

## FREE SERVICES FOR FAMILIES WITH CHILDREN FROM BIRTH TO SIX

9-1-1, for emergencies, 24 / 7

2-1-1, for social services and community programs

8-1-1, for health information, 24 / 7

### **EASTERN ONTARIO HEALTH UNIT**

Casselman, 613-764-2841

Hawkesbury, 613-632-4355

Rockland, 613-446-1400

### **EARLY ON CHILD AND FAMILY CENTRE**

Casselman, 866-764-3434

Hawkesbury, 866-764-3434

Rockland, 866-764-3434

### **SCHOOL BOARDS**

Catholic District School of Eastern Ontario, 800-443-4562

Conseil des écoles publiques de l'Est de l'Ontario, 888-332-3736

Conseil scolaire de district catholique de l'Est Ontario, 800-204-4098

Upper Canada District School Board, 800-267-7131

### **EYE SEE... EYE LEARN!**

Program that offers one pair of glasses free. Visit [eyeseeyelearn.ca](http://eyeseeyelearn.ca) for eligibility criteria.

### **LIBRARIES**

Alfred, 613-679-2663

Bourget, 613-487-9488

Casselman, 613-764-5505

Champlain, 613-678-2216

Curran, 613-673-2072

Embrun, 613-443-3636

Hawkesbury, 613-632-0106

Limoges, 613-443-1630

Lefaivre, 613-679-4928

Plantagenet, 613-673-2051

Rockland, 613-446-5680

Russell, 613-445-5331

St-Albert, 613-987-2143

St-Isidore, 613-524-2252

Wendover, 613-673-2923

### **MAISON DE LA FAMILLE**

Alfred, 613-632-6959

Embrun, 613-443-1614

Hawkesbury, 613-632-6959

Rockland, 613-446-4220

### **YORK CENTRE**

Hawkesbury, 877-632-2332

### **EARLY YEARS SERVICES**

Casselman, 800-667-6307

Hawkesbury, 800-667-6307

Rockland, 800-667-6307

### **VALORIS**

Embrun, 800-675-6168

Hawkesbury, 800-675-6168

Plantagenet, 800-675-6168

Rockland, 800-675-6168

### **CHILDREN REHABILITATION PROGRAM OF EASTERN ONTARIO**

Hawkesbury, 613-632-1111, extension 52801

### **COORDINATED SERVICE PLANNING**

CHEO, 613-737-0871, extension 2757

### **SUPPORT RESOURCES**

1call1click, 877-377-7775

Assaulted Women's Helpline, 866-863-0511

Breastfeeding Help

ConnexOntario, 866-531-2600

Crisis Line, 866-996-0991

Kids Help Phone, 800-668-6868

Steps to Justice your guide to law in Ontario

Unsafe at Home Prescott-Russell, text 613-801-8169

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