Federation for Cerebral Palsy, etc. usually have local chapters that provide needed support.

AAMJIWNAANG FIRST NATION
(519) 336-8410 (Administration Building)

Services include (but are not limited to):

- Family & Social Services
- Day Care - Aamjiwnaang Binoojiinyag Kino Maagewgamgoons - Aamjiwnaang JK
- Health Centre- E'Mino Bmaad-Zijig Gamig
- Home & Community Care
- Aboriginal Healing & Wellness
- Substance Abuse
- Healthy Babies
- Youth Programs
- AACEC - Aamjiwnaang Alternative & Continuing Education Program
- Maawn Doosh Gumig Centre (519) 491-2160
- Resource Centre (519) 336-8410

<http://www.aamjiwnaang.ca/>

BEST START HUBS
1-888-542-6101

Best Start Hubs provide quality childcare and quality education. Check their website for details of programs available in your area.



<http://www.ourbeststart.ca/lambton/Pages/default.aspx>

BIG BROTHERS & BIG SISTERS OF SARNIA-LAMBTON
(519) 336-0460

Programming is aimed at children from grades 1 - 12:

- Big Brothers Mentoring
- Big Sisters Mentoring
- In-School Mentoring
- Go Girls! Group Mentoring
- Game On! Group Mentoring
- Couples for Kids
- Big Bunch



<http://www.bigbrothersbigsisters.ca/sarnia/en/Home/default.aspx>

BOYS AND GIRLS CLUB OF SARNIA
(519) 337-3651

The Boys & Girls Club is committed to the provision of services for youth which supports their development as individuals, enhances their socialization skills, promotes healthy peer relationships, builds a positive self-image, and ensures equal access to facilities, programs and opportunities regardless of social, economic, physical or personal development levels.

- After School Program
- Drop In Centre
- Summer Day Camp

<http://www.bgcsarnia.com/content.asp?DocId=3>

PATHWAYS HEALTH CENTRE FOR CHILDREN
(519) 542-3471

Pathways Health Centre for Children delivers defined services to children, youth and young adults with physical, developmental and communication needs, to help them achieve their potential for a better quality of life.

Services include:

- applied behavioural services
- audiology
- augmentative communication services
- behaviour support services
- C.A.C.H.É child care
- early childhood education resource support services
- family service plan meetings
- feeding
- home support services
- medical services
- occupational therapy
- parent advisor
- physiotherapy
- resource services
- seating and mobility
- social work
- speech-language pathology
- teen transition
- therapeutic aquatics
- therapeutic recreation



http://www.pathwayscentre.org/programs_and_services

Local **Audiologists** will perform hearing tests and may also administer Central Auditory Processing assessments.

ONTARIO EARLY YEARS CENTRE **(519) 542-9842**

An Ontario Early Years Centre is a place for parents and caregivers of children aged 0 - 6 to get information about child development. Regardless of income, cultural or special needs, the Centres are gateways to free services and programs for young children. Each Centre's services are tailored to meet the unique needs of each community.

The Centres are staffed with Child Development and Early Years professionals and volunteers. Ontario Early Years Centres provide: enriching children's programming, Prenatal, Child Development, & Parenting Information, Education and Support, Early Literacy Programming, Child Care Information Registry, and a Resource and Toy Lending Program.

Use the toll-free **Best Start** phone number to connect to other service areas in Sarnia-Lambton. **(1-888-542-6101)**.



<http://www.ourbeststart.ca/LAMBTON/LOCATIONS/Pages/default.aspx>

ORGANIZATION FOR LITERACY SARNIA LAMBTON **(519) 332-4876**

The organization ensures that all individuals in Lambton County have the opportunity and resources to improve their literacy. Programs Include:

- Adult Literacy
- Children's Skill and Drill
- Take-a-Book

<http://www.readsarnia.com/services.html>

CHIPPEWAS OF KETTLE & STONY POINT FIRST NATION **(519) 786-2125**

The Chippewas of Kettle and Stony Point First Nation are focused on community wellness, development and financial stability & sustainability for the First Nation. Services include (but are not limited to):

- Head Start / Daycare / Mnaasged Child & Family Services
- Kettle & Stony Point Health Services
- Healthy Babies, Healthy Children
- Kettle & Stony Native Child & Family Services Program
- Kettle & Stony Point Hillside School (519) 786-6903
- North Lambton Job Connect
- Social Services Department

<http://www.kettlepoint.org/>

ERIE ST. CLAIR COMMUNITY CARE ACCESS CENTRE **(519) 337-1000**

Services for students Include:

- Mental Health and Addictions Nurses / Nursing
- Occupational therapy
- Physiotherapy
- Speech and language therapy
- Diet and nutrition counseling
- Information and referral services
- Coordination of services

<http://healthcareathome.ca/eriestclair/en/Getting-Care/Getting-Care-at-School>

COMMUNITY LIVING – SARNIA LAMBTON
(519) 332-0560

Community Living – Sarnia Lambton offers programs and services that support the family of persons with developmental disabilities while preparing the individual for independence. Services include:

- Adult Respite / Children’s Respite
- Vocational Support / Wawanosh Enterprises
- Day Supports / Life Skills Workshops

<http://www.communitylivingsarnia.org/service.php>

GOODWILL INDUSTRIES – ESSEX, KENT, LAMBTON
(519) 541-9273

Goodwill Career Centres assist individuals in identifying and reaching their employment goals and work to support businesses by offering services to employers to meet their ongoing staffing needs.



Programs include:

- Future Focus (ages 15 - 30)
- O.D.S.P. Employment Supports
- School to Work Transitional Program

<http://goodwillekl.com/>

JOHN HOWARD SOCIETY – SARNIA LAMBTON
(519) 336-1020

The organization helps individuals and families who are at risk of, or who have come into conflict with the law. They provide prevention and intervention services as well as advocacy, public education, and community partnerships.

Their clients include youth and adults, both male and female, from the cross-section of social, cultural, and ethnic backgrounds of the community. Supports include:

- Intake and Case Management
- Attendance Centre
- Record Suspension
- Charge Planning and After-Care
- Extra-Judicial Sanctions Program
- Community Service Order Program
- Community Education

<http://www.johnhowardsarnia.com/>

LAMBTON CIRCLES
(519) 344-2062

Circles is a supportive, intentional, reciprocal, befriending relationship comprised of a Circle Leader, a family working to get out of poverty, and two to four allies, middle class people who are willing to befriend the family and support their way out of poverty.

<http://www.lambtoncircles.com/>

LAMBTON COLLEGE

Main Phone: (519) 542-7751

Lambton College seeks to foster innovation and entrepreneurship among faculty, staff, students, and within the community. They remain committed to providing teaching and learning excellence in a broad range of program offerings, and a full range of credentials. Among other community services, Lambton College offers:



- Aboriginal Cultural Centre
- Accessibility Centre
- Early Childhood Education Centre
- Ontario Early Years Centre

<http://www.lambton.on.ca/Services/>

LAMBTON COUNTY DEVELOPMENTAL SERVICES (519) 882-0933

Lambton County Developmental Services provides supports for people with developmental disabilities while contributing to the community through a network of people working together to provide support for people with developmental disabilities in pursuit of their life dreams.

www.lcdspetrolia.ca/

LAMBTON PUBLIC HEALTH

Main Office: (519) 383-8331 or 1-800-667-1839

Lambton Public Health works with the community to assess, promote and protect health, prevent disease and injury, and advocate for healthy public policy. Programs include:

- Birth control and sexual counselling
- Prenatal classes
- Parenting programs
- Immunization clinics
- Dental clinics
- Girl talk clinics
- Beyond Bullying
- iQuit smoking – Give It Up, Live It Up Program
- Car seat safety clinics

<https://lambtonhealth.on.ca/classes-and-clinics>