**FAMILY SERVICES AND COUNSELING RESOURCES**

**211** **Tel: 2-1-1** [211Ontario.ca](http://www.211ontario.ca/)

Free information and referrals to community, health, social services and ethno-specific organizations. Confidential, client-focused services. Available 24/7 in more than 150 languages.

**TORONTO DISTRESS**

Line: **416-408-4357**

Survivor Support Program: **416-595-1716**

[torontodistresscentre.com](http://www.torontodistresscentre.com)

**FAMILY RESOURCE PROGRAMS** [fsio.ca](http://www.fsio.ca/)

**ONTARIO EARLY YEARS CENTRE**

**1-866-821-7770, 1-800-387-5559**

[ontarioearlyyears.ca](http://www.ontarioearlyyears.ca/)

**SICK KIDS HOSPITAL**

**416-813-7270**

[sickkids.on.ca](http://www.sickkids.on.ca/)

**CANADIAN MENTAL HEALTH** [ontario.cmha.ca/contact.asp](http://www.ontario.cmha.ca/contact.asp)

**CHILDREN'S AID SOCIETY OF TORONTO**

**416-924-4646** [torontocas.ca](http://www.torontocas.ca/)

**CATHOLIC CHILDREN'S AID SOCIETY**

**416-395-1500**

[torontoccas.org](http://www.torontoccas.org/)

**CATHOLIC FAMILY SERVICES CENTRAL OFFICE**

1155 Yonge Street, Suite 200: **416-921-1163**

[info@cfstoronto.com](mailto:info@cfstoronto.com)

**JEWISH FAMILY AND CHILD SERVICE OF TORONTO**

**416-638-7800** [jfandcs.com](http://www.jfandcs.com/)

**CANADA PRENATAL NUTRITION PROGRAM (CPNP)**

Assists pregnant women/new mothers living in conditions of risk.

[realhelp.ca](http://www.realhelp.ca/)

**COMMUNITY ACTION PROGRAM FOR CHILDREN (CAPC)**

Families with young children birth to 6 years living in conditions which may impact on their ability to reach optimal health. [realhelp.ca](http://www.realhelp.ca/)

**HOLLAND BLOORVIEW KIDS REHABILITATION HOSPITAL**

Interdisciplinary assessments, diagnoses, referrals to community services.

Serves children and youth from birth to 18 years.

**416-424-3804** [hollandbloorview.ca](http://www.hollandbloorview.ca/)

**FAMILY COUNSELING, MARRIAGE COUNSELING, CHRISTIAN COUNSELING**

**TREATMENT FOR ANXIETY, DEPRESSION & ADHD**

**905-319-1488**

**COMMUNITY HEALTH CENTRES**

Physicians, professionals and prevention programs

**1-866-532-3161 TTY: 1-800-387-5559**

[health.gov.on.ca/english/public/contact/chc/chc\_mn.htm](http://www.health.gov.on.ca/english/public/contact/chc/chc_mn.html)

**FAMILY SERVICE PROGRAM**

**416-595-9230**  [familyservicetoronto.org/generalinformation.html](http://www.familyservicetoronto.org/generalinformation.html)

**PARENTING AND FAMILY LITERACY CENTRE**

**416-394-2067** [edu.gov.on.ca/eng/parents/pflc.html](http://www.edu.gov.on.ca/eng/parents/pflc.html)

**CANADIAN CENTRE FOR VICTIMS OF TORTURE**

2425 Eglinton Avenue E. Scarborough: **416-750-3045**

194 Jarvis St. 2nd Floor Toronto: **416-363-1066**

[www.ccvt.org](http://www.ccvt.org)

**GERSTEIN CENTRE**

100 Charles St. East Toronto: **416-929-5200**

Call crisis team for crisis intervention (24hrs). Non-medical crisis team in home.

[www.gersteincentre.org](http://www.gersteincentre.org)

**CENTRE FOR ADDICTION AND MENTAL HEALTH**

1001 Queen St. West Toronto: **416-535-8501**

[www.camh.net](http://www.camh.net)

**BEREAVEMENT FAMILY OF ONTARIO**

28 Madison Avenue Toronto:  **416-440-0290**

[www.bfotoronto.ca](http://www.bfotoronto.ca)

**EMERGENCY NUMBERS**

**POLICE, AMBULANCE, FIRE 9-1-1**

**ASSAULTED WOMEN’S HELPLINE** **416-863-0511 1-866-863-7868**

**SEXUAL ASSAULT VICTIMS**  **416-597-8808**

**ALCOHOLICS ANONYMOUS** **416-487-5591**

**PARENT HELP LINE**  **1-888-603-9100**

**AIDS HOTLINE 416-392-2437 1-800-668-2437**

**HUNGER HOT LINE**  **416-392-6655**

Mon. – Fri. 9am - 5pm 24 hour number

# Tips to Strengthen Families

## Build/Maintain a Positive Parent-Child Relationship (From [Robin McClure](http://childcare.about.com/bio/Robin-McClure-11577.htm))

*Parenting is a tough job, and maintaining close relationships and open communications helps to ensure parents and their children stay connected through all ages of their upbringing.*

*Here are simple tips for enhancing the bond between parent and child.*



### 1. SAY I LOVE YOU

Tell your child you love them every day -- no matter their age. Even on trying days or after a parent-child disagreement, when you don't exactly "like your child" at that moment, it is more important than ever to express your love. A simple "I love you" goes a long way toward developing and then strengthening a relationship.

### 2. TEACH YOUR FAITH

Teach your child about your faith and beliefs. Tell him what you believe and why. Allow time for your child to ask questions and answer them honestly. Reinforce those teachings often.

### 3. DEVELOP AND MAINTAIN A SPECIAL BEDTIME RITUAL

For younger children, reading a favorite bedtime book or telling stories is a ritual that will be remembered most likely throughout their life. Older children should not be neglected either. Once children start reading, have them read a page, chapter, or short book to you. Even most teenagers still enjoy the ritual of being told goodnight in a special way by a parent--even if they don't act like it!

### 4. LET YOUR CHILDREN HELP YOU

Parents sometimes inadvertently miss out on opportunities to forge closer relationships by not allowing their child to help them with various tasks and chores. Unloading groceries after going to the store is a good example of something that children of most ages can and should assist with. Choosing which shoes look better with your dress lets a child know you value her opinion. Of course, if you ask, be prepared to accept and live with the choice made!

### 5. PLAY WITH YOUR CHILDREN

The key is to really play with your children. Play with dolls, ball, make believe, checkers, sing songs, or whatever is fun and interesting. It doesn't matter what you play, just enjoy each other! Let kids see your silly side. Older kids enjoy cards, chess, computer games, while younger ones will have fun playing about anything...as long as it involves you!

### 6. EAT MEALS AS A FAMILY

You've heard this before, and it really is important! Eating together sets the stage for conversation and sharing. Turn the TV off, and don't rush through a meal. When schedules permit, really talk and enjoy one another. It can become a quality time most remembered by young and old alike.

### 7. SEEK OUT ONE-ON-ONE OPPORTUNITIES OFTEN

Some parents have special nights or "standing dates" with their children to create that one-on-one opportunity. Whether it is a walk around the neighborhood, a special trip to a playground, or just a movie night with just the two of you, it is important to celebrate each child individually. Although it is more of a challenge the more children in a family, it is really achievable! Think creatively and the opportunities created will be ones that you remember in the future.

### 8. RESPECT THEIR CHOICES

You don't have to like their mismatched shirt and shorts or love how a child has placed pictures in his room. However, it is important to respect those choices. Children reach out for independence at a young age, and parents can help to foster those decision-making skills by being supportive and even looking the other way on occasion. After all, it really is okay if a child goes to daycare with a striped green shirt and pink shorts.

### 9. MAKE THEM A PRIORITY IN YOUR LIFE

Your children need to know that you believe they are a priority in your life. Children can observe excessive stress and notice when they feel you are not paying them attention. Sometimes, part of being a parent is not worrying about the small stuff and enjoying your children. They grow up so fast, and every day is special. Take advantage of your precious time together while you have it!



