

**NATIONAL, PROVINCIAL & TERRITORIAL LINKS TO:
SUPPORT FOR PARENTS (PARENTING IN CANADA)**

NOTE – DIAL 211 FOR ASSISTANCE IN MULTIPLE LANGUAGES IF YOU LIVE IN BRITISH COLUMBIA, ALBERTA, SASKATCHEWAN, MANITOBA, ONTARIO, QUEBEC, NEW BRUNSWICK, NOVA SCOTIA OR NUNAVUT

NATIONAL DIRECTORIES

Government of Canada – Immigration, Refugees and Citizenship Canada (Settling in Canada – Directory)

Website: <http://www.cic.gc.ca/english/newcomers/services/index.asp>

Canadian Association of Family Resource Programs (FRP Canada – Welcome Here site)

Address: 149 - 150 Isabella St., Ottawa, ON K1S 1V7 **Phone:** (613) 237-7667 or (1-866-637-7226) **Email:** info@frp.ca

Website: <http://www.parentsmatter.ca/index.cfm?fuseaction=page.viewpage&pageid=476>

Canadian Association of Family Resource Programs (FRP Canada – Main site)

Address: 149 - 150 Isabella St., Ottawa, ON K1S 1V7 **Phone:** 613-237-7667 / 1-866-637-7226) **Email:** info@frp.ca

Website: <http://www.welcomehere.ca/index.cfm?fuseaction=Page.ViewPage&pageid=1099>

Triple P Program (Positive Parenting Program)

Website: <http://www.triplep-parenting.ca/can-en/find-help/find-a-provider/>

Nobody's Perfect Program (National)

National coordinator contact: Public Health Agency of Canada - Division of Children and Youth

E-mail: DCA.public.inquiries@phac-aspc.gc.ca **Website:** <http://nobodysperfect.ca/parents/parent-resources/>

Canadian Pediatric Society – Kids New to Canada

Address: 100-2305 St. Laurent Blvd., Ottawa, ON K1G 4J8 **Phone:** 613-526-9397 **Email:** info@cps.ca

Website: <http://www.kidsnewtocanada.ca/beyond/resources>

Canadian Pediatric Society – Caring for Kids

Address: 100-2305 St. Laurent Blvd., Ottawa, ON K1G 4J8 **Phone:** 613-526-9397 **Email:** info@cps.ca

Website: <http://www.caringforkids.cps.ca/handouts/behaviour-index>

Canadian Institute of Child Health

Address: 201 Powell Avenue, Ottawa, ON K1S 2A4 **Website:** www.cich.ca

Canadian Child Care Federation

Address: 700 Industrial Ave, Suite 600, Ottawa, ON K1G 0Y9

Phone: (613) 729-5289 or 1-800-858-1412 **Email:** info@cccf-fcsge.ca **Website:** <http://www.cccf-fcsge.ca/parents>

Child Welfare League of Canada

(Booklet – “Be the Best Parent You Can Be – Why Positive Discipline Works“- 11 languages)

Address: 226 Argyle Ave., Ottawa, ON-K2P 1B9 **Phone:** 613-235-4412 **E-mail:** info@cwlc.ca **Website:** www.cwlc.ca

Parents Matter

Address: 149 - 150 Isabella St., Ottawa, ON K1S 1V7

Phone: (613) 237-7667 or 1-866-637-7226 **Email:** info@frp.ca **Website:** <http://www.parentsmatter.ca/>

Practical Ways To Parenting (Booklet Produced by ISANS - Immigrant Services Association of Nova Scotia)

Address: 6960 Mumford Road, Suite 2120 Halifax, Nova Scotia - B3L 4P1

Phone: 902-423-3607 - **Toll Free in NS:** 1-866-431-6472 **Website:** <http://www.isans.ca/> **E-mail:** info@isans.ca

Booklet - http://www.isans.ca/wp-content/uploads/2010/06/HandInHand_booklet_2015_web.pdf

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ALBERTA
PROVINCIAL DIRECTORIES
Alberta Government – Human Services – Parent Link Locations Website: http://www.humanservices.alberta.ca/locations/offices.html#OfficeType=PLC
The Family Resource Facilitation Program Email: sheinrich@frfp.ca Website: https://www.frfp.ca/parents-resources/community-resources/immigration-services.htm
Triple P Program (Positive Parenting Program) (Alberta) Website: http://www.triplep-parenting.ca/can-en/find-help/find-a-provider/
Nobody's Perfect Program – Alberta Home Visitation Network Association Address: 9321 Jasper Avenue, Edmonton AB, T5H 7K9 Phone: (780) 429-4787 Email: info@ahvna.org Website: http://nobodysperfect.ca/provincial-contacts/alberta/
CALGARY
Calgary Immigrant Women's Association Address: #200, 138 - 4th Avenue SE - Calgary, Alberta T2G 4Z6 Phone: (403)263-4414 Email: reception@ciwa-online.com Website: https://www.ciwa-online.com/our-services/family-services/cross-cultural-parenting-program
Calgary Immigrant Aid Society Address: 12th Floor, 910 -7th Avenue S.W. - Calgary, Alberta - T2P 3N8 Phone: (403) 265-1120 Email: info@calgaryimmigrantaid.ca Website: http://www.immigrantservicescalgary.ca/
Carya Calgary Address: 200, 1000 8 Avenue S.W. Calgary, Alberta, T2P 3M7 Phone: 403-269-9888 Website: http://caryacalgary.ca/our-programs/parenthood/
EDMONTON
EMCN (Edmonton Mennonite Centre for Newcomer) Address: 11713 - 82 Street NW Edmonton, Alberta T5B 2V9 Phone: 780 424 7709 E-mail: info@emcn.ab.ca Website: http://emcn.ab.ca/newcomers/settlement_services.html
Changing Together... A Centre for Immigrant Women Association (Edmonton) Address: Mc Cauley School Building, 3rd Floor - 9538 - 107 Avenue NW - T5H 0T7 - Edmonton, Alberta Phone: (780) 421-0175 E-mail: info@changingtogether.com Website: http://www.changingtogether.com/index.html

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BRITISH COLUMBIA

PROVINCIAL DIRECTORIES

BC Association of Family Resource Programs

Address: Suite 332, 505-8840 210th Street - Langley, BC - V1M 2Y2

Phone: 778-590-0045 **Email:** info@frpbc.ca

Website: <http://www.frpbc.ca/resources/for-parents/finding-a-service/>

Parent Support Services of BC

Address: 201-1155 West Pender St. -Vancouver, British Columbia-V6E 2P4

Phone: (604) 669-1616 **Crisis Line:** 1-800-665-6880 **Email:** parent@radiant.net

Website: http://www.parentsupportbc.ca/parenting_education

BC Institute Against Family Violence

Address: 551 – 409 Granville Street, Vancouver BC V6C 1T2

Phone: 604 669-7055 or 1-877-755-7055 **Email:** bcifv@bcifv.org **Website:** www.bcifv.org

Website: A Newcomer's Guide to Parenting Issues in Canada (2002 Booklet):

<http://en.copian.ca/library/learning/newguide/newcomer.pdf>

Triple P Program (Positive Parenting Program) (BC)

Website: <http://www.triplep-parenting.ca/can-en/find-help/find-a-provider/>

Website: <http://www.surreyearlychildhood.ca/dev16/index.php/programs/triple-p-parenting>

VANCOUVER

Vancouver & Lower Mainland Multicultural Family Support Services Society

Address: 5000 Kingsway Plaza -Phase III 306-4980 Kingsway - Burnaby, British Columbia - V5H 4K7

Phone: (604) 436-1025 **Email:** againstviolence@vlmfss.ca

Website: <http://www.vlmfss.ca/web/index.php/programs/programa>

BC Council for Families

Address: 08-1847 West Broadway, Vancouver, BC V6J 1Y6

Phone 604.678.8884 **Email** bccf@bccf.ca

Website: <https://www.bccf.ca/topic/parenting/>

Website: (Nobody's Perfect program) <https://www.bccf.ca/program/1/>

The Children's Foundation

Surrey: 10th Floor, 13737-96 Ave., Surrey, BC V3V 0C6 **Vancouver:** 2750 East 18th Ave., Vancouver, B.C. V5M 4W8

Phone: 604-434-9101 **Email:** angie.casoria@childrens-foundation.org

Website: www.childrens-foundation.org

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MANITOBA
PROVINCIAL DIRECTORIES
Manitoba Parent Zone Phone: 1-877-945-4777 Email: info@manitobaparentzone.ca Website: http://www.manitobaparentzone.ca/in-your-community/index.html
Nobody's Perfect Program – Manitoba Address: Youville Centre, 33 Marion Street, Winnipeg, Manitoba, R2H 0S8 Phone (204) 231-3208 Email: carmen@youville.ca Contact: Carmen Paterson-Payne Website: http://nobodysperfect.ca/provincial-contacts/manitoba/
Triple P Program (Positive Parenting Program) Website: http://www.manitobatriplep.ca/
Manitoba Government – Healthy Families Website: http://www.gov.mb.ca/healthychild/
Manitoba Parent-Child Coalitions Website: http://www.mbparentchild.com/resources/
WINNIPEG
Winnipeg Parenting Programs Website: http://www.apin.org/wp-content/uploads/2015/11/Winnipeg-based-Parenting-Programs-summary-table.pdf
The Family Centre (Winnipeg) Address: 401-393 Portage Avenue (Portage Place) Winnipeg, Manitoba - R3B 3H6 Phone: (204) 947-1401 Email: staff@familycentre.mb.ca Website: http://www.familydynamics.ca/families/supports-for-refugees/
Winnipeg Regional Health Authority Website: http://www.wrha.mb.ca/community/publichealth/services-healthy-parenting.php

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NEW BRUNSWICK

New Brunswick Association of Family Resource Centres (Directory)

Email: nbafrc@frc-crf.com

Website: <http://www.frc-crf.com/>

Origins Canada (Directory)

National Office

Address: 15 Wertheim Crt. Ste 505, Richmond Hill, Ontario, L4B 3H7

Phone: (416) 400-5730 **Email:** originscanada@gmail.com

Website: <http://www.originscanada.org/adoption-records/by-province/new-brunswick-adoption-records/new-brunswick/>

FREDERICTON

Multicultural Association of Fredericton

Address: 123 York Street, Suite 201, Fredericton, New Brunswick - E3B 3N6

Phone: (506) 454-8292

Website: <https://mcaf.nb.ca/en/>

SAINT JOHN

Family Plus/Life Solutions (formerly Family Services Saint John, Inc.)

Address: Suite 204 Linden Place, 199 Chesley Drive, Saint John, NB E2K 4S9

Phone: 506-634-8295 or 800-360-3327

Website: <http://www.familyplus.ca/>

NEWFOUNDLAND AND LABRADOR

PROVINCIAL DIRECTORY

Origins Canada (Newfoundland and Labrador)

National Office

Address: 15 Wertheim Crt. Ste 505, Richmond Hill, Ontario, L4B 3H7

Phone: (416) 400-5730 **Email:** originscanada@gmail.com

Website: <http://www.originscanada.org/adoption-records/by-province/newfoundland-and-labrador-adoption-records/newfoundland/>

ST. JOHN'S

Brighter Futures Coalition of St. John's and District

Address: Suite 200, Nuport Building, 44 Torbay Road, St. John's, NL A1A 2G4

Phone: 709.739.8096 - **E-mail:** mabs@brighter-futures.net

Website: <http://www.brighter-futures.net/>

Nobody's Perfect Program (Newfoundland and Labrador)

Government of Newfoundland and Labrador

Address: P.O. Box 8700, St. John's, NF - A1B 4J6

Phone: (709) 729-3280 **Email:** heidiboyd@gov.nl.ca

Website: <http://nobodysperfect.ca/provincial-contacts/newfoundland-and-labrador/>

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NORTHWEST TERRITORIES

Yellowknife Women's Centre - Address: 5610 Franklin Ave, Yellowknife, North West Territories - X1A 1E7

Phone: (867)873-2566 **E-mail:** reception@centrefornorthernfamilies.org

Website: <http://www.centrefornorthernfamilies.org/>

NOVA SCOTIA

PROVINCIAL DIRECTORY

Origins Canada (Nova Scotia)

National Office Address: 15 Wertheim Crt. Ste 505, Richmond Hill, Ontario, L4B 3H7

Phone: (416) 400-5730 **Email:** originscanada@gmail.com

Website: <http://www.originscanada.org/adoption-records/by-province/nova-scotia-adoption-records/nova-scotia/>

HALIFAX AND AREA

Immigrant Services Association of Nova Scotia

Address: 6960 Mumford Road, Suite 2120, Halifax, Nova Scotia - B3L 4P1

Phone: 902-423-3607 - Toll Free in NS: 1-866-431-6472 **E-mail:** info@isans.ca **Website:** <http://www.isans.ca/>

Practical Ways To Parenting (Booklet)

Website: http://www.isans.ca/wp-content/uploads/2010/06/HandInHand_booklet_2015_web.pdf

Family Service Association - Address: Suite 401, Young Tower, 6080 Young Street, Halifax, Nova Scotia B3K 5L2

Phone: 902-420-1980 or 1-888-886-5552 **Email:** intake@fshalifax.com

Website: <http://www.fshalifax.com/parenting-family/>

Dartmouth Family Centre - Address: 107 Albro Lake Rd. Dartmouth, NS, B3A 3Y7

Phone: (902) 464-8234 **Email:** info@dartmouthfamilycentre.ca

Website: <http://www.dartmouthfamilycentre.ca/programs-services>

Bayers Westwood Family Resource centre

Address: 3499 McAlpine Ave., Halifax, Nova Scotia, Canada, B3L 3X8

Phone: (902) 454-9444 **Email:** info@bayerswestwoodfrc.com

Website: <http://www.bayerswestwoodfrc.com/services/>

Family Matters The Annapolis County Family Resource Centre

Address: 10 Middle St. RR#, Lawrencetown N.S. - BOS 1MO

Phone: 902-584-2210 or 1-800-399-7119 **Email:** amanda@family-matters.ca

Website: <http://family-matters.ca/our-programs/parenting-journey/>

Memory Lane Family Place

Address: 22 Memory Lane, Lower Sackville, N.S., B4C 2J3

Phone: (902) 864 6363 **Email:** mlfp@bellaliant.com

Website: <http://www.memorylanefamilyplace.com/home.html>

Nobody's Perfect Program (NS) - Cape Breton's Family Place Resource Centre

Address: 714 Alexandra Street, Sydney, NS B1S 2H4

Phone: (902) 562-5616 x 222 **Email:** jlatulippe-rochon@familyplace.ca

Website: <http://nobodysperfect.ca/provincial-contacts/nova-scotia/>

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NUNAVUT

Government of Nunavut

Address: P.O. Box 1000, Station 204 - Iqaluit, Nunavut - X0A 0H0 **Phone:** (867) 360-4603 or 1-888-252-9869

Website: <http://www.gov.nu.ca/family-services/programs-services/child-protection>

Help Line: (867) 979-3333 or 1-800-265-3333

ONTARIO

PROVINCIAL DIRECTORIES

Ontario Ministry of Education – Family and Child Programs (Directory)

Website: <http://www.edu.gov.on.ca/childcare/FamilyPrograms.html>

Canadian Association of Family Resource Programs (FRP Canada)

Address: 149 - 150 Isabella St., Ottawa, ON - K1S 1V7 **Phone:** (613) 237-7667 / 1-866-637-7226 **Email:** info@frp.ca

Website: <http://www.parentsmatter.ca/index.cfm?fuseaction=Page.viewPage&pageId=640&parentID=600>

OCASI – Ontario Council of Agencies Serving Immigrants

Website: <http://settlement.org/findhelp/ontario/>

Nobody's Perfect Program – North Eastern Ontario Family and Children's Services

Address: 6 Tweedsmuir Road, Kirkland Lake, ON - P2N 1H9 **Email:** nobodysperfect@neofacs.org

Nobody's Perfect Program – Ontario South Office Info - Toronto Public Health

Address: 2340 Dundas Street West, Toronto ON - M6P 4A9 **Email:** nobodysperfect@toronto.ca

Website: <http://nobodysperfect.ca/provincial-contacts/ontario/>

Welcome Here (FRP Canada) - Links to Multilingual Resources for Parents

Address: 149 - 150 Isabella St., Ottawa, ON - K1S 1V7 **Phone:** (613) 237-7667 or 1-866-637-7226 **Email:** info@frp.ca

Website: <http://www.welcomehere.ca/index.cfm?fuseaction=Page.ViewPage&pageId=1113>

Triple P Program (Positive Parenting Program) (Ontario)

Website: <http://www.triplep-parenting.ca/ont-en/find-help/find-a-provider/>

BEST START – NEXUS - Address: 180 Dundas Street West, Suite 301, Toronto, ON M5G 1Z8

Phone: (416) 408-2249 **Toll-free:** 1-800-397-9567 **E-mail:** beststart@healthnexus.ca

Website: http://en.beststart.org/for_parents/are-you-looking-newcomers-parenting-resources

PDF – Growing up in a New Land (Booklet)

Website: http://www.beststart.org/resources/hlthy_chld_dev/Growing_up_Parents_EN_online_Final.pdf

TORONTO

Centre for Information and Community Services Ontario

Address: 3852 Finch Ave. East, Suite 301, Scarborough, Ontario - M1T 3T9

Phone: (416) 292-7510 **Email:** cics@cicscanada.com **Website:** www.cicscanada.com

COSTI Immigrant Services

Address: 1710 Dufferin Street, Toronto, Ontario - M6E 3P2 **Phone:** 416.658.1600 **Email:** info@costi.org

Website: http://www.costi.org/programs/program_details.php?sid=53&pid=11&id=154

LONDON AND AREA

Family Info.ca (Directory - London, Strathroy, St. Thomas)

Phone: 519-433-8996 ext. 233 **Email:** sfinch@investinginchildren.on.ca

Website: <http://www.familyinfo.ca/subselect.asp?cid=14&sid=0>

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PRINCE EDWARD ISLAND

PROVINCIAL DIRECTORY

PEI – Ministry of Education – Family Resources Centre (Directory)

Website <https://www.princeedwardisland.ca/en/information/education-early-learning-and-culture/family-resource-centres>

CHARLOTTETOWN

C.H.A.N.C.E.S. - Prince Edward Island Family Resource Centres

Address: 77 Upper Prince Street, Charlottetown, Prince Edward Island - C1A 4S6

Phone: (902) 892-8744 **Email:** Chances@isn.net **Website:** <http://chancesfamily.ca/parent-sessions/>

P.E.I. Association for Newcomers to Canada

Address: 179 Queen Street, P.O. Box 2846 - Charlottetown, Prince Edward Island - C1A 8C4

Phone: (902) 628-6009 **Email:** newcomers@isn.net **Website:** <http://www.peianc.com/>

Premier's Action Committee on Family Violence Prevention

Phone: 1-866-892-2441 Charlottetown (902) 892-2441 Summerside (902) 436-9171

Website: <http://www.stopfamilyviolence.pe.ca/index.php3?number=1017065&lang=E>

Catholic Family Services Bureau

Address: 129 Pownal Street, Charlottetown, PE C1A 3W7

Phone: (902) 894-3515 **Email:** admin@catholicfamilyservicesbureau.com

Website: <http://www.catholicfamilyservicesbureau.com/triple-p-parenting-program.html>

SUMMERSIDE

Nobody's Perfect Program (PEI)

East Prince Community Coalition Inc. - Family Place

Address: 75 Central Street, Summerside, PEI - C1N 3L2 **Phone:** (902) 436-1348 **Email:** laurafamilyplace@eastlink.ca

Website: <http://nobodysperfect.ca/provincial-contacts/prince-edward-island/>

QUÉBEC

l'Association Canadienne des programmes de ressources pour la famille

(Canadian Association of Family Resource Programs - FRP Canada)

Adresse: 149 -150 Isabella St., Ottawa, ON-K1S 1V7 **Tél/tel:** (613) 237-7667/ 1-866-637-7226 **Courriel:** info@frp.ca

Site web: <http://www.parentsvouscomptez.ca/index.cfm?nodeID=10&stopRedirect=1>

Société canadienne de pédiatrie - Les soins aux enfants néo-canadiens

(Canadian Pediatric Society – Kids New to Canada)

Adresse:: 100-2305 St. Laurent Blvd., Ottawa, ON K1G 4J8 **Tél/tel:** 613-526-9397 **Courriel:** info@cps.ca

Site web: <http://www.kidsnewtocanada.ca/beyond/resources#quebec>

Y'a personne de parfait (Nobody's Perfect Program - Health and Social Services Ministry)

Adresse: 11th Flr-1075 Ste-Foy Rd, QC, G1S 2M1 **Tél/tel:** 418-266-6719 **Courriel:** amelie.trepanier@msss.gouv.qc.ca

Site web: <http://nobodysperfect.ca/francais/>

Triple P Program (Positive Parenting Program) (Québec)

Site web: <http://www.triplep-parenting.ca/ont-fr/triple-p/?itb=ae95296e27d7f695f891cd26b4f37078>

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SASKATCHEWAN

PROVINCIAL DIRECTORIES

Parenting Education Saskatchewan

Address: 214 -510 Cynthia Street, Saskatoon, SK - S7K 4A7 **Phone:** (306) 934-2095 **Email:** famserv@sk.sympatico.ca

Website: <http://www.parenteducationsask.ca/databaseSEARCH.php>

Triple P Program (Positive Parenting Program) (Parents Stay Positive - Saskatchewan)

Website: <http://www.triplep-parenting.ca/ska-en/get-help/find-a-triple-p-provider/>

Family Services Saskatoon (Directory)

Address: 102, 506 -25th St. E., Saskatoon, Sk S7K 4A7 **Phone:** 306-244-0127 **Email:** info@familyservice.sk.ca

Website: <http://familyservice.sk.ca/wp-content/uploads/2015/05/CDNLife.pdf>

REGINA

Regina Open Door Society Inc (RODS)

Address: 1855 Smith Street, Regina, SK-S4P 2N5 **Phone:** (306)-352-3500 **Email:** rods.admin@accesscomm.ca

Website: <http://rods.sk.ca/pages/families-in-transition-program>

SASKATOON

Nobody's Perfect Program (Saskatchewan Prevention Institute)

Address: 1319 Colony Street Saskatoon, SK S7N 2Z1 - **Phone:** (306) 651-4309 **Email:** [Connie Herman](mailto:Connie.Herman@nobodyperfect.ca)

Website: <http://nobodysperfect.ca/provincial-contacts/saskatchewan/>

Catholic Family Services of Saskatoon - Address: 506 25 St E., Saskatoon, SK - S7K 4A7 - **Phone:** (306) 244-7773

Website: <http://www.cfssaskatoon.sk.ca/services/programs-for-adults/parents/>

Family Services – Saskatoon - Address: 102, 506 – 25th St. E., Saskatoon, SK, S7K 4A7 - **Phone:** 306-244-0127

Website: <https://familyservice.sk.ca/types/parenting-and-families/>

Saskatoon Open Door Society (SODS) - Address: 100-129 3rd AVE N. SK, SK S7K 2H4 - **Phone:** (306) 653-4464

Website: <http://www.sods.sk.ca/Services/SettlementFamilyServices/FamilySpecialtyPrograms/ParentingandNutritionPrograms.aspx>

YUKON

Yukon Family Services Association

Address: 4071 -4th Ave., Whitehorse, Yukon - Y1A 1H3 **Phone:** (403) 667-2970 **Website:** <http://www.manyrivers.yk.ca/>