

Today's Child...Tomorrow's Future

Lambton County's Child Poverty Task Force Presents

Services for Children in Lambton County



Table of Contents

Child Poverty Task Force	4
Employment Services	6
The Learning, Earning and Parenting Program (LEAP)	6
YMCA Ready Program	6
The Federal Public Sector Youth Internship Program	6
YMCA Yield Program	6
Skills Link	6
Job Connect	7
Medical Services	8
Children in Need of Treatment	8
North Lambton Community Health Centre	8
West Lambton Community Health Centre	8
Salvation Army	8
Canadian Mental Health Association Lambton County Branch	8
Addiction Support Services	9
Sarnia Al-Anon Information Service	9
Sarnia Distress Line	9
Bluewater Health	9
Shelter Services & Clothing Services	10
Rent-Geared-to-Income Housing	10
Home Ownership Program	10
Watford Optimist Non-Profit Corporation - A 30-unit apartment and townhouse complex	10
Thedford Non-Profit Housing Corporation	10
Inn of the Good Shepherd	10
NeighbourLink	11
Emergency Shelter Services	11
Financial Services	12
County of Lambton Social Services Department	12
Angel Fund	12
YRASP Youth Recreation and Sports Program	12
Salvation Army	12
Inn of the Good Shepherd	12
Rotary Club of Sarnia	13
Financial Services	13
Credit Counselling	13
Child Development	14
Prenatal Classes	14
Daytime Prenatal Classes - For You Two ...Alternative Prenatal Classes for Young Moms	14
Best Start	14
Healthy Babies Healthy Children	14
Family and Schools Together	15
St. Clair Child & Youth Services	15

Directory of Services For Children, Adolescents And Their Families - Sarnia Lambton	15
Children’s Activities	16
Harmony.....	16
Art for All	16
Lambton County Library	16
YMCA Resource Houses	16
Youth Recreation & Sports Program (YRASP).....	17
Sarnia Community Foundation (Recreation Programs).....	17
YMCA Assistance (Fee Assistance).....	17
Canadian Tire JumpStart	17
Food Programs	18
Good Food Box	18
Student Nourishment Program	18
Peer Nutrition Program.....	18
Welcome Basket Cooking Club	18
Milk Vouchers.....	18
Eat Well for Less	19
Food Directory	19
Food Program Services.....	19

Child Poverty Task Force

Child Poverty Task Force

In 2007 Lambton County Council created a Child Poverty Task Force representing various sectors of the community. The task force's purpose was to recommend a community based model for the County of Lambton to adopt as a strategy to reduce the number of children living in poverty in the community. The task force was also to recommend a long term strategy for monitoring the model's implementation.

After its first few meetings, the task force developed the following definition of poverty, along with the tagline Today's Child...Tomorrow's Future: ***"Poverty is when a person or a community is deprived of, or lacks the essential resources required, for a minimum standard of well-being."***

The Task Force produced this booklet as a quick reference resource and is developing a plan for the implementation of the Circles Campaign Model of poverty reduction. This model engages people from poverty and middle class to work together on their dreams, plans and goals.

The Circle Campaign Model aims to:

- Change the mindset of the community so it wants to and thinks it can end poverty;
- Change the goals (policy, law) of the system to end poverty;
- Empower people in poverty to help solve community problems while transitioning out of poverty themselves.

Task Force Members:

Jim Foubister – County/City Councillor, Chairperson

Doug Ball – Manager, County of Lambton

Ken Dick – General Manager, County of Lambton

Tony Doucette - Professional Business Sector

Margaret Dragan – Education Sector

Rhonda Janess - Parent

Father Robert Lemon – Faith Based Sector

Dr. Clare McGregor – Medical Sector
Brian McManaman – Poverty Advocate
Gord Perry - Lambton County Councillor

Employment Services

Employment Services

The Learning, Earning and Parenting Program (LEAP) - The Learning, Earning and Parenting Program is an employment activity for 16 to 21 year old parents in receipt of Ontario Works who have not attained Grade 12. A range of supports is available to young parents and can include assistance for such things as transportation, school supplies, tutoring and child care as well as having priority access to subsidized child care.

CONTACT: 519 344-2057 / 1-800-387-2882

YMCA Ready Program (Resource Employment Assistance Direction for Youth) - The YMCA READY Program is a seven week pre-employment program for youth. It is designed to provide youth with the tools needed to be successful with their future employment choices.

CONTACT: YMCA - 519 336-5920 ext. 222/223

The Federal Public Sector Youth Internship Program - The Internship program provides unemployed or underemployed youth with work experience through internships in federal organizations.

CONTACT: 519 336-5950 <http://yip.gc.ca/>

YMCA Yield Program (Youth Information on Employment for Life Direction) - The YMCA YIELD Program is an information, referral and support service for youth (ages 15-30) facing barriers to employment. Register at any time. All services are free.

CONTACT: 519 336-5950 ext. 242

Skills Link - This 24 week program helps young adults aged 16-30 develop employment and life skills through community service experiences. This program is designed to provide young adults with an opportunity to gain relevant work-related experience, to develop personal skills and to strengthen their sense of accomplishment through team participation in community service projects.

CONTACT: YMCA: 519 336-5950

Job Connect - The Job Connect program helps unemployed young people find employment and refers participants to appropriate services to support employment.

CONTACT: Job Connect - 519 542-7751 ext. 2404

Medical Services

Medical Services

Children in Need of Treatment (CINOT) – The County of Lambton Children's Services Department coordinates emergency dental services for children from birth to 17 years of age. To be eligible, the child must not be covered by a dental plan or Ontario Works.

CONTACT: 519 383-8331 / 1-800-667-1839

North Lambton Community Health Centre – The North Lambton Community Health Centre provides quality primary health care and health promotion and disease prevention programs and services to the community. There is also a satellite location in the Kettle Point Health Services Building.

CONTACT: 519 786-4545

West Lambton Community Health Centre – The West Lambton Community Health Centre provides a variety of health care services as a satellite of the North Lambton Community Health Centre. The health centre serves the general population but places emphasis on the following groups that may have difficulty accessing health care services: low-income families, seniors, those with mental illness and youth. Must qualify like North Lambton.

CONTACT: 519 344-3017

Salvation Army - The Salvation Army provides a variety of services including: medication, dental, and eyeglasses.

CONTACT: 519 344-1142

Canadian Mental Health Association Lambton County Branch – The Canadian Mental Health Association is the foremost provider of innovative, community-based, adult mental health services in Sarnia Lambton; promoting the mental health of all individuals, and providing excellence in support and treatment for those with mental illness.

CONTACT: 519 337-5411

Addiction Support Services

YGAP (Youth Gambling Awareness Program)

CONTACT: YMCA - 519 336-5960

Sarnia Al-Anon Information Service: OPEN meetings may be attended by anyone interested in learning about the Al-Anon or Alateen program. The general public and professionals are welcome. ADULT Children Meetings are for adult members who have been affected by their parents' drinking. ALATEEN meetings are for young people whose lives have been affected by alcoholism in a family member or close friend.

CONTACT: 519 337-5211

Sarnia Distress Line: Distress Line Sarnia provides a 24-hour crisis phone service to callers who need reassurance, information, or support. Callers remain anonymous as do the volunteers who staff the line. There is no fee for this service.

CONTACT: 519 336-3000 or 519 464-4400

Bluewater Health - 519 464-4400

Shelter Services & Clothing Services

Shelter Services & Clothing Services

Rent-Geared-to-Income Housing – The County of Lambton Housing Services Department calculates the tenant's rent based on income levels. The remainder of the rent owing is provided by the County of Lambton, or another housing provider. Rent-Geared-to-Income Housing is available in Brooke-Alvinston, Petrolia, Warwick, Lambton Shores, Sarnia, Point Edward, Plympton-Wyoming and St. Clair.

CONTACT: 519 332-0998

www.lambtononline.ca/housing_services

Home Ownership Program – Qualifying homebuyers are provided with down payment assistance in the form of up to 5% of the cost of an eligible home (up to a maximum \$9,000) under the program and no interest is charged on the assistance (conditions apply).

CONTACT: 519 332-0998

www.lambtononline.ca/housing_services

Watford Optimist Non-Profit Corporation - A 30-unit apartment and townhouse complex.

CONTACT: Property Manager - McCormick and Zock Inc.

PO Box 430 Lambeth Station, London, ON N6P 1R1

519 652-1192

Theford Non-Profit Housing Corporation - - Non-profit housing; One and two - bedroom apartments and two, three, four and five - bedroom townhouses available.

CONTACT: Property Manager, Tilley Holmes - 519 473-2427

Inn of the Good Shepherd - Programs include food bank, diapers and formula, clothing-including winter coats and boots, soup kitchen, birthday gift club, emergency shelter, rent and utility bank.

CONTACT:

519 344-1746 (Administration / Homelessness)

519 344-1777 (Soup Kitchen & Food Bank)

NeighbourLink - NeighbourLink Sarnia mobilizes church volunteers to respond to the practical needs of others through a network of area churches. The staff assesses needs and organizes churches to work together with service agencies in meeting individual and family needs. NeighbourLink is not an emergency service and requires one to two weeks' notice to arrange services. Chronic dependents are required to meet self-help conditions appropriate to their situation before they will receive any assistance.

CONTACT: 519 336-LINK (519 336-5465)

Emergency Shelter Services

- Inn of The Good Shepherd - 519 344-1746 (Administration & Homelessness)
- Harbour Inn - 519 383-8463
- Salvation Army - 519 344-1142
- St. Vincent De Paul - 519 337-7089 (Store)
- Women's Interval Home of Sarnia-Lambton – 519-336-5200
- Victim Services of Sarnia-Lambton - 519 344-8861
- The Haven - 519 336-5941

Financial Services

Financial Services

County of Lambton Social Services Department – The Ontario Works Program provides financial assistance in addition to: a drug card, dental and vision coverage, medical travel and transportation, special diets as required, subsidized child care, extended health and employment benefits, discretionary items, annual physician fees, and a pregnancy allowance. Family Support Workers can also help secure child support from non-custodial parents.

CONTACT: 519 344-2057 / 1-800-387-2882

To apply for assistance call: 519 332-4906 /1-866-879-6750

Angel Fund – Primary and secondary school students who are dependants of Ontario Works and Ontario Disability Support Program recipients may access the Angel Fund. Funds may cover involvement in extracurricular activities such as school trips, hot dog days, and uniforms, etc.

CONTACT: 519 344-2057 / Toll Free: 1-800-387-2882

YRASP Youth Recreation and Sports Program – YRASP is designed to improve the mental health and well being of parents receiving social assistance benefits by providing recreation and leisure opportunities for children newborn to 17 years of age.

CONTACT: 519 336-5950 ext. 236

Salvation Army - provides a variety of services including: food bank, medication, summer camps, dental, eyeglasses, rent and utilities bank.

CONTACT: 519 344-1142

Inn of the Good Shepherd - The Inn of the Good Shepherd provides services with dignity to those who are in need of food and shelter. They serve the working poor, the unemployed and the homeless. Services include: food bank, soup kitchen, emergency shelter, The Haven - youth emergency shelter, rent/utility assistance, The Genesis Program - free clothing and household items.

CONTACT: 519 344-1746 (Administration / Homelessness)

Rotary Club of Sarnia – Rotarians develop community service projects that address many of today’s most critical issues such as children at risk, poverty and hunger, the environment, illiteracy, and violence. They also support programs for youth and educational opportunities. The Interact Club, whose members are ages 14-18, is actively involved in several community and international service projects and welcomes any interested young people to participate in weekly meetings and activities.

CONTACT: 519 541-1066

Financial Services

- Inn of the Good Shepherd - 519 344-1746
- Rent Bank
- Utility Bank

Credit Counselling

- Credit Counselling of Southwestern Ontario - 519 542-1130

Child Development

Child Development

Prenatal Classes - Knowing what to expect during the pregnancy, specific health issues, labour and delivery, and how to manage once the baby is born are all part of prenatal education. Cost: Part One - Early Session – Free. Part Two – Late Session -7 month of pregnancy \$75.00*. (*The fee can be reduced in the event that it would cause financial hardship.)

CONTACT: County of Lambton Community Health Services
Department - 519 383-8331 / 1-800-667-1839

Daytime Prenatal Classes - For You Two ...Alternative Prenatal Classes for Young Moms - Public Health Nurses from the County of Lambton Children's Services Department discuss labour and delivery, health issues, as well as special concerns of young moms such as community resources, returning to school/work, child care and parenting supports. These free classes are held at a local high school after regular classes.

CONTACT: 519 383-8331 / 1-800-667-1839

Best Start – Best Start supports families with children putting them in touch with the services they need. Services at the Best Start Hubs include:

- Healthy Babies Healthy Children
- Newborn and infant screening
- Infant hearing programs
- Preschool speech and language services
- Public health programs and parent education
- Nutrition and breakfast programs
- Ontario Early Years and literacy programs
- Post partum mood disorder programs

CONTACT: 519 383-8331 ext. 3592 / 1-800-667-1839 ext. 3592

Healthy Babies Healthy Children – Designed to help all babies and new parents get the best possible start in life, Public Health Nurses visit new parents

at home and provide valuable information about breastfeeding, infant health, and early child development. They also help connect parents to many other community services.

CONTACT: 519 383-8331 / 1-800-667-1839

Family and Schools Together - FAST (Sarnia-Lambton) is research based prevention and early intervention program that identifies families with children age's four to nine who are exhibiting behavioral problems in school.

CONTACT: 519 336-0120

St. Clair Child & Youth Services - St. Clair Child and Youth Services offers a wide range of integrated programs and services. It is dedicated to helping children and youth cope with and adapt to life's challenges so that they may achieve their potential and be responsible, contributing members of their community.

The Community Girls' Home is a residential therapeutic group home for adolescent females between the ages of thirteen and eighteen, who are experiencing emotional, social, family and behavioural problems.

CONTACT: 519 337-3701

Directory of Services For Children, Adolescents And Their Families - Sarnia Lambton - The Sarnia-Lambton Children's Aid Society has published an updated directory of non-profit services for Lambton County children and adolescents (ages 0 to 18 years) and their families. This is an excellent resource provides comprehensive listings and service descriptions of non-profit social service, health, mental health, early childhood, youth, family resource, prevention, support, advocacy, education/employment, government and child care organizations and groups. These books are available to be viewed at all libraries within Lambton County.

CONTACT: 519 336-0623 ext. 224

Children's Activities

Children's Activities

Harmony – Harmony uses the arts to boost the self-esteem and confidence of youth. The youth must be accountable to the community for the programs that they receive. For each hour of programming, they must donate one hour of community service. They are required to “Pay it Forward”. Harmony operates a Youth Café on weekends -- a hangout for children and youth. Music lessons, including singing and instrumental, are offered, as well as dance lessons, painting and art lessons. Free tutoring.

CONTACT: 519 336-0344

Art for All - Gallery Lambton's Art for All Program gives access to art class registrations to those families who cannot afford them.

CONTACT: 519 336-8127

Lambton County Library - A wide range of programs, that include a variety of story programs from the toddler years to nine year olds for children are available free of charge.

CONTACT: 519 845-0801 / 1-866-324-6912 / www.lcmg.org

YMCA Resource Houses - The YMCA Resource Houses provide free programs and services to all interested families.

Activities in the Houses include the following:

- Breakfast Club
- Pre-school play groups
- Arts & Crafts
- After school programs & youth group activities
- Homework assistance
- Parenting groups
- Household item exchange
- Emergency Food Bank
- Good Food Box sites

- Computer and internet support
- Book and resource lending library
- Cooking programs
- Employment workshops
- Summer day camp

*Friendship House also has a hot lunch program for children ages 4-11 (in attendance at school) on Mondays, Wednesdays and Fridays. Advance registration is required.

CONTACT:

Friendship House - 681 Roger Street, Sarnia, ON N7S 2S8

- 519 344-9418

House By The Side of the Road -454 Kathleen Ave., Sarnia,
ON N7T 1G1

- 519 332-0216

Our House - 914 Confederation Street, Sarnia, ON N7S 1A1

- 519 383-0672

Youth Recreation & Sports Program (YRASP) - YRASP is delivered by the Sarnia-Lambton YMCA and is designed to improve the mental health and well-being of parents who receive social assistance benefits by providing recreation and leisure opportunities for children newborn to 17 years of age.

CONTACT: YMCA - 519 336-5950 ext. 236

Sarnia Community Foundation (Recreation Programs)

CONTACT: 519 332-2588

YMCA Assistance (Fee Assistance)

CONTACT: 519 336-5950

Canadian Tire JumpStart - Canadian Tire JumpStart is a community based charitable program that helps kids in financial need participate in organized sport and recreation such as hockey, soccer and swimming.

CONTACT: 519 336-5950 ext. 236

Food Programs

Food Programs

Good Food Box - The Good Food Box program is a food-buying club that is open to everyone in Lambton County. It is offered by the County of Lambton Community Health Services Department and is a simple, low-cost way to buy safe, healthy food.

CONTACT: 519 383-8331 ext. 3560 / 1-800-667-1839

Student Nourishment Program - The Lambton Breakfast Snack Program is a community partnership to support and enhance the development of new and existing child nourishment programs. Breakfast and snack programs are provided in both elementary and secondary schools and as funding permits in select community locations.

CONTACT: 519 344-2062 ext. 2011

Peer Nutrition Program - The Peer Nutrition Program helps those with a low income and young families develop healthy cooking skills. The program trains people to go into the community to provide basic food facts through cooking classes, food demonstrations and taste treats.

CONTACT: 519 344-2062 ext. 2033 / 1-800-387-2882

Welcome Basket Cooking Club - The Welcome Basket Cooking Club has taught women with young children basic cooking skills. The club also shows them how to get healthy food for their family. The Cooking Club operates across Lambton County with support from the County of Lambton Social Services Department.

CONTACT: County of Lambton Community Health Services Department
519 344-2062 ext. 2349 / 1-800-387-2882

Milk Vouchers – As part of the County of Lambton Children's Services Department's Healthy Babies Healthy Children Program, milk vouchers are available free to pregnant moms in need.

CONTACT: 519 383-8331 / 1-800-667-1839

Eat Well for Less - This booklet is for anyone who would like to spend less money and eat healthy foods. It will help you save money on food by providing tips and suggestions while following Canada's Food Guide to Healthy Eating. The booklet discusses:

- Food Group Basics
- Menu Planning and Food Budgeting
- Sample One Week Menu
- Smart Shopping Tips
- Storing your Food
- Recipes
- Emergency Food Resources

CONTACT: 519 383-8331 ext. 3560 / 1-800-667-1839

Food Directory - Each year, the County of Lambton Community Health Services Department gathers a list of food services and programs in Sarnia-Lambton. The Food Directory includes:

- Food programs
- food banks
- Hours of operation
- How to access food

CONTACT: 519 344-2062 ext. 2033 / 1-800-387-2882

Food Program Services

- Inn of the Good Shepherd - 519 344-1777
- (Soup Kitchen & Food Bank)
- Salvation Army - 519 344-1142
- Petrolia Food Bank - 519 882-3950
- Elijah House Food Bank - 519 383-8463
- Contact House (Forest) - 519 786-5036
- St. Vincent De Paul Society - 519 337-7089
- We Care Food Bank (Oil Springs) - 519 834-2917