



Awareness of Parenting Programs

Collected May 2010 – April 2011, January 2013 – December 2013

Analyzed March 2015

Monitor Introduction

This RRFSS Monitor describes awareness and use of parenting programs among Waterloo Region adults aged 18 years and older with at least one child aged seventeen and younger that they are partially or fully responsible for raising in the household. Parents are asked about their knowledge of 4 different parenting programs in the region, Nobody's Perfect, Parenting with Passion, Busy Babies and Make the Connection. As well, parents are asked about programs run by the Ontario Early Years Centre and any other programs that were not mentioned previously. Parents are also asked about how they became aware of these programs and where they go for parenting advice. There were 388 individuals included in the module in 2010-11 and 349 individuals included in the module in 2013, the questions were asked from May 2010 to April 2011 (Cycles 5, 6, and 7) and from January 2013 to December 2013 (Cycles 13, 14, and 15). Estimates are presented with 95% confidence intervals (CI) and appear in the following format: (CI: xx.x-xx.x). Tests of significance were performed on the data and all statistically significant differences were determined by p-values less than 0.05.

Fast Facts:

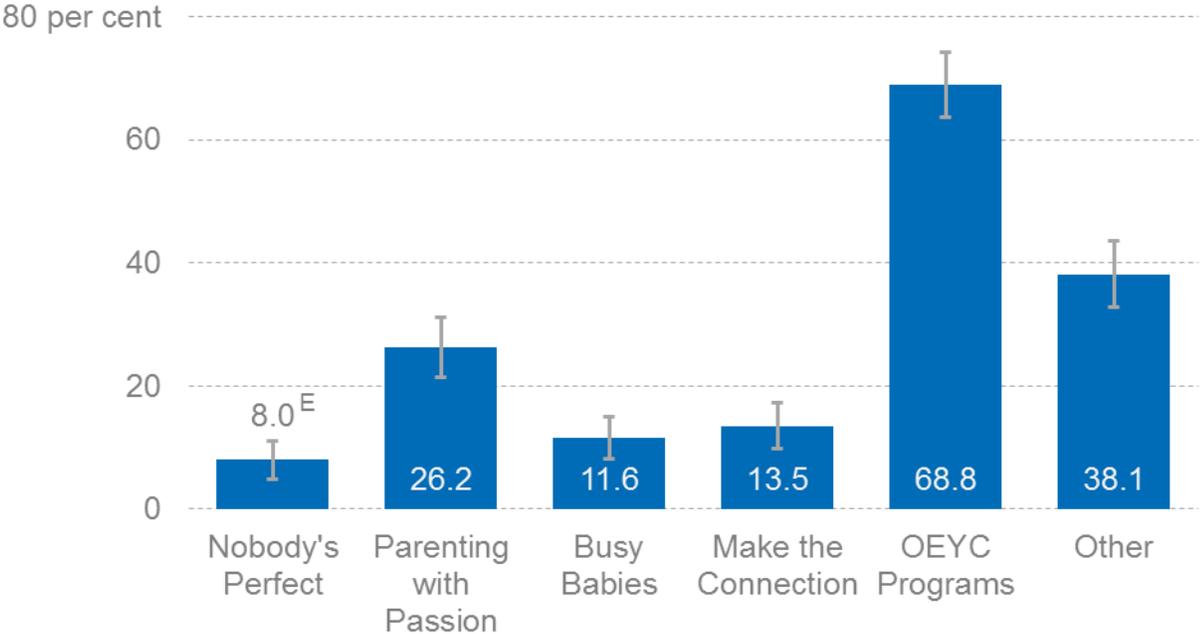
- **78.3%** (CI: 73.5-83.1) of parents/guardians are aware of parenting programs in Waterloo Region
- **44.3%** (CI: 38.8-49.8) of parents/guardians have used a parenting program in Waterloo Region
- **52.7%** (CI: 47.0-58.4) of parents/guardians find parenting information from the internet

Over three quarters of parents are aware of a parenting program

In 2013, **78.3%** (CI: 73.5-83.1) of parents/guardians were aware of a parenting program in Waterloo Region. This has not changed significantly from 2010/2011 when **76.9%** (CI: 72.4-81.5) of parents/guardians were aware of parenting programs in Waterloo Region.

Of the parenting programs asked about, most were aware of programs run by the Ontario Early Years Centre followed by Parenting with Passion (**68.8%** (CI: 63.5-74.1) and **26.2%** (CI: 21.3-31.1) respectively) (Figure 1).

Figure 1: Per cent of adults aged 18 and older who are at least partially responsible for a child aged 17 or younger in their home who are aware of parenting programs, by parenting program, Waterloo Region 2013



I=95 % Confidence Intervals. An "E" denotes high sampling variability, and estimates must be interpreted with caution.

Other parenting programs mentioned by respondents included: KidsAbility, KidsLink, Lutherwood, and various programs offered by Public Health.

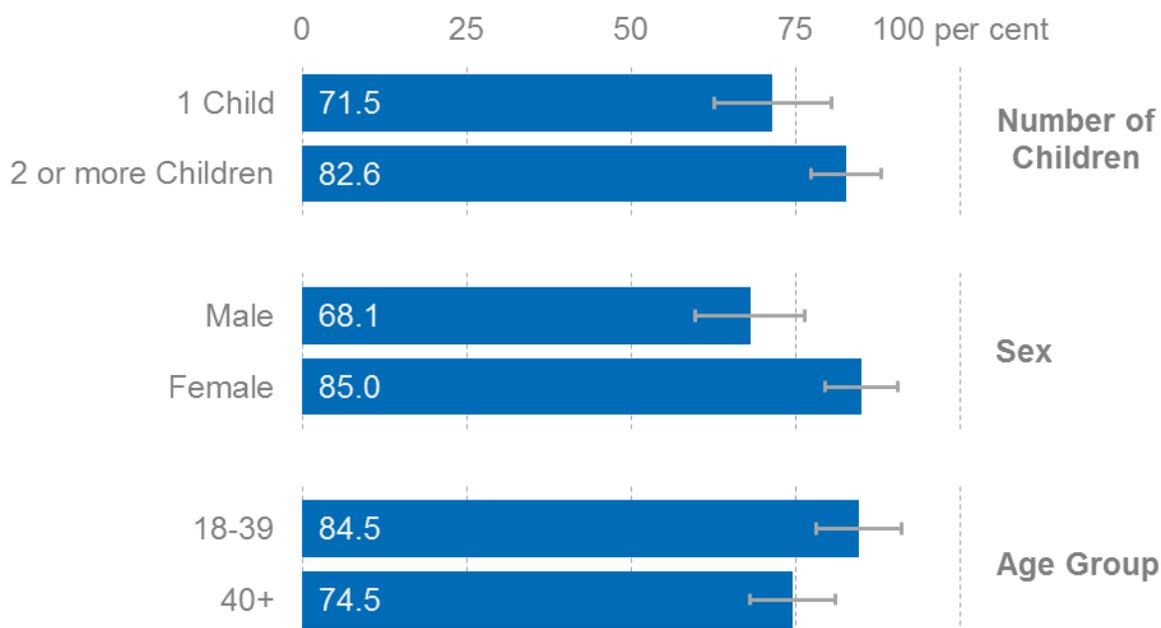
Significant differences existed by number of children, sex and age group

Women that are at least partially responsible for a child aged 17 or younger were more likely to be aware of parenting programs in Waterloo Region than men (**85.0%** (CI: 79.4-90.5) vs. **68.1%** (CI: 59.7-76.4)) (Figure 2).

As well, parents/guardians partially responsible for a child aged 17 or younger that are aged 18 to 39 were more likely to have heard of parenting programs than parents/guardians aged 40 or older (**84.5%** (CI: 78.0-91.0) vs. **74.5%** (CI: 68.0-81.0)) (Figure 2).

Similarly, parents/guardians that had two or more children aged 17 or younger were more likely to have heard of parenting programs in Waterloo Region than parents/guardians that only have one child aged 17 or younger (**82.6%** (CI: 77.2-87.9) vs. **71.5%** (CI: 62.5-80.4)) (Figure 2).

Figure 2: Per cent of adults aged 18 years or older who are at least partially responsible for a child aged 17 or younger that are aware of parenting programs, by number of children in the home, sex and age group, Waterloo Region, 2013



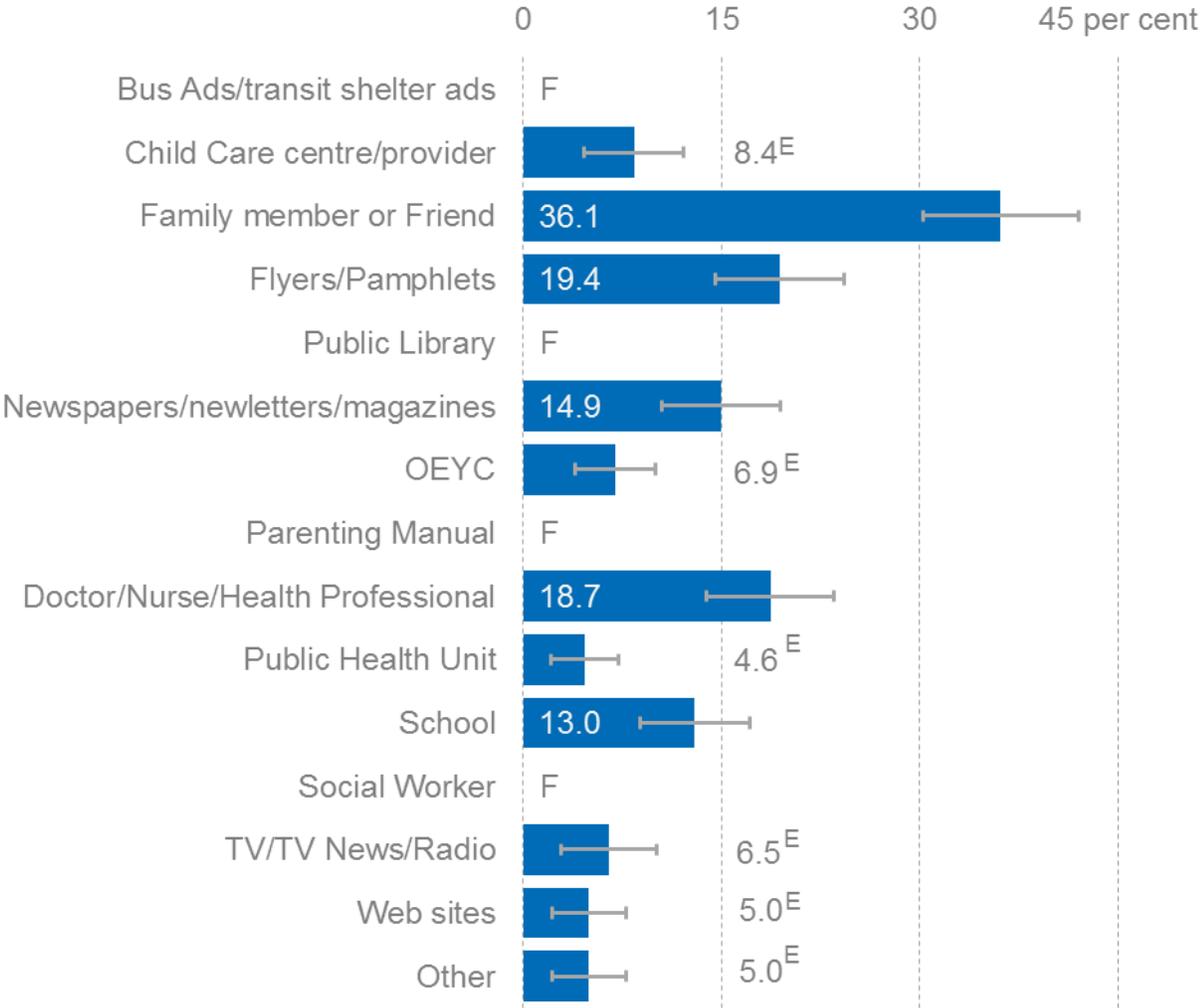
I=95 % Confidence Intervals.

There were no significant differences by municipality, household income, education level or immigration status.

Over a third of parents heard of parenting programs from a family member or friend

Over a third of parents/guardians who were aware of parenting programs heard about the program from a family member or friend (**36.1%** (CI: 30.2-42.0)). Other common sources were flyers or pamphlets (**19.4%** (CI: 14.6-24.2)), a doctor, nurse or other health care professional (**18.7%** (CI: 13.9-23.5)), and newspapers, newsletters or magazines (**14.9%** (CI: 10.5-19.4)) (Figure 3).

Figure 3: Per cent of adults aged 18 years or older who are at least partially responsible for a child aged 17 or younger that are aware of parenting programs, by how they heard of the parenting program, Waterloo Region, 2013



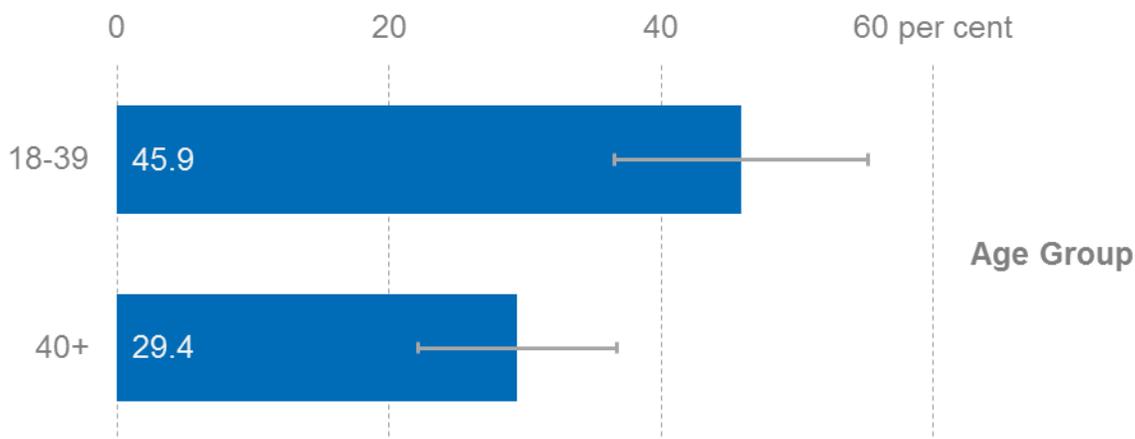
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Other places that parents/guardians heard about parenting programs included: through work, having worked for or with the OEYC or Public Health, from referrals, the hospital, and other parents in the region.

Those who heard of parenting programs from family or friends differed significantly by age group

Parents/guardians aged 18 to 39 were more likely to have heard of a parenting program from a family member or friend than parents/guardians aged 40 years or older (**45.9%** (CI: 36.5-55.2) vs. **29.4%** (CI: 22.1-36.7)) (Figure 4).

Figure 4: Per cent of adults aged 18 years or older who are at least partially responsible for a child aged 17 or younger that heard about a parenting program from a family member of friend, by age group, Waterloo Region, 2013



I=95 % Confidence Intervals.

There were no significant differences by sex, number of children, municipality, household income, education level or immigration status.

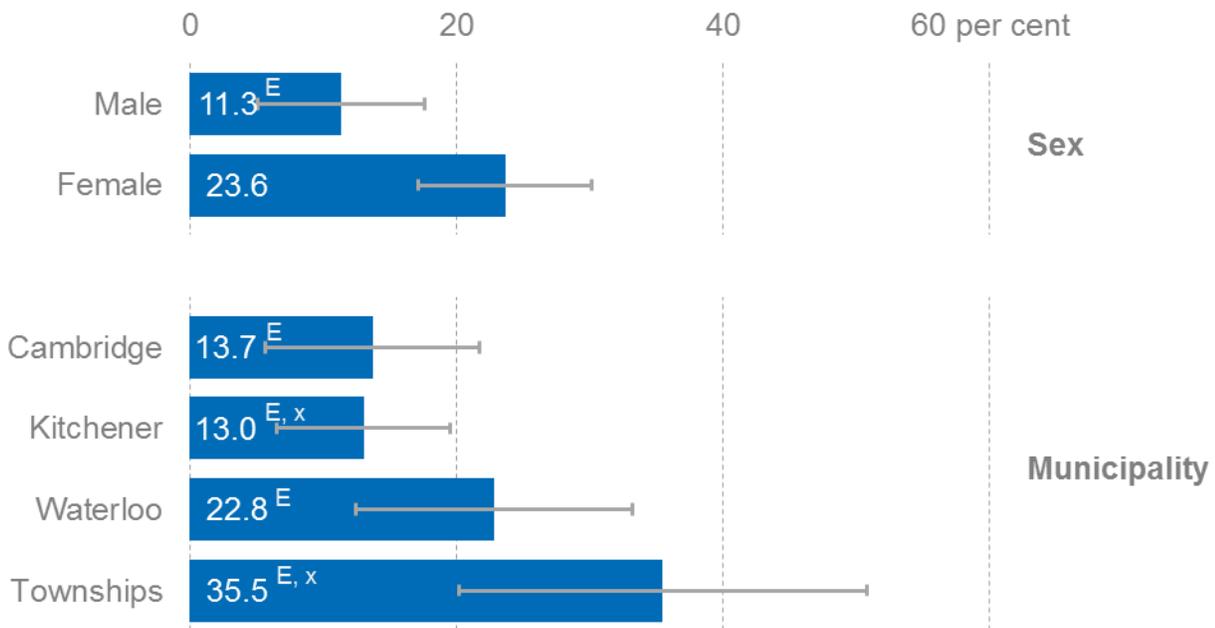
Those who heard about parenting programs from flyers or pamphlets differed significantly by sex and municipality

Women who had heard of a parenting program were more likely to hear about it from a flyer or pamphlet than men (**23.6%** (CI: 17.1-30.1) vs **11.3%** (CI: 5.1-17.6)) (Figure 5).

As well, parents/guardians who live in one of the four townships were more likely to have heard about a parenting program from a flyer than parents/guardians who live in the City of Kitchener (**35.5%** (CI: 20.2-50.8) vs **13.0%** (CI: 6.5-19.6)) (Figure 5).

There were no significant differences by age group, number of children, household income, education level or immigration status.

Figure 5: Per cent of adults aged 18 years or older who are at least partially responsible for a child aged 17 or younger that heard about a parenting program from a flyer or pamphlet, by sex and municipality, Waterloo Region, 2013



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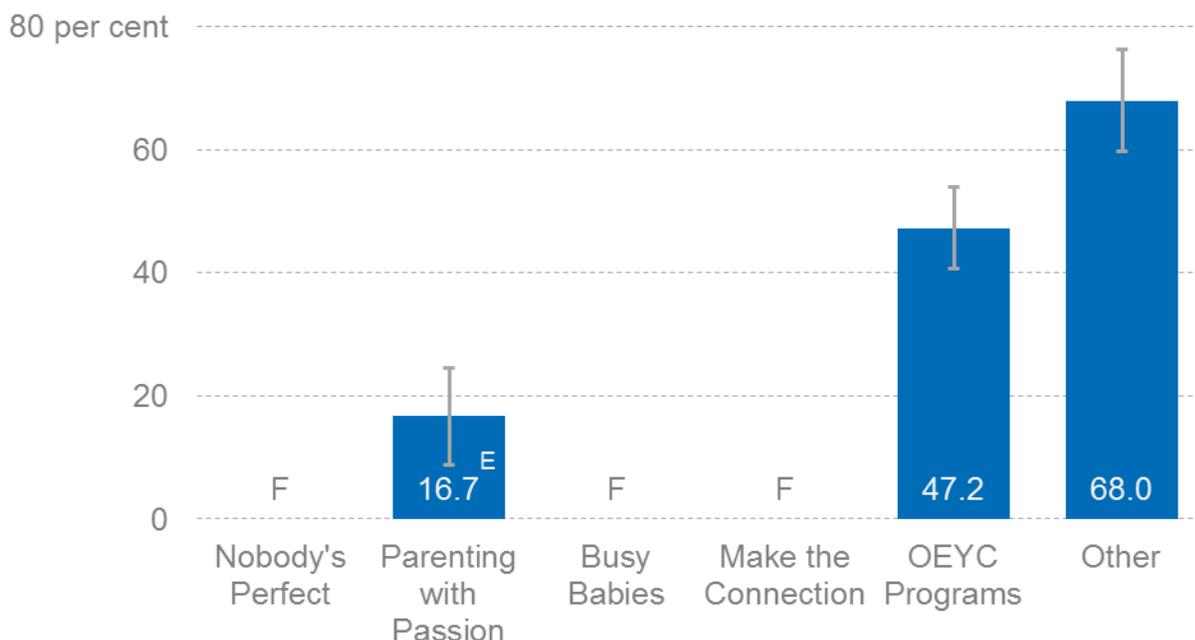
There were no other significant differences by age group, sex, number of children, municipality, household income, education level or immigration status for the other ways of hearing about parenting programs.

Almost half of parents/guardians in Waterloo Region have used a parenting program

In 2013, **44.3%** (CI: 38.8-49.8) of parents/guardians who are at least partially responsible for a child aged 17 years or younger had used a parenting program in Waterloo Region. This did not change significantly from 2010/2011 when **39.3%** (CI: 34.3-44.4) of parents/guardians had used a parenting program in Waterloo Region.

The most commonly used parenting program asked about were Ontario Early Years Centre Programs with **47.2%** (CI: 40.6-53.9) of parents/guardians attending. Most parents indicated that they attend “Other” programs that were not specifically named in the survey (**68.0%** (CI: 59.7-76.3)) (Figure 6).

Figure 6: Per cent of adults aged 18 years or older who are at least partially responsible for a child aged 17 or younger that attended/used a parenting program, by parenting program, Waterloo Region, 2014



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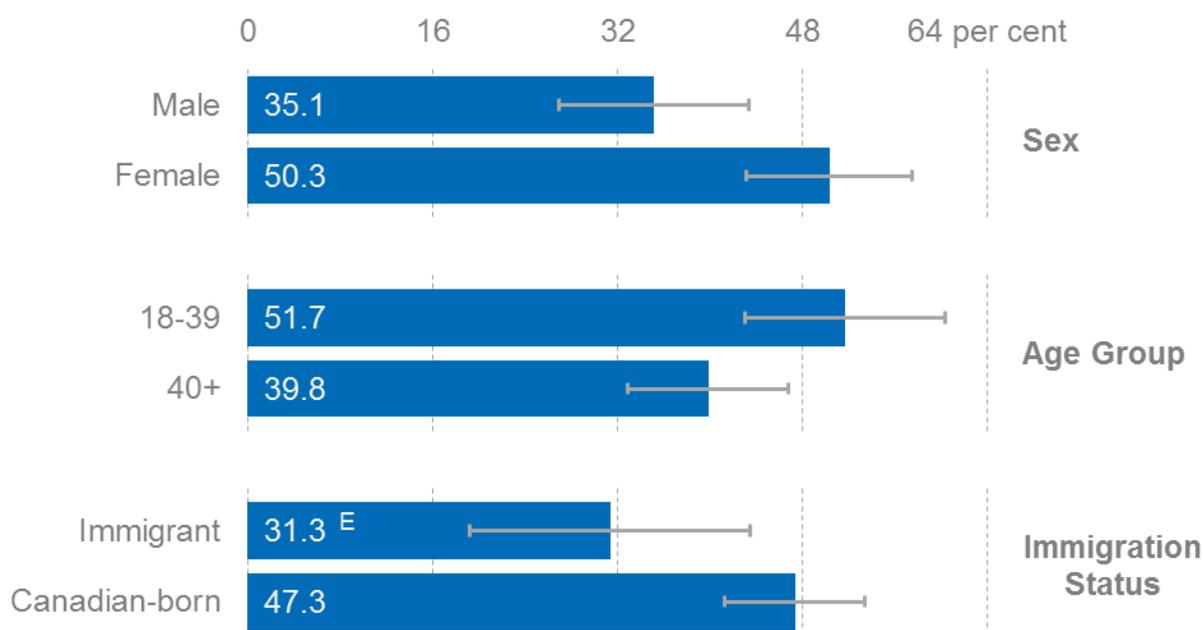
Significant differences existed by sex, age group and immigration status

Significantly more female parents/guardians made use of parenting programs compared to male parents/guardians in Waterloo Region in 2013 (**50.3%** (CI: 43.2-57.5) vs. **35.1%** (CI: 26.9-43.3)) (Figure 7).

As well, parents/guardians aged 18 to 39 years were more likely to attend a parenting program than parents/guardians aged 40 years and older (**51.7%** (CI: 43.0-60.3) vs. **39.8%** (CI: 32.9-46.7)) (Figure 7).

Similarly, parents/guardians who are at least partially responsible for a child aged 17 years or younger that were born in Canada were more likely to use a parenting program than parents/guardians that immigrated to Canada (**47.3%** (CI: 41.3-53.4) vs. **31.3%**^E (CI: 19.2-43.5)) (Figure 7).

Figure 7: Per cent of adults aged 18 years or older who are at least partially responsible for a child aged 17 or younger that attended/used a parenting program, by sex, age group and immigration status, Waterloo Region, 2014



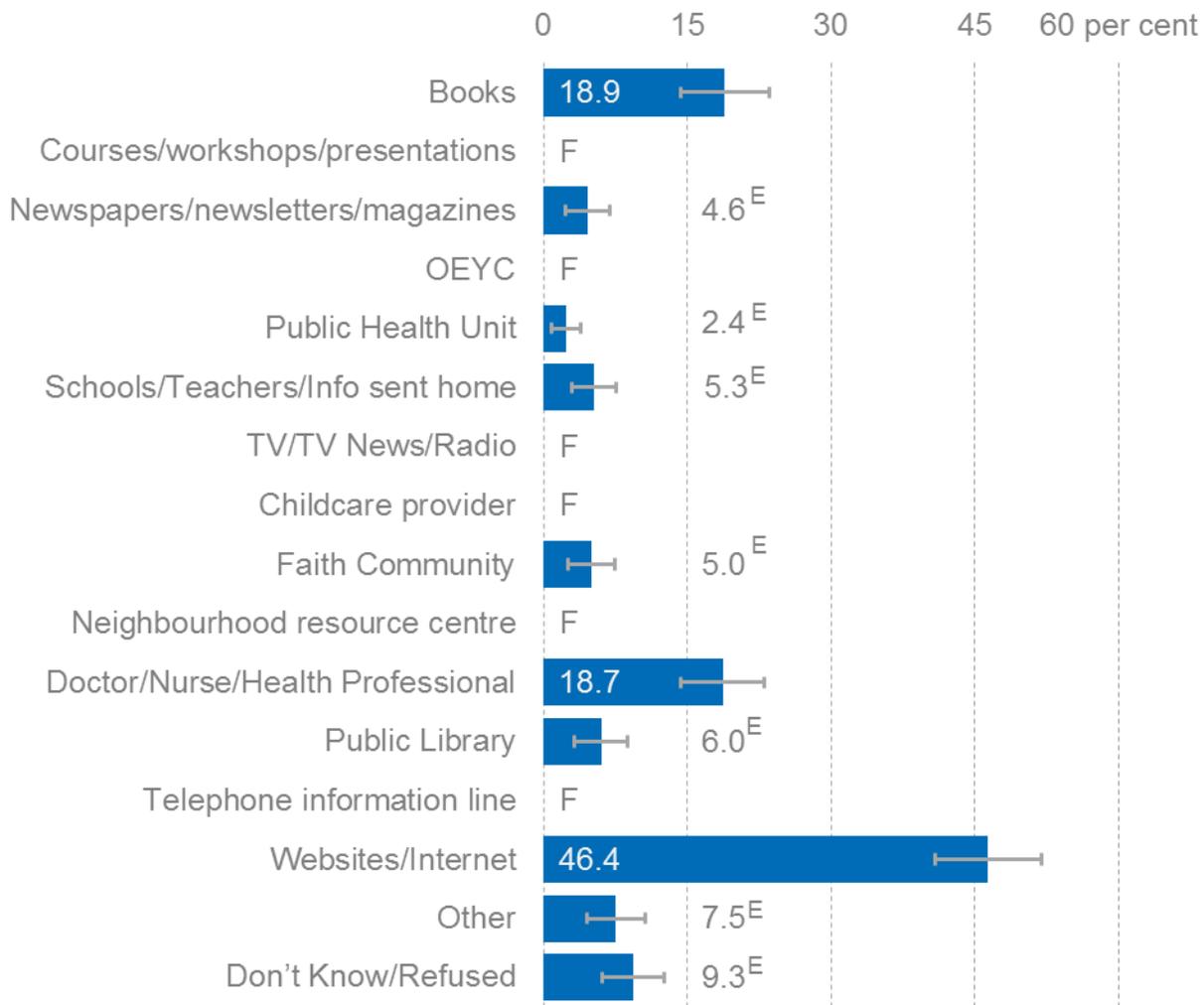
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There were no other significant differences by number of children, municipality, household income, or education level.

Almost half of parents/guardians use the internet to look for information about parenting

In 2013, **46.4%** (CI: 40.9-51.9) of adults who are at least partially responsible for a child aged 17 years or younger used the internet to find information on parenting issues. The next most common sources were books and their doctor/nurse or other health care professional (**18.9%** (CI: 14.2-23.5) and **18.7%** (CI: 14.3-23.0), respectively (Figure 8).

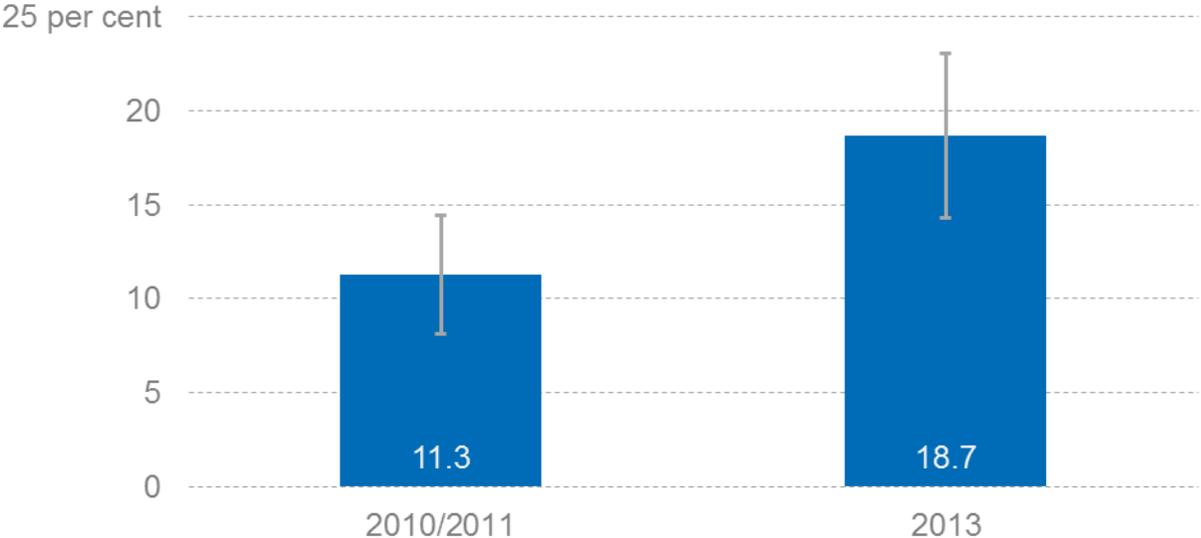
Figure 8: Per cent of adults aged 18 years or older who are at least partially responsible for a child aged 17 or younger, by source of parenting information, Waterloo Region, 2013



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In 2010/2011, the most common source that parents/guardians found parenting information was still the internet, followed by books (**48.5%** (CI: 43.3-53.7) and **19.7%** (CI: 15.6-23.9), respectively). There was a significant increase in the number of parents/guardians who would go to a doctor/nurse or other health care professional between 2010/2011 and 2013 (**11.3%** (CI: 8.1-14.5) to **18.7%** (CI: 14.3-23.0)) (Figure 9).

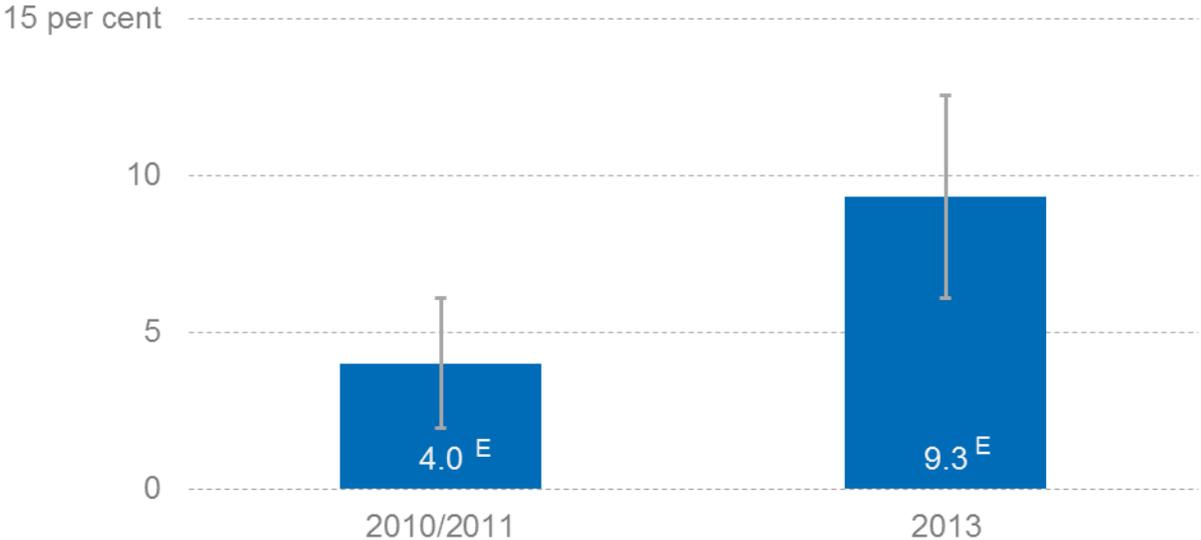
Figure 9: Per cent of adults aged 18 years or older who are at least partially responsible for a child aged 17 or younger that find parenting information from their doctor/nurse/other health care professional, Waterloo Region, 2010/2011 and 2013



I=95 % Confidence Intervals.

As well, there was a significant increase in the proportion of parent/guardians who said they did not know or refused to answer what source they used to find parenting information (**4.0%**^E (CI: 1.9-6.1) to **9.3%**^E (CI: 6.1-12.6)) (Figure 10).

Figure 10: Per cent of adults aged 18 years or older who are at least partially responsible for a child aged 17 or younger that did not know or refused to answer what source they would use to find parenting information, Waterloo Region, 2010/2011 and 2013

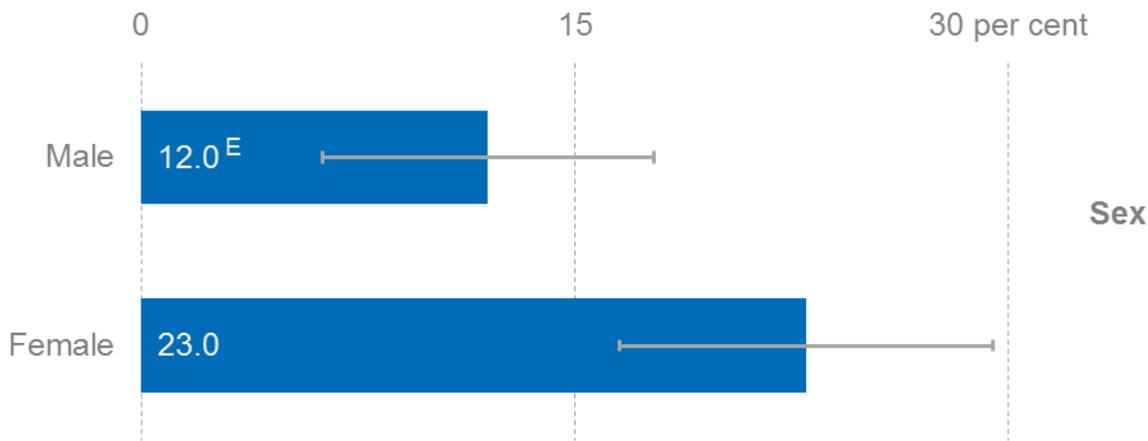


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Those who used books to find parenting information differed significantly by sex

Women who are at least partially responsible for a child aged 17 years or younger were more likely to use books to find parenting information than men (**23.0%** (CI: 16.5-29.4) vs. **12.0%**^E (CI: 6.3-17.7)) (Figure 11).

Figure 11: Per cent of adults aged 18 years or older who are at least partially responsible for a child aged 17 or younger that find parenting information from books, by sex, Waterloo Region, 2013



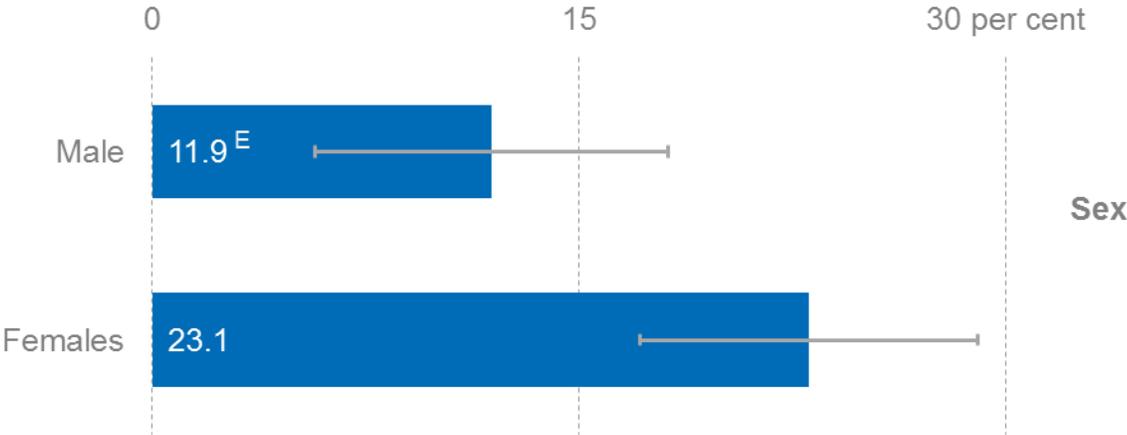
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There were no significant differences by age group, number of children, municipality, household income, education level or immigration status.

Those who used their doctor/nurse/other health care professional for parenting information differed significantly by sex and year

Women who are at least partially responsible for a child aged 17 years or younger were more likely to go to their doctor/nurse/other health care professional for find parenting information than men (**23.1%** (CI: 17.2-29.0) vs. **11.9%**^E (CI: 5.7-18.1)) (Figure 12).

Figure 12: Per cent of adults aged 18 years or older who are at least partially responsible for a child aged 17 or younger that find parenting information from their doctor/nurse/other health care professional, by sex, Waterloo Region, 2013



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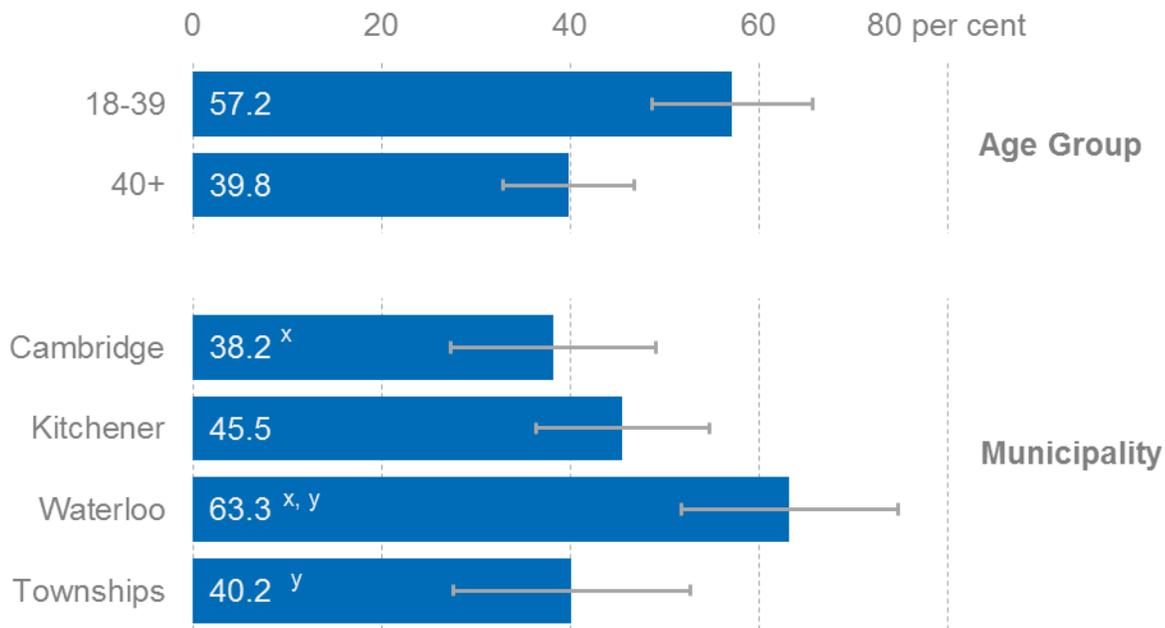
There were no significant differences by age group, number of children, municipality, household income, education level or immigration status.

Those who used the internet for parenting information differed significantly by age group and municipality

Adults aged 18 to 39 who are parents/guardians were more likely to use the internet to find parenting information than adults aged 40 years or older who are parents/guardians (**57.2%** (CI: 48.6-65.8) vs. **39.8%** (CI: 32.9-46.7)) (Figure 12).

As well, parents/guardians who live in Waterloo were more likely to use the internet to find parenting information than parents/guardians who live in Cambridge and parents/guardians who live in the four Townships (Figure 12).

Figure 13: Per cent of adults aged 18 years or older who are at least partially responsible for a child aged 17 or younger that find parenting information from the internet, by sex, Waterloo Region, 2013



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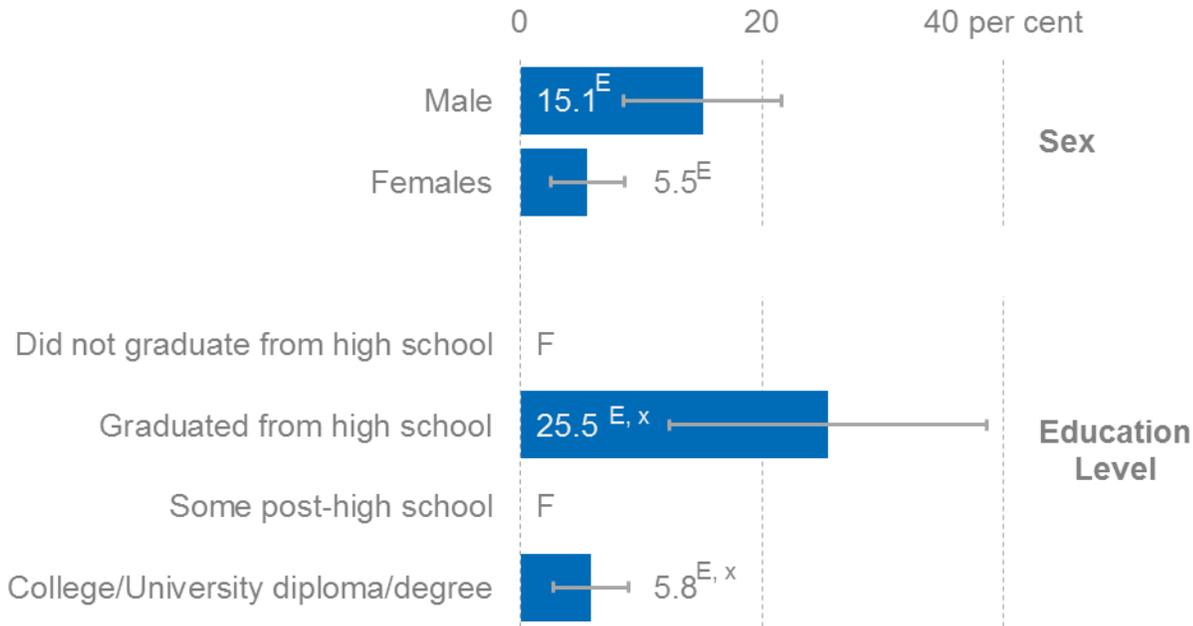
There were no significant differences by sex, number of children, household income, education level or immigration status.

Those who did not know or refused to answer what source they used for parenting information differed significantly by sex and education level

Men who are parents/guardians were more likely to respond that they did not know or refuse to answer what source they used for parenting information than women (**15.1%**^E (CI: 8.6-21.6) vs. **5.5%**^E (CI: 2.5-8.6)) (Figure 13).

As well, parents/guardians whose highest level of education was graduating from high school were more likely to respond that they did not know or refuse to answer what source they used for parenting information than parents/guardians whose highest level of education was a college diploma or university degree (**25.5%**^E (CI: 12.3-38.6) vs. **5.8%**^E (CI: 2.7-8.9)) (Figure 13).

Figure 14: Per cent of adults aged 18 years or older who are at least partially responsible for a child aged 17 or younger that did not know or refused to answer what source they would use to find parenting information, by sex and education level, Waterloo Region, 2013



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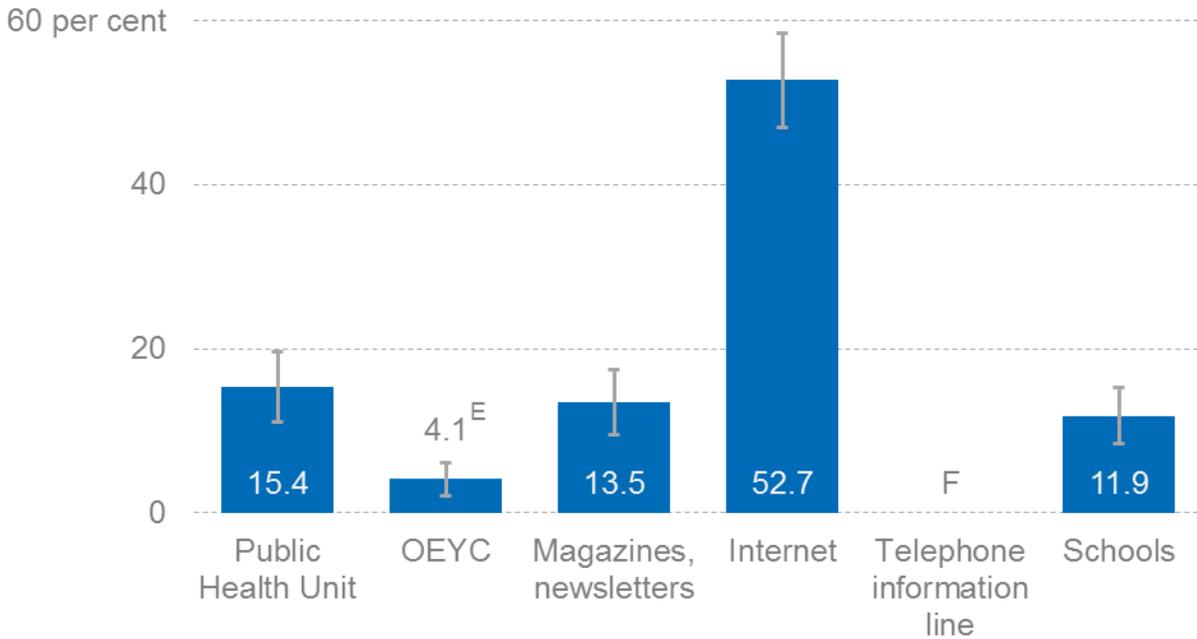
There were no significant differences by age group, number of children, municipality, household income, or immigration status.

There were no other significant differences by age group, sex, number of children, municipality, household income, education level or immigration status for the other sources of parenting information.

The most likely source for parents to find parenting information is the internet

In 2013, the most likely source for parents to find parenting information was the internet followed by the public health unit, and magazines or newsletters (**52.7%** (CI: 47.0-58.4), **15.4%** (CI: 11.1-19.7) and **13.5%** (CI: 9.5-17.5), respectively) (Figure 14).

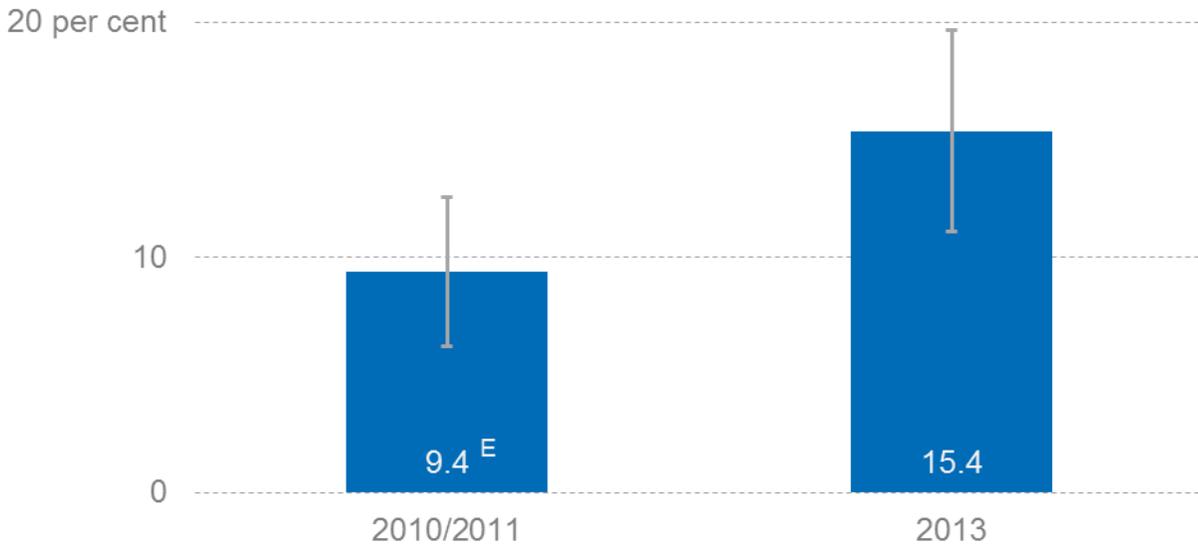
Figure 15: Per cent of adults aged 18 years or older who are at least partially responsible for a child aged 17 or younger, by most likely source of parenting information, Waterloo Region, 2013



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The results were similar in 2010/2011 with **55.1%** (CI: 49.8-60.4) of parents/guardians indicating that their most likely source of parenting information was the internet, followed by magazines or newsletters and schools (**17.9%** (CI: 13.8-21.9) and **11.6%** (CI: 8.2-15.0), respectively). Only **9.4%**^E (CI:6.2-12.6) of parents/guardians said their most likely source of parenting information would be the public health unit in 2010/2011; this was significantly lower than in 2013 (Figure 15).

Figure 16: Per cent of adults aged 18 years or older who are at least partially responsible for a child aged 17 or younger who indicated their most likely source of parenting information was the public health unit, Waterloo Region, 2010/2011 and 2013

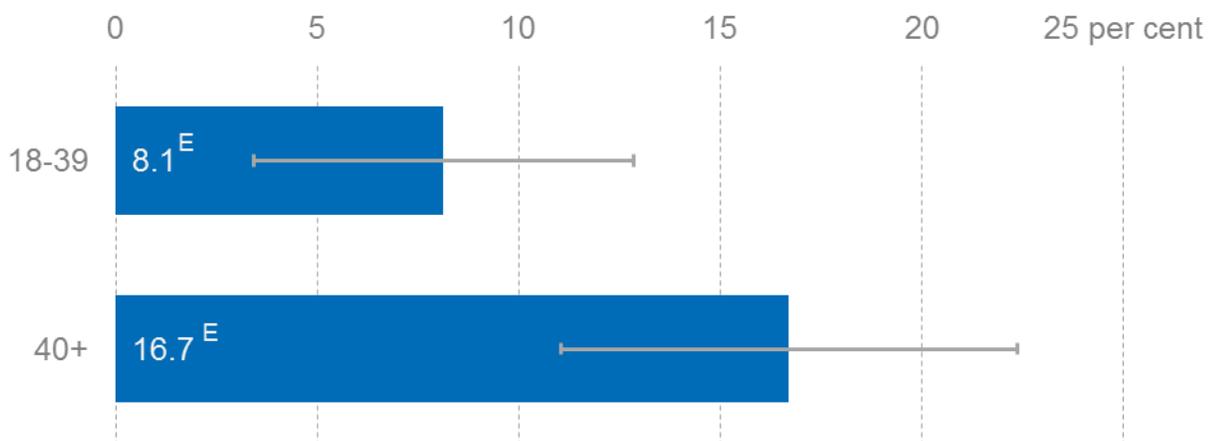


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Those who indicated that their most likely source of parenting information are magazines or newsletters differed significantly by age group

Parents/guardians aged 40 and older were more likely to use magazines or newsletters as their most likely source of parenting information than parents/guardians aged 18 to 39 years (**16.7%^E** (CI: 11.0-22.4) vs. **8.1%^E** (CI: 3.4-12.8)) (Figure 16).

Figure 17: Per cent of adults aged 18 years or older who are at least partially responsible for a child aged 17 or younger who indicated their most likely source of parenting information was magazines/newsletters, by age group, Waterloo Region, 2013



I=95 % Confidence Intervals. An “E” denotes high sampling variability, and estimates must be interpreted with caution

There were no significant differences by sex, number of children, municipality, household income, education level, or immigration status.

There were no other significant differences by age group, sex, number of children, municipality, household income, education level or immigration status for the other most likely sources of parenting information.

About RRFSS survey

Information here is presented from the Rapid Risk Factor Surveillance System (RRFSS). RRFSS is an on-going telephone survey occurring in participating public health units across Ontario. On a monthly basis, a random sample of approximately 100 adults aged 18 and older are interviewed regarding risk behaviours of importance to public health. The survey is conducted by the Institute for Social Research (ISR) at York University, on behalf of Region of Waterloo Public Health. For more information, please visit www.rfss.on.ca

Analyzed questions (total weighted sample = 349)

- There are a variety of sources where parents can get information and support. I am going to read you a list of programs and resources for parents with children from birth to 6 years of age in Waterloo Region. Please tell us if you have heard of each one.
First what about “Nobody’s Perfect”?
- Have you heard about “Parenting with Passion”?
- And have you heard about “Busy Babies”?
- And have you heard about “Make the Connection”?
- And have you heard about “Ontario Early Years Centres Programs and Resources”?
- Have you heard of any OTHER programs or resources (for parents with children from birth to 6 years of age) in Waterloo Region?
- Can you tell me the name (names) of this (these) programs?
- How did you learn about “Nobody’s Perfect”?
- How did you learn about “Parenting with Passion”?
- How did you learn about “Busy Babies”?
- How did you learn about “Make the Connection”?
- How did you learn about “Ontario Early Years Centre Programs and Resources”?
- How did you learn about any other programs or resources (for parents with children from birth to 6 years of age) in Waterloo Region?
- Have you ever been to/used “Nobody’s Perfect”?
- Have you ever been to/used “Parenting with Passion”?
- Have you ever been to/used “Busy Babies”?
- Have you ever been to/used “Make the Connection”?
- Have you ever been to/used “Ontario Early Years Centre Programs and Resources”?

- Have you ever been to/used other programs or resources (for parents with children from birth to 6 years of age) in Waterloo Region?
- Other than family and friends, where do you look for information about your parenting questions or parenting concerns?
- Which of the following six sources would you be most likely to use to get parenting information?

Analyzed Indicators

- Per cent of adult (18+) parents or caregivers of children zero to six years of age who have heard of “Nobody’s Perfect” or “Parenting with Passion” or “Busy Babies” or “Make the Connection” or “Ontario Early Years Centre Programs and Resources” or other parenting programs.
- Per cent of adult (18+) parents or caregivers of children zero to six years of age who heard of “Nobody’s Perfect” or “Parenting with Passion” or “Busy Babies” or “Make the Connection” or “Ontario Early Years Centre Programs and Resources” or other parenting programs through bus/transit shelter ads.
- Per cent of adult (18+) parents or caregivers of children zero to six years of age who heard of “Nobody’s Perfect” or “Parenting with Passion” or “Busy Babies” or “Make the Connection” or “Ontario Early Years Centre Programs and Resources” or other parenting programs through Child care centre/provider.
- Per cent of adult (18+) parents or caregivers of children zero to six years of age who heard of “Nobody’s Perfect” or “Parenting with Passion” or “Busy Babies” or “Make the Connection” or “Ontario Early Years Centre Programs and Resources” or other parenting programs through family member or friend.
- Per cent of adult (18+) parents or caregivers of children zero to six years of age who heard of “Nobody’s Perfect” or “Parenting with Passion” or “Busy Babies” or “Make the Connection” or “Ontario Early Years Centre Programs and Resources” or other parenting programs through flyers/pamphlets.
- Per cent of adult (18+) parents or caregivers of children zero to six years of age who heard of “Nobody’s Perfect” or “Parenting with Passion” or “Busy Babies” or “Make the Connection” or “Ontario Early Years Centre Programs and Resources” or other parenting programs through the public library.
- Per cent of adult (18+) parents or caregivers of children zero to six years of age who heard of “Nobody’s Perfect” or “Parenting with Passion” or “Busy Babies” or “Make the Connection” or “Ontario Early Years Centre Programs and Resources” or other parenting programs through newspapers/newsletters/magazines.
- Per cent of adult (18+) parents or caregivers of children zero to six years of age who heard of “Nobody’s Perfect” or “Parenting with Passion” or “Busy Babies” or “Make the Connection” or “Ontario Early Years Centre Programs and Resources” or other parenting programs through Ontario Early Years Centre.

- Per cent of adult (18+) parents or caregivers of children zero to six years of age who heard of “Nobody’s Perfect” or “Parenting with Passion” or “Busy Babies” or “Make the Connection” or “Ontario Early Years Centre Programs and Resources” or other parenting programs through parenting manual.
- Per cent of adult (18+) parents or caregivers of children zero to six years of age who heard of “Nobody’s Perfect” or “Parenting with Passion” or “Busy Babies” or “Make the Connection” or “Ontario Early Years Centre Programs and Resources” or other parenting programs through doctor/nurse/other health care professional.
- Per cent of adult (18+) parents or caregivers of children zero to six years of age who heard of “Nobody’s Perfect” or “Parenting with Passion” or “Busy Babies” or “Make the Connection” or “Ontario Early Years Centre Programs and Resources” or other parenting programs through the public health unit.
- Per cent of adult (18+) parents or caregivers of children zero to six years of age who heard of “Nobody’s Perfect” or “Parenting with Passion” or “Busy Babies” or “Make the Connection” or “Ontario Early Years Centre Programs and Resources” or other parenting programs through school.
- Per cent of adult (18+) parents or caregivers of children zero to six years of age who heard of “Nobody’s Perfect” or “Parenting with Passion” or “Busy Babies” or “Make the Connection” or “Ontario Early Years Centre Programs and Resources” or other parenting programs through a social worker.
- Per cent of adult (18+) parents or caregivers of children zero to six years of age who heard of “Nobody’s Perfect” or “Parenting with Passion” or “Busy Babies” or “Make the Connection” or “Ontario Early Years Centre Programs and Resources” or other parenting programs through TV/TV News/Radio.
- Per cent of adult (18+) parents or caregivers of children zero to six years of age who heard of “Nobody’s Perfect” or “Parenting with Passion” or “Busy Babies” or “Make the Connection” or “Ontario Early Years Centre Programs and Resources” or other parenting programs through websites.
- Per cent of adult (18+) parents or caregivers of children zero to six years of age who heard of “Nobody’s Perfect” or “Parenting with Passion” or “Busy Babies” or “Make the Connection” or “Ontario Early Years Centre Programs and Resources” or other parenting programs through other sources.
- Per cent of adult (18+) parents or caregivers of children zero to six years of age who have been to or used “Nobody’s Perfect” or “Parenting with Passion” or “Busy Babies” or “Make the Connection” or “Ontario Early Years Centre Programs and Resources” or other parenting programs.
- Per cent of adult (18+) parents or caregivers of children zero to six years of age who get information about parenting questions/concerns from books.
- Per cent of adult (18+) parents or caregivers of children zero to six years of age who get information about parenting questions/concerns from courses/workshops/presentations.

- Per cent of adult (18+) parents or caregivers of children zero to six years of age who get information about parenting questions/concerns from newspapers/magazines/newsletters.
- Per cent of adult (18+) parents or caregivers of children zero to six years of age who get information about parenting questions/concerns from the Ontario Early Years Centre.
- Per cent of adult (18+) parents or caregivers of children zero to six years of age who get information about parenting questions/concerns from Public Health Unit/staff.
- Per cent of adult (18+) parents or caregivers of children zero to six years of age who get information about parenting questions/concerns from school/teachers/information sent home from school.
- Per cent of adult (18+) parents or caregivers of children zero to six years of age who get information about parenting questions/concerns from child care provider/child care staff.
- Per cent of adult (18+) parents or caregivers of children zero to six years of age who get information about parenting questions/concerns from faith community (church, temple, mosque, etc).
- Per cent of adult (18+) parents or caregivers of children zero to six years of age who get information about parenting questions/concerns from neighbourhood resource centre.
- Per cent of adult (18+) parents or caregivers of children zero to six years of age who get information about parenting questions/concerns from doctor/nurse/other health care professional.
- Per cent of adult (18+) parents or caregivers of children zero to six years of age who get information about parenting questions/concerns from the public library
- Per cent of adult (18+) parents or caregivers of children zero to six years of age who get information about parenting questions/concerns from telephone information lines.
- Per cent of adult (18+) parents or caregivers of children zero to six years of age who get information about parenting questions/concerns from websites/internet.
- Per cent of adult (18+) parents or caregivers of children zero to six years of age who get information about parenting questions/concerns from other sources.
- Per cent of adult (18+) parents or caregivers of children zero to six years of age who would be most likely to use the public health unit to get parenting information
- Per cent of adult (18+) parents or caregivers of children zero to six years of age who would be most likely to use the Ontario Early Years Centre to get parenting information
- Per cent of adult (18+) parents or caregivers of children zero to six years of age who would be most likely to use the magazines/newsletters/other written materials to get parenting information
- Per cent of adult (18+) parents or caregivers of children zero to six years of age who would be most likely to use the websites/internet to get parenting information
- Per cent of adult (18+) parents or caregivers of children zero to six years of age who would be most likely to use the telephone information line to get parenting information

- Per cent of adult (18+) parents or caregivers of children zero to six years of age who would be most likely to use the schools to get parenting information

Important definitions and cautions

- All data were analyzed according to the RRFSS Manual of Operations. The superscript “E” denotes high sampling variability, and estimates must be interpreted with caution. The superscript “F” denotes unacceptable sampling variability, and estimates or conclusions based on these data will be unreliable and most likely invalid. The sample was weighted to reflect the number of adults in a household.
- A "module" in RRFSS is generally a self-contained group of questions on a specific public health topic. Generally, modules may be added or taken off the RRFSS every four month period (cycle) of the on-going survey system.
- Confidence intervals (an estimated range of values in which the true parameter likely lies) and coefficient of variation (a measure of the distribution of data points) were calculated using unweighted sample sizes and weighted estimates.
- Chi Square tests of significance were performed and statistically significant differences were determined by p-values less than 0.05.
- The survey was only administered in English, using a random digit dialing methodology and represents the behaviours, attitudes, and beliefs of adults in Waterloo Region.
- Responses which include “don’t know” and “refused” were generally removed from analysis when they represent less than 5% of the sample.
- Responses which include “don’t know” and “refused” were excluded from sub-group analyses.
- The “Townships” category includes Wilmot, Woolwich, Wellesley and North Dumfries.

Region of Waterloo Public Health

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