

Infant and Early Years Mental Health Local Resource Sheet

Supports for Families with Children Ages 0-4 in Waterloo Region

This document aims to provide staff and families with the tools and information to access focused supports for children ages 0-4 in Waterloo Region. Beyond the two initial referral sources (SNAP or EarlyON), please see the following pages for more information about other organizational supports.



[SNAP](#) is the first point of contact for Families with Children in Licensed Child Care who need support. SNAP is a single access point for children up to 12 years of age who are currently attending or seeking to enroll in a licensed childcare program in Waterloo Region. SNAP accepts referrals from child care programs, parents, and community agencies. To make a referral, visit the [referral tab](#) on the SNR Collaborative website. A SNAP Coordinator will review your referral and connect you with the most appropriate services to support your child's participation in a licensed child care program.



For families not in Licensed Child Care, [EarlyON Centres](#) can provide excellent support for families. Parenting and caring for children and youth is not always easy. Often, parents and caregivers have many questions and trying to find the right person and community agency to talk to can sometimes be overwhelming. You can call 519-741-8585 (ext. 3001) or send an email to earlyyearsinfo@ytr.ymca.ca to talk with an EarlyON professional. EarlyON can support you with the information or referral resources. EarlyON Centres are welcoming places open to all families in Ontario that offer a range of services and resources, where you can:

- Attend free, high-quality programs together with your child.
- Get advice from professionals trained in early childhood development.
- Find out about other family services in your community.
- Connect with other families with young children.

To access a digital version of this document, scan this QR code:



Visit earlyyearsinfo.ca to find out about locations and operating hours for centres across Waterloo Region. Or visit aocan.org/earlyon-calendar to learn about programs offered by Anishnabeg Outreach's EarlyON Centre.

Supports for Black and Racialized Families

African Family Revival Organization

548-889-3506
info@afrofamily.ca
afrofamily.ca



The Black Mental Health Campaign (BMHC) is an afterschool program that strives to promote the mental health and well-being of Black & African children and teenagers in Kitchener-Waterloo.

Kind Minds Family Wellness

226-336-1988
info@kindmindsfamilywellness.org
kindmindsfamilywellness.org

KMFW is comprised of a group of Black professionals engaged in trauma-informed work with individuals, families, and groups in various community settings. Through a culturally inclusive lens, KMFW offers culturally grounded counselling, education, employment, and research advocacy, providing support to Black social service users who may experience overwhelm in navigating Eurocentric interventions of service provision.

Supports for Families with 2SLGBTQIA+ members

OK2BME

519-884-0000
ok2bme@caminowellbeing.ca
ok2bme.ca



OK2BME is a set of supportive services for Two-Spirit, lesbian, gay, bisexual, trans, queer, intersex, asexual (2SLGBTQIA+) and questioning kids, teens, adults, and their families in Waterloo Region. (Part of Camino Wellbeing + Mental Health.)

Spectrum

226-779-9695
info@ourspectrum.com
ourspectrum.com



Spectrum serves, affirms, and supports the well-being of 2SLGBTQ+ individuals in Waterloo Region and the community.

Supports for Muslim Families

Coalition of Muslim Women

226-499-2269
cmw.info@cmw-kw.org
cmw-kw.org



CMW offers programs and services in Waterloo Region for Racialized and Muslim women and their families while actively addressing gender-based violence, racism, discrimination, Islamophobia, and xenophobia through culturally appropriate programs, support services, and bridge-building. Program offerings include support services for women experiencing or at risk of experiencing domestic violence, hate or discrimination reporting, documentation, and 1-1 support, and skills development program for racialized and Muslim women and youth.

Muslim Social Services Waterloo Region

519-772-4399 x 2707
info@muslimsocialserviceskw.org
muslimsocialserviceskw.org



Muslim Social Services KW offers culturally sensitive services in Waterloo Region, with a commitment to mental health promotion and program offerings in English, Hindi, Arabic, and Urdu. The One Story Two Sides program helps children express emotions through writing and provides counseling in

Arabic for refugees and group sessions for caregivers. Other programs include Hear Me Out, Resilient Youth, Family Art Express, and Healing Through Art for Kids.

Supports for Families in Townships

Woolwich Counselling Centre

519-669-8651

info@woolwichcounselling.org

woolwichcounselling.org/

[childrenandyouth](http://woolwichcounselling.org/childrenandyouth)



Experienced child and youth therapists specialize in supporting the many challenges young people face today. Certified play and yoga therapists use various therapeutic means, such as music, yoga, drama, arts and crafts, and storytelling, through which children and youth can better understand and express their feelings.

Supports for Indigenous and Métis Families

Healing of the Seven Generations

519-570-9118

healingofthesevengenerations.ca

H7G supports First Peoples through services such as one-to-one counselling, healing circles for men, women, and 2S individuals, and sound therapy for all ages. H7G provides programming for families such as food hampers, Birthday Gift Program, Backpack Program, Court Support Program, and more. Their location is available for access visits for families involved with Family & Children Services.



Métis Nation of Ontario (MNO)

Métis Nation of Ontario 

ELCC: elccsupport@metisnation.org

DRC: drcsupport@metisnation.org

metisnation.org/programs-and-services/education-training/early-learning-and-child-care

The Early Learning and Child Care Program (ELCC) aims to improve access to culturally grounded early learning opportunities for Métis individuals, families, and the Métis community by promoting community development and providing the care and support necessary to meet the fundamental needs of MNO citizens. Within the ELCC is the [Developmental Resource Consultant \(DRC\) Program](#), which works with child care centres and schools to ensure that children and families feel comfortable and confident when interacting with educators. Offered through the Métis Nation of Ontario (MNO).

Hope for Wellness Helpline

Hope for Wellness Helpline

1-855-242-3310

hopeforwellness.ca

The Hope for Wellness Helpline is available to all Indigenous people across Canada. Experienced and culturally competent counsellors are reachable by telephone and online 'chat' 24 hours a day, 7 days a week. Telephone support may be requested in Cree, Ojibway (Anishinaabemowin), and Inuktitut.

Southwest Ontario Aboriginal Health Access Centre



Southwest Ontario
Aboriginal Health
Access Centre

1-877-454-0753

General: info@soahac.on.ca

Jordan's Principle: JordansPrinciple@soahac.on.ca
soahac.on.ca

SOAHAC offers Child and Youth Services across Southwestern Ontario, with programming and cultural teachings that explore mental health and wellness, cultural awareness, and self-identity. SOAHAC offers wholistic health care services for FNMI families, including but not limited to primary care, mental health, child and youth outreach, and the Jordan's Principle Team. This is a partnership between SOAHAC and Indigenous Services Canada.

White Owl Native Ancestry Association



519-957-5004

info@wonaa.ca
wonaa.ca

White Owl is an urban Indigenous community-based agency dedicated to culturally safe, holistic practices and education, supporting well-being across generations. Through our adaptive Land-based approaches, they foster a place of healing and belonging in Waterloo Region.

Supports for Families Experiencing Loss, Grief or Bereavement

Bereaved Families of Ontario



General: 519-603-0196

Crisis: 1-844-437-3247

support@bfomidwest.org
bfomidwest.org

BFO provides peer grief support to anyone who has experienced the death of someone in their life.

The Compassionate Friends Waterloo Region



519-722-4789

waterlooregion@tcfcanada.net
sites.google.com/view/tcf-waterloo-region

The Compassionate Friends (TCF) provides a safe environment, supporting bereaved parents grieving the loss of a child, no matter the age or cause.

KidsGrief.ca

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KidsGrief.ca provides learning modules that can help parents, caregivers and educators understand how children (ages 0 to 18) grieve and how to support them as they face the life-limiting illness, dying and death of someone important to them. KidsGrief.ca also hosts a free monthly webinar where participants can ask kids grief specialists questions in real-time.

Pregnancy & Infant Loss (PAIL) Network



1-888-303-7245

pailnetwork@sunnybrook.ca

pailnetwork.sunnybrook.ca

PAIL Network is dedicated to improving bereavement care and providing peer support to families who have suffered the loss of a pregnancy or the death of their baby/babies. Their support services have been tailored to meet the unique needs of grieving families, and are available at no cost to all families in Ontario.

Universal Mental Health Supports for Parents and Caregivers

Camino Wellbeing + Mental Health



519-743-6333

caminowellbeing.ca

Camino means Path. No matter where you are on your journey, Camino will walk alongside you on the path to strengthening your wellbeing, through support programs and counselling services for individuals, families, and communities.

Front Door



519-749-2932

frontdoormentalhealth.com

Front Door is the starting point for accessing child and youth mental health services and supports in Waterloo Region for parents and caregivers with children up to 18 years of age. (Part of Starling Community Services, formerly Lutherwood).

Here 24/7

1-844-437-3247 or text 988

here247.ca



Here 24/7 is a starting point for addictions, mental health, and crisis services provided by 11 agencies across Waterloo Wellington. Here 24/7 provides intake, assessment, and referrals for most local government funded addictions and mental health services.

Kids Help Phone



Adults: text 741741

Youth: text 686868 or call 1-800-668-6868

kidshelpphone.ca

Kids Help Phone is Canada's only 24/7 e-mental health service offering free, multilingual, and confidential support to help all young people Feel Out Loud. They also provide mental health services and dedicated [resources for caring adults](#) on their website.

SHORE Centre



519-743-9360

info@shorecentre.ca

shorecentre.ca

Stork Secrets is a Peer Support program for expectant and postpartum parents who may be experiencing some challenges to the adjustment of new parenthood, or who may be experiencing some form of perinatal mood and/or anxiety disorder (PMAD). This program is for anyone who is currently expecting a child or is a new parent, e.g., pregnant folks, parents adopting a child, parents using a surrogate, and partners of pregnant people.

Strong Minds Strong Kids

info@strongmindsstrongkids.org
strongmindsstrongkids.org/en



Strong Minds Strong Kids is dedicated to nurturing resilience in children and youth with the use of psychological science so they can manage, learn, and grow from the many challenges in life. They provides programs and downloadable resources for parents and caregivers. Make the Connection is an interactive online program to help you promote a secure attachment and brain development with your infant aged 0-3.

About this document: This list of organizations providing support to families is being developed by Early Years System partners across Waterloo Region. Please contact chsadmin@regionofwaterloo.ca to provide comments, additional information, or suggestions for improvement. This document was last updated on October 15, 2024. We strive to have this document updated on a yearly basis.