

# PEI Resource Directory for Families



## PEI Reproductive Care Program



**Health PEI**  
One Island Health System

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# Addiction Services

This service offers treatment programs for persons who are chemically dependent or harmfully involved in substance use or gambling. Services are also available for family members. Education and information sessions are provided to the general public as well. The services provided include: detoxification, rehabilitation, aftercare, family and youth programs, a gambling program and a tobacco cessation program.

## **Addictions West**

### **Alberton Site**

Allan Shaw Building, 334 Church Street

PO Box 10

Alberton, PE C0B 1B0

Tel: 902-853-8670 Fax: 902-853-0420

### **Summerside Site**

Prince County Hospital

65 Roy Boates Avenue

PO Box 3000

Summerside, PE C1N 2A9

Tel: 902-888-8380 Fax: 902-432-2585

## **Addictions East**

### **Montague Site**

126 Douses Road

PO Box 3000

Montague, PE C0A 1R0

Tel: 902-838-0960 Fax: 902-838-0961

### **Souris Site**

Souris Hospital

17 Knights Lane

Souris, PE C0A 2B0

Tel: 902-687-7119 Fax: 902-687-7110

## **Provincial Addictions Treatment Facility**

#2814 Route 215, Mount Herbert

PO Box 2000

Charlottetown, PE C1A 7N8

Tel: 902-368-4120 Toll Free: 1-888-299-8399

Fax: 902-368-6229

### **Al-Anon (PEI)**

Al-Anon helps families of alcoholics cope with and understand the disease of alcoholism. Al-Ateen, under the auspices of Al-Anon, is for teenagers whose lives are affected by a drinking family member. Al-Ateen has separate meetings but follows the format and orientation of Al-Anon. Meetings open with introduction, a moment's silence, and the serenity prayer. A.A.'s twelve steps and twelve traditions are discussed, followed by discussion of various topics. Meetings end with a social period and refreshments. Members can choose a sponsor to contact for support outside regular meetings.

No fees, self-referral. Meetings are held across the Island. Call the contact number for up-to-date schedule of meetings in your area at Tel: 902-894-3503

### **Alcoholics Anonymous (PEI)**

AA is a fellowship of men and women who share their experience, strength, and hope with each other that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking. Members are helped to develop healthy attitudes, to share their personal experiences in an atmosphere of support and confidentiality, and to act as sponsors to one another outside regular meetings.

No fees, self-referral. Contact: AA 24 hour Answering Service and/or look in yellow pages for meeting places. (\*see Addiction - Information and Treatment Centres).

Tel: 902-892-2103

Summerside: 902-436-7721

## **Narcotics Anonymous (PEI)**

Narcotics Anonymous (NA) exists to assist those affected by or dependent on narcotics to reach the goal of a clean way of life, through support and fellowship. There are various groups across Prince Edward Island.

No fees, self-referral. Tel: 1-800-205-8402

## **Reducing the Harmful Effects of Tobacco**

### ***Smokers' Helpline***

Smokers Helpline has proven tips and tools to help you quit successfully. For free, personalized, and non-judgmental support, advice, and information call toll-free: 1-877-513-5333 or go online to [www.smokershelpline.ca](http://www.smokershelpline.ca)

Quitting smoking can be difficult. Trying to quit when you are pregnant or caring for a new baby can seem even harder. If you are thinking about becoming pregnant, if you are pregnant now, if you are a new mother, or are breast feeding, Smokers' Helpline can help.

### **Protect children from your second-hand smoke**

If you do smoke, consider quitting. Your children will be healthier if you do. Even if you don't smoke around your children, smoke can still cling to your hair, clothing, furniture, and inside of your car.

**If you have to smoke:**

- Always smoke outside far away from children
- Never smoke in the car. Opening a window does not protect children from smoke. Smoke before you begin your journey. On long car trips, stop and smoke outside away from children.
- Make sure you put out your cigarette before going near children.
- Clear away ashtrays to keep children from playing with cigarette butts.

Never leave a lit cigarette, lighters, or matches unattended.

Children who live with smokers are much more likely to start smoking themselves. Smoking is a hard habit to break, so encourage your children never to start. If your child smokes, take his or her addiction seriously. Offer help to quit.

## Breastfeeding Information/Support

Health care professionals and/or experienced mothers are available to provide breastfeeding information and support to mothers and families before and after the birth of their baby. By increasing awareness and knowledge of breastfeeding before the baby is born parents can make informed decisions and learn what to expect in the early days/weeks. Breastfeeding classes are available through **Public Health Nursing** (see directory listing for contact information). Information and support are also available at **Family Resource Centres and Family/Community Health Centres** (see directory listing for contact information).

**La Leche League** (mother-to-mother breastfeeding information and support)

Chris Ortenburger: 902-675-2239

Email: [LLLC.ChrisO@gmail.com](mailto:LLLC.ChrisO@gmail.com)

Jennifer Thompson: 902-569-0454

Melanie Walsh-Fraser: 902-569-1604

Email: [dmwalshfraser@hotmail.com](mailto:dmwalshfraser@hotmail.com)

La Leche League Canada Website is [www.LLLC.ca](http://www.LLLC.ca)

**Lactation Consultants** (Breastfeeding Specialists)

Are available for prenatal and postnatal consultation

West Prince: 902-859-8723

East Prince: 902-888-8160

Prince County Hospital: 902-438-4490 (Maternal Child Care Unit)

Queen Elizabeth Hospital: 902-894-2267 (Nursery)

Queens: 902-368-4530

# Child and Family Services

## **Programs and services provided:**

- child protection and residential services for Island children in need of protection from abuse and neglect
- family violence prevention and community development
- foster care services
- adoption services
- funding to various community organizations.

## **Mandatory Reporting**

Every person who has knowledge or suspects that a child under the age of 18 years may be in need of protection must report to Child and Family Services. The identity of the person reporting is protected by law and cannot be revealed. Any person reporting child protection concerns is not liable to civil action.

## **Child & Family Services Offices:**

General contact number: 902-368-5330

### **Charlottetown**

161 St. Peters Rd., PO Box 2000

Charlottetown, PE C1A 7N8

Tel: 902-368-5330

Fax: 902-368-6186

### **Summerside**

290 Water St.

Summerside, PE C1N 1B8

Tel: 902-888-8100

Fax: 902-888-8085

### **Montague**

41 Wood Islands Rd., PO Box 1500

Montague, PE C0A 1R0

Tel: 902-838-0700

Fax: 902-838-0727



## **Souris**

15 Green Street, PO Box 550

Souris, PE C0A 2B0

Tel: 902-687-7060

Fax: 902-687-7091

## **O'Leary**

45 East Dr.

PO Box 8, O'Leary, PE C0B 1V0

Tel: 902-859-8811

Fax: 902-859-8780

Child Protection services are available 24 hours-a-day, seven days a-week. To make a Child Abuse Report, please contact the Provincial Child Protection Unit toll free at 1-877-341-3101 or locally in Charlottetown at 902-368-5330 or Summerside at 902-888-8100.

## **After hours, toll free number: Child Abuse Line 1-800-341-6868.**

Office of the Director of Child Welfare	902-368-4710
Family Facility	902-368-5005
Family Ties Program	902-368-4871 or 902-368-4960
Family Violence Prevention	902-894-3354 (ext. 221)
Adoption Services	902-368-6511
Foster Care Services	902-368-5397

## **Residential Services**

Euston Street Group Home	902-566-2964
Maple Street Group Home	902-368-1699
Provincial Adolescent Group Home	902-676-3243
Tyne Valley Youth Centre	902-831-7905

# Social Programs, Seniors and Housing

**Social Assistance** is a program that provides for the basic requirements for an individual and or family. Needs associated with food, clothing, shelter, medical related are some common examples. The program uses a means test to determine eligibility which involves assessing a person(s) monthly income, assets and expenses allowed under policy. Individual case plans are developed that attempt to maximize an individual or family's independence and abilities.

**Disability Support Program** has a person-centred approach that provides case planning and financial resources to overcome barriers associated with a person's disability. There are three components to the program: **Child Disability Supports, Adult Disability Supports and Employment/Vocational Services**. Unmet disability related needs associated with a physical and/or intellectual disabilities are addressed by the program. Individuals who have disabilities associated with intellectual, physical and or mental illness are eligible to apply for employment/vocational services.

**Child Care Subsidy** provides financial support to qualifying families to assist their child care needs. Families who have their children attending a licensed child care facility are eligible to apply. This program uses an income test and considers the age of the children when determining eligibility.

**Housing Services** provides rental housing to low income seniors and families.

The office locations and contact numbers are:

**O’Leary Office**

O’Leary Access PEI  
PO Box 8, O’Leary, PE C0B 1V0  
Social Programs: 902-859 - 8811  
Assistance: 902-859-8835  
Disability: 902-859-8824  
Child Care Subsidy: 902-859-8837  
Housing: 902-859-8837  
Fax: 902-859- 8780

**Summerside Office**

Summerside Access PEI  
120 Harbor Drive, Summerside, PE C1N 5L2  
Social Programs: 902-888-8122  
Assistance: 902-888-8397  
Disability: 902-432-2740  
Child care subsidy: 902-888-8245  
Housing: 902-888-8436  
Fax: 902-888-8085

**Charlottetown Office**

Sherwood Business Centre  
161 St Peters Road  
PO Box 2000  
Charlottetown, PE C1A 7N8  
Social Programs: 902-368-6440  
Assistance: 902-368-5338  
Disability: 368-5996  
Child care subsidy: 368-6470  
Housing: 368-5770  
Fax: 902-368-6443

**Montague Office**

Montague Access PEI  
41 Wood Islands Hill  
PO Box 1500, Montague, PE C0A 1R0  
Social Programs: 902-838-0700  
Assistance: 902-838-0728  
Disability: 838-0190  
Child care subsidy: 838-0700  
Housing: 838-0796  
Fax: 902-838-0727

**Souris Office**

Souris Access PEI  
15 Green Street  
PO Box 550, Souris, PE C0A 2B0  
Social Programs: 902-687-7170  
Assistance: 902-687-7170  
Disability: 687-7016  
Child care subsidy: 687-7170  
Housing: 687-7098  
Fax: 902-687-7100

# Community Mental Health

Community Mental Health provides assessment, treatment and support services to those experiencing mental health problems. These services offer professional assessment, individual and group therapy. Call for more information. **Open Monday to Friday. Self and professional referral.**

## **West**

### **Alberton**

334 Church Street  
PO Box 10, Alberton, PE C0B 1B0  
Tel: 902-853-8670 Fax: 902-853-0420

### **Prince County Hospital**

65 Roy Boates Avenue,  
PO Box 3000, Summerside, PE C1N 2A9  
Tel: 902-888-8180 Fax: 902-888-8173

## **Wellington**

(Bilingual Services)  
Evangeline Health Centre  
PO Box 119, Wellington, PE C0B 2E0  
Tel: 902-854-7259 Fax: 902-854-7270

## **Central**

### **Richmond Centre**

1 Rochford Street, PO Box 2000  
Charlottetown, PE C1A 7N8  
Tel: 902-368-4430 Fax: 902-368-4427

## **McGill Centre**

Mona Wilson Building  
61 McGill Avenue, Box 2000  
Charlottetown, PE C1A 7N8  
Tel: 902-368-4911 Fax: 902-368-6189

**East****126 Douses Road**

Montague, PE C0A 1R0

Tel: 902-838-0960 Fax: 902-838-0961

**Souris Hospital**

PO Box 640, 17 Knights Lane

Souris, PE C0A 2B0

Tel: 902-687-7110 Fax: 902-687-7119

**Consumer and Family Support Program**

The consumer and Family Support Program is a service of the Canadian Mental Health Association. It is managed by volunteers. It has a mandate to enhance individual, family, and community quality of life through the promotions of mental health, self-help/mutual aid. This group maintains an up-to-date directory of self-help groups and community resources and provides a resource room on mental health/illness and self-help topics.

1 Rochford Street

Charlottetown, PE C1A 7N8

Tel: 1-866-833-5443 (Toll Free)

Fax: 902-368-4427

# Public Health & Family Nutrition Program

One of the services the Public Health & Family Nutrition Program provides is pre-natal nutrition counselling to nutritionally high-risk pregnant women. Examples of high-risk pregnancies include but are not limited to: teen pregnancy, previous low birth weight baby, insufficient finances to purchase adequate food to support pregnancy, twin pregnancy, low or excessive weight gain, inadequate diet. Milk tickets and prenatal vitamins are available for high-risk pregnant women in financial need who are receiving on-going nutrition counseling.

Service may be initiated through several avenues including: Physicians, Public Health Nursing, Social Workers, Child and Family Services and the clients themselves. Referrals should be addressed to the *Public Health & Family Nutrition Program*. There is no fee for this service.

Please refer clients if they have any of the following factors:

<b>Reproductive History</b>	<b>Medical Factors and Food Intake</b>	<b>Present Pregnancy Risks*</b>
<ul style="list-style-type: none"> <li>• age 19 yrs or younger</li> <li>• previous low birth weight baby &lt;5 lbs. 8 oz (2500g)</li> </ul>	<ul style="list-style-type: none"> <li>• pregravid BMI &lt;20 or &gt;25</li> <li>• eating disorder</li> <li>• &lt;2 servings in any food group</li> <li>• insufficient money for food</li> </ul>	<ul style="list-style-type: none"> <li>• excessive weight gain</li> <li>• weight gain &lt;4 kg at 20 weeks</li> <li>• IUGR/small for date baby</li> <li>• hemoglobin &lt;100g/L</li> <li>• multiple pregnancy</li> </ul>

\*Please refer Gestational, Type I or Type II Diabetics directly to the Provincial Diabetes Program.

**West Prince**

Community Hospital

O'Leary, PO Box 173

O'Leary, PE C0B 1V0

Tel: 902-859-8723/8720 Fax: 902-859-8701

**East Prince**

205 Linden Avenue

Summerside, PE C1N 2K4

Tel: 902-888-8156 Fax: 902-888-8153

**Queens**

Sherwood Business Centre

161 St. Peter's Rd, PO Box 2000

Charlottetown, PE C1A 7N8

Tel: 902-368-5318 Fax: 902-368-4497

**Kings****Montague**

126 Douses Road

Montague, PE C0A 1R0

Tel: 902-838-0719 Fax: 902-838-0803

**Souris**

Access PEI

19 Green St, PO Box 550

Souris, PE C0A 2B0

Tel: 902-687-7051 Fax: 902-687-7100



## Doulas/Labour Supports

A Birth Doula is a trained and experienced professional who provides continuous physical, emotional and informational support before, during, and just after childbirth.

A Postpartum Doula is a trained and experienced professional who provides emotional and practical support during the postpartum period.

We have several doulas practicing in PEI, offering quality, family-centred care for expectant and new families.

To connect with a doula, or to learn more, please visit the BORN Cooperative:

Call Sherri MacWilliams, CD (DONA), CCFE at 902-569-4821.

There is a fee for doula services. (This is a private arrangement between the family and the doula.)

## Family Health Centres

### **Central Queens Family Health Centre and Gulf Shore Satellite**

Physicians, nurses and other health care professionals work together to provide services to the community with an emphasis on wellness promotion, improved screening and illness prevention, diagnosis and treatment. In addition to the clinic in Hunter River there is a clinic in the Rustico area operating Monday - Thursday. Appointments are scheduled at these clinics. Mental Health Services are available one day a week and Public Health Nursing Services are available once a month. More information, about clinics, services and schedules, is available by calling the Health Centre.

Email addresses for appointments only:

*cqhealthcentre@ihis.org*

*gshealthcentre@ihis.org*

### **Central Queens Family Health Centre**

4276 Hopedale Road

PO Box 9, Hunter River, PE C0A 1N0

Tel: 902-621-3050 Fax: 902-621-3069

### **Gulf Shore Family Health Centre - Central Queens Satellite Site**

Civic #7379 Cavendish Road

Route 6, Rustico, PE C0A 1X0

Tel: 902-963-7835 Fax: 902-963-7836

### **Eastern Kings Health Centre**

Located on the lower level of the Souris Hospital, the health centre offers patients a variety of health services, delivered to you by a collaborative team. The team includes physicians, nurse practitioners, registered nurses, licensed practical nurses, diabetes nurse educator, dietitian, social worker, and administration staff.

Services include:

- Illness care
- Health promotion
- Screening programs to prevent or detect certain diseases and support for maintaining chronic illnesses such as:
  - Diabetes
  - High blood pressure
  - Chronic obstructive pulmonary disease

In addition to the Health Center, Public Health Nursing, and Home Care and Housing are located at this site. Walk-in clinics are provided based on staffing availability. More information about the clinic, services and schedules is available by calling the Health Centre or visiting: [www.healthpei/walkinclinic.ca](http://www.healthpei/walkinclinic.ca)

Souris Hospital  
7 Green Street, PO Box 640  
Souris, PE COA 2B0

## **Alberton Health Services**

We are a community based health centre where health care professionals work together to meet your health care needs. The primary care team currently consists of a Nurse Practitioner, an Advanced Practice Nurse, Licensed Practical Nurse, Medical Secretary, and a Nurse and Dietician who specialize in diabetes care. We also work very closely with other disciplines (physiotherapy, pharmacy, occupational therapy, dietitians, public health, etc.) to ensure you receive the best care possible.

As a primary health care team, our focus is on wellness promotion, disease prevention, chronic disease management and treatment of acute illnesses. We encourage patients to book appointments whenever possible however, some clinicians do offer same day bookings. Specialty clinics such as INR monitoring and diabetes are also available through the clinic. We hope to expand these clinics in the future based on the needs of our community.

Our Mission:

**“We continue to support, promote and encourage individuals, families and communities to attain and maintain their best possible health and well-being.”**

More information about clinics, services and appointments are available by contacting the Health Centre.

### **Alberton Health Services**

148 Poplar Street

Alberton, PE C0B 1B0

Tel: 902-853-0403 Fax: 902-853-0414

### **Evangeline Community Health Centre**

The Evangeline Community Health Centre works in partnership to promote individual, family and community health and well-being. A variety of professionals including: a Psychologist, Public Health Nurse, Speech Language Pathologist and Occupational Therapist work in an integrated team approach to health care. The target areas of the Centre include: reproductive health, children age 0-6 and their families, school health, and community health.

60 Sunset Drive, PO Box 119

Wellington, PE C0B 2E0

Tel: 902-854-7259 Fax: 902-854-7270

## **Four Neighbourhoods Community Health Centre (FNCHC)**

The FNCHC is a community based health organization staffed by an interdisciplinary team made up of diabetes educators, registered dietitians, a wellness coordinator, primary care nurses, and administrative support persons working collaboratively to support chronic disease management and offer health promotion programs.

Chronic Disease Management programs such as the Colorectal Screening Program, The Hypertension Program, and The Stroke Program, are all housed in the building. Please call the number below for more information.

152 St. Peter's Road  
Charlottetown, PE C1A 5P8  
Tel: 902-569-7562  
Fax: 902-368-6936

## **Harbourside Family Health Centre**

Located in Summerside, the Harbourside Family Health Centre provides a range of health services and includes a team of physicians, registered nurses and other providers who collaborate to support chronic disease management, and offer health promotion programs.

243 Harbour Drive  
Summerside, PE C1N 5R1  
Tel: 902-432-2600 Fax: 902-432-2610

## **Montague Health Centre**

Montague Health Centre offers patients a variety of health services, delivered to you by a collaborative team. The team includes physicians, nurse practitioners, registered nurses, licensed practical nurses, diabetes nurse educator, dietitian, social worker, and administration staff.

Services include:

- Illness care
- Health promotion
- Screening programs to prevent or detect certain diseases and support for maintaining chronic illnesses such as:
  - Diabetes
  - High blood pressure
  - Chronic obstructive pulmonary disease

407 MacIntyre Avenue  
Montague, PE C0A 1R0  
Tel: 902-838-0830 Fax: 902-838-0834

## **O’Leary Health Centre (OHC)**

We are a community-based centre where health care professionals work together to help you meet your health care needs. The primary care team currently consists of Physicians, Nurse Practitioners, Advanced Practice Nurses, Licensed Practical Nurses, Medical Secretaries, Mental Health and Addictions Counselors, and Nurses and a Dietician who specialize in diabetes care. We also work very closely with other disciplines (physiotherapy, pharmacy, occupational therapy, community dietitians, public health, etc.) to ensure you receive the best care possible.

As a primary health care team, our focus is on wellness promotion, disease prevention, chronic disease management and treatment of acute illnesses. We encourage patients to book appointments whenever possible however, some clinicians do offer same day bookings. Specialty clinics such as INR monitoring, diabetes and audiology screening are also available

through the clinic. We hope to expand these clinics in the future based on the needs of our community.

Our Mission:

**“We continue to support, promote and encourage individuals, families and communities to attain and maintain their best possible health and well-being.”**

More information about clinics, services and appointments are available by contacting the Health Center.

### **O’Leary Health Centre**

14 MacKinnon Drive

PO Box 550, O’Leary, PE C0B 1V0

Tel: 902-859-3929 Fax: 902-859-3922

### **Tyne Valley Health Centre**

We are a community-based centre where health care professionals work together to help you meet your health care needs. The primary care team currently consists of Physicians, a Nurse Practitioner, Advanced Practice Nurses, Licensed Practical Nurses, Medical Secretaries, Mental Health and Addictions Counselors, and Nurses and a Dietician who specialize in diabetes care. We also work very closely with other disciplines (physiotherapy, pharmacy, occupational therapy, dietitians, public health, etc.) to ensure you receive the best care possible.

As a primary health care team, our focus is on wellness promotion, disease prevention, chronic disease management and treatment of acute illnesses. We encourage patients to book appointments whenever possible, however some clinicians do offer same day bookings. Specialty clinics such as INR monitoring, diabetes and Child Health are also available through the clinic. We hope to expand these clinics in the future based on the needs of our community.

Our Mission:

**“We continue to support, promote and encourage individuals, families and communities to attain and maintain their best possible health and well-being.”**

More information about clinics, services and appointments are available by contacting the Health Centre.

**Tyne Valley Health Centre**

Civic Address 6905, Route 12

Box 145, Tyne Valley, PE C0B 2C0

Tel: 902-831-5800 Fax: 902-831-5828



## Family Resource Centres

These seven Centres actively promote the healthy development of children from conception to six years by strengthening and supporting their families. With funding from the Public Health Agency of Canada's Community Action Program for Children (CAPC) and the Canada Prenatal Nutrition Program (CPNP), supports and activities are made available free of charge to children, parents, caregivers and parents-to-be who face life circumstances.

The Centres offer pre and post-natal support, home visits, teen parent support, breastfeeding support, play groups, pre-school programs, parenting programs, family fun days, child safety information and training, referrals, nutrition and lifestyle activities, community kitchens, child safety information, resource lending library and much more. All programs and services are offered in a fun and informal setting.

The Centres are located in Souris, Montague, Charlottetown, Summerside, Wellington and Alberton. One of the centres serves the Francophone communities across the Island; and another serves the Aboriginal families in the Charlottetown area. The other centres offer weekly outreach activities in their respective surrounding communities.

Karen Langevin

Program Consultant/Consultante en programme

Public Health Agency of Canada/Agence de la santé publique du Canada

Atlantic Region/Région de l'Atlantique

191 University Ave/191 Avenue University

Charlottetown, P.E.I. (Î.-P.-É.) C1A 4L2

Tel/Tél: 902-566-7927

Fax/télé: 902-566-7860

*karen.langevin@phac-aspc.gc.ca*

Website: [www.atlantic.phac.gc.ca](http://www.atlantic.phac.gc.ca)

## **West Prince**

### **Kids West Family Resource Centre**

This centre offers family focused programs and services that provide support, resources, training, and information for parents and their children between the ages of 0-6. The Resource Centre is open week days from 8:30 am - 4:30 pm. Our programs provide services such as Pre and Postnatal Support Groups, breastfeeding support and promotion, nutrition and lifestyle information, Resource Library (books and DVD), parenting programs, preschool play groups and home visiting service. Satellite office with limited hours is located in O'Leary, Tyne Valley and Palmer Road.

Contact: Jessica Dorgan-Trail

630 Main Street, Alberton, PE, C0B 1B0

Tel: 902-853-4066 Fax: 902-853-2622

Toll free: 1-800-778-3444

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

Email: [kidswest@pei.aibn.com](mailto:kidswest@pei.aibn.com)

## **East Prince**

### **Family Place/East Prince Community Coalition Inc.**

A resource centre offering a comprehensive range of programs and services for children from conception to age six and their family throughout East Prince County. This continuum of support includes prenatal and postnatal programs, child development and parenting programs, breastfeeding support, resource lending libraries as well as many other support services.

Programs and services offered:

- Prenatal and Postnatal Programs
- Parent Education & Support
- Play Groups
- Preschool Programs (Lic #L4466)
- ECE courses
- Outreach Programs throughout East Prince County

- Resource, Helpful Equipment & Breast Pump Lending Libraries
- Nutrition and Healthy Living Programs
- Clothing Exchange
- Family Support Programs
- Referral Services

Hours: Mon-Fri 9:00 am - 4:00 pm; Wed 9:00 - 7:00 pm

We close in tandem with the Western School Board storm closures. Please contact us for our current schedule or visit us on our website.

Contact: Laura Quinn-Graham

45 Central Street, Summerside, PE C1N 3L2

Tel: 902-436-1348 Fax: 902-888-3954

Email: [laurafamilyplace@eastlink.ca](mailto:laurafamilyplace@eastlink.ca)

Website: <http://www.familyplacepei.com/>

### **Coalition action pour enfants/Cap enfants (FrancoTel)**

Cap enfants is a non-profit organization whose mission and purpose is to actively contribute to the well-being of children ages zero to six by strengthening and supporting families in the Acadian and FrancoTel communities of PEI. Being very aware of the various diversities in the different FrancoTel regions, Cap enfants puts an emphasis on reducing risk factors by focusing on prevention, promotion, protection and partnership.

We offer French programs in the following outreach areas; West Prince, Summerside, Charlottetown, Souris and Rustico. Some of the programs and services offered are: Healthy Baby Club; Breastfeeding Support Group; Resource Mom-Home Visits; Prenatal Support Group; Play Groups; Parenting Sessions and Story Time.

Our main Centre is located in Wellington. The Centre is open Monday to Thursday, 8:30 am to 4:30 pm.

Contact: Janine Gallant  
124 Mill Road  
PO Box 9, Wellington, PE C0B 2E0  
Tel: 902-854-2123 Fax: 902-854-2732  
Toll free: 1-866-854-2123  
Email: [actions@eastlink.ca](mailto:actions@eastlink.ca)  
Website: [www.capenfants.ca](http://www.capenfants.ca)

## **Queens**

### **CHANCES Family Resource Centre**

CHANCES Family Centre in Charlottetown offers a comprehensive range of programs and services for families from conception to age six. This continuum of support includes:

Pre and postnatal programs, child development and parenting programs, in home visiting program (Best Start), Smart Start Junior Kindergarten (Lic #L4455), three Early Childhood Development Centres; Charlottetown (Lic #L4441), Stratford (Lic# L4461), and Cornwall (Lic #A292808), Preschool Program - Stratford Location and Smart Play Cornwall After School Program (Lic # P391009).

The prenatal group meets every Tuesday evening. The sessions are informal and participants are encouraged to join at any time. The postnatal group meets every week and is open to mom and their babies up to 6 months of age. Please call or Email to register.

Contact: Ann Roberston  
77 Upper Prince, Charlottetown, PE, C1A 4S6  
Tel: 902-892-8744 Fax: 902-892-3351  
Email: [annrobertson@chancesfamily.ca](mailto:annrobertson@chancesfamily.ca)  
[www.chancesfamily.ca](http://www.chancesfamily.ca)

## **Mi'kmaq Family Resource Centre/ Aboriginal Women's Assoc. of PEI (Aboriginal)**

The Mi'kmaq Family Resource Centre provides culturally sensitive programming, support and advocacy for off reserve Aboriginal families with children 0-6 years old. They receive funding from the Aboriginal Heat Start (AHS) program of the Public Health Agency of Canada (PHAC). Programs include prenatal nutrition, parenting support groups, community kitchen, resource lending library, drop in and play, special play groups, crafts, traditional teachings and language.

Open Monday - Thursday, 9:00 am - 4:30 pm.

Contact: Sharon O'Brien

158 St. Peter's Road, Charlottetown, PE C1A 5P8

Tel: 902-892-0928

Fax: 902-894-3854

Email: [mfrc@pei.aibn.com](mailto:mfrc@pei.aibn.com)

## **Eastern Kings**

### **Main Street Family Resource Centre / Eastern Kings Community Coalition Inc.**

This program consists of parents, professionals and interested individuals dedicated to working together to provide the support families need to give their children the best start in life. Programs include: parents and tot programs, resource lending library (books, videos, baby equipment and toys), parent training, community kitchen, prenatal programs and various special family events.

Contact: Barb Lundrigan

1 Washington Street, Souris, PE C0A 2B0

Tel: 902-687-3928 Fax: 902-687-4086

Email: [mainfrc@pei.aibn.com](mailto:mainfrc@pei.aibn.com)

## **Southern Kings**

### **Families First Resource Center/Voices for Children Coalition Inc.**

The vision of the resource center is to improve the wellbeing of young children (0-6) in the community. It is a fun, cost free place for children, their parents and care givers to have fun together. Music, Baby Club, Youthful moms, preschool and toddler playgroups. We also offer breastfeeding, prenatal and nutritional information and support along with an extensive lending library. A wide variety of baby needs are available for loan out. Our main centre is located in Montague with outreach sites in Georgetown, Murray Harbour and Vernon Bridge. Transportation is available to our programs

Contact: Darlene Mellish  
219 Kennedy Street, Montague, PE C0A 1R0  
Tel: 902-838-4600 Fax: 902-838-4645  
Email: [Darlene@familiesfirstpei.com](mailto:Darlene@familiesfirstpei.com)  
[www.familiesfirstpei.com](http://www.familiesfirstpei.com)

# Family Violence Services

## **PEI Community Justice Resource Programs**

Offered by Community and Correctional Services, Clinical Services. Programming is intended for delivery to individuals who exhibit socially unacceptable behavior, which is in conflict with the criminal justice system, or may be in the future.

Programs offered include: Turning Point for Family Violence (men) Sexual Deviance Assessment/Treatment and Anger Management (men and women).

Available to all adult Islanders. Self-referrals are welcome.

## **Murchison House**

Riverside Dr.

Charlottetown, PE C1A 7N5

General Information Tel: 902-368-6390

Turning Point - Tel: 902-368-6392

Sexual Deviance Assessment/Treatment

Tel: 902-368-6391

## **Anger Management & Sexual Deviance Assessment/Treatment**

Clinical Services Manager Community and Correctional Services

Office of the Attorney General

P.O. Box 2000, 124 Murchison Lane

Charlottetown PE C1A 7N5

Tel: 902-569-7684

Fax: 902-368-5644

## **Sexual Deviance Assessment/Treatment**

Lindy Affleck

Sexual Deviance Clinician

Tel: 902-368-6391

Fax: 902-368-5644

Email: [lbaffleck@gov.pe.ca](mailto:lbaffleck@gov.pe.ca)

## **Turning Point**

Joanne Hargrove

Turning Point Coordinator

Tel: 902-368-6392

Fax: 902-368-5644

Email: [jmhargrove@gov.pe.ca](mailto:jmhargrove@gov.pe.ca)

## **PEI Family Violence Prevention Services Inc.**

PO Box 964, Charlottetown, PE C1A 7M4

Tel: 902-894-3354 Fax: 902-628-8718

Email: [admin@fvps.ca](mailto:admin@fvps.ca)

Website: [www.FVPS.ca](http://www.FVPS.ca)

PEI Family Violence Prevention Services Inc. (formerly Transition House Association) was established in 1980 to provide a place of safety for women and children who are victims of abuse, and to work towards the elimination of family violence in our community.

## **Anderson House**

Toll free: 1-800-240-9894 Fax: 902-892-0960

General Information: 902-368-8658

PO Box 964, Charlottetown, PE C1A 7M4

Email: [shelter@fvps.ca](mailto:shelter@fvps.ca)

Anderson House is a safe and supportive emergency shelter for women and their children who have been physically, emotionally, financially or sexually abused or who live in constant fear of abuse. Anderson House is staffed by qualified women who are trained to deal with the issues surrounding abuse.



Anderson House Services include: emergency shelter, toll free 24-hour crisis line, drop-in support, resource information, community referrals and advocacy.

**Second Stage Housing** offers safe and supportive housing for women and children who wish to live their lives free of abuse. Units are available in O'Leary, Summerside, Charlottetown and Montague.

**Outreach Services** include Support groups for women and children, one on one support, public education, training and advocacy. Outreach services are available in Queens, West Prince, East Prince and Eastern PEI.

### ***Outreach Coordinators***

#### **West Prince Family Violence Prevention Services**

(O'Leary)

C/O Access PEI

PO Box 8, O'Leary, PE C0B 1V0

Valerie Smallman, Coordinator

Tel: 902-859-8849 Fax: 902-859-8709

Email: [valerie@fvps.ca](mailto:valerie@fvps.ca)

Next Step Housing: 902-859-8849

#### **East Prince Family Violence Prevention Services (Summerside)**

216 Water Street

Harbourview Plaza

Summerside, PE C1N 1B3

Norma McColeman

Tel: 436-0517 Fax: 888-3002

Email: [norma@fvps.ca](mailto:norma@fvps.ca)

Next Step Housing: 902-436-0517

## **Queens County Outreach**

(Charlottetown)

PO Box 964, Charlottetown, PE C1A 7M4

Gloria Dennis

Tel: 902-566-1480, ext. 224 Fax: 902-628-8718

Email: [gloria@fvps.ca](mailto:gloria@fvps.ca)

Second Stage Housing: 902-894-3354

## **Eastern PEI Family Violence Prevention Services (Montague)**

C/O Riverview Manor

Box 820, Montague, PE C0A 1R0

Gwyn Davies

Tel: 902-838-0795 Fax: 902-838-0774

Email: [gwyn@fvps.ca](mailto:gwyn@fvps.ca)

Sunrise House: 902-838-0795

## **Chief Mary Bernard Memorial Women's Shelter**

(Lennox Island)

**The Chief Mary Bernard Memorial Women's Shelter** offers Emergency Shelter as well as Term Occupancy for women (18 and older) and children. Women who are victims of family violence can stay at the shelter, as well as women in need of temporary housing. Emergency stay is three to six weeks; while Aboriginal women can apply to stay for up to a year. A woman under the influence of drugs or alcohol cannot enter the facility. Residents can participate in programming regarding parenting, employment, and/or life skills. The women's shelter is staffed 24/7 for the safety and comfort of all residents. Suppers are provided.

**Tel:** 24 hour line 902-831-2332

**Email:** [womensshelter@lennoxisland.com](mailto:womensshelter@lennoxisland.com)

## ***PEI Rape and Sexual Assault Centre***

PO Box 1522

1 Rochford Street, Charlottetown PE C1A 7N3

The Prince Edward Island Rape and Sexual Assault Centre provides services to adult and youth survivors of recent or historic childhood sexual abuse or sexual assault across Prince Edward Island. Services include individual and group therapy, and public education.. The goal of the PEI Rape and Sexual Assault Centre (PEIRSAC) is to support and advocate for survivors of sexual assault and abuse in their healing and to ensure that all residents of PEI are safe from sexual violence.

**Therapy Line:** To request services: 902-368-8055

**Main Office:** For general inquiries: 902-566-1864

**Email:** *admin@peirsac.org*

**Website:** *www.peirsac.org*

# Justice and Legal Services

## **Victim Services**

This program assists victims of crime across the province. Services include: information about the justice system and referral; short-term counselling; assistance through the court process; victim impact statements; and investigating and preparing claims for criminal injuries compensation.

### **Queens and Kings Counties:**

Honourable C.R. McQuaid Family Law Centre  
1 Harbourside Access Road  
P. O. Box 2000, Charlottetown, PE C1A 7N8  
Tel: 902-368-4582  
Fax: 902-368-4514

### **Prince County:**

263 Harbour Drive  
Suite 19, 2nd Floor, Summerside, PE C1N 5P1  
Tel: 902-888-8217 or 902-888-8218  
Fax: 902-888-8410

## **Community Legal Information Association (CLIA)**

CLIA is a charitable organization that provides plain language legal information to the general public, including free pamphlets on a wide variety of legal topics. Legal information for young parents is available. It provides access to resources concerning family law, family violence, women assault, and sexual assault. Calls are anonymous and will not show up on home telephones. Information/referrals to other legal services are provided.

Royalty Centre, Room 111  
40 Enman Crescent  
Charlottetown, PE C1A 7K4  
Tel: 902-892-0853  
Toll Free: 1-800-240-9798  
Fax: 902-368-4096

## **Lawyer Referral Service**

Up to 45 minutes of legal advice is provided by private lawyers at a nominal charge of \$25.00 plus tax. This service can be reached through CLIA.

### **Monday to Thursday: 9:00am-3:30pm.**

Charlottetown: 902-892-0853

Toll Free: 1-800-240-9798

**The Honourable C.R. McQuaid Family Law Centre** was established to provide programs and services, in a coordinated manner, to families going through separation and divorce.

Honourable C.R. McQuaid Family Law Centre

1 Harbourside Access Rd, Charlottetown, PE C1A 8C1

Tel: 902-368-6292

Fax: 902-368-6934

## **Family Court Counsellors Office**

The Family Court Counsellors Office prepares court ordered home studies in some custody and access cases proceeding through the courts and mediates custody and child support issues between parties as an alternative to proceeding to court.

1 Harbourside Access Road

Charlottetown, PE C1A 8C1

Tel: 902-368-6928

Fax: 902-368-6934

## **Parent Education Program**

*Positive Parenting from Two Homes* is an educational program for parents who are separating/divorcing and/or parenting from two homes. Trained facilitators provide information, present videos, facilitate discussion and answer questions to assist separated parents in understanding their feelings, their children's needs, and to develop a business-like relationship with the other parent. The *Positive Parenting from Two Homes for Kids!* evolved from the *Positive Parenting from Two Homes* Program. The Program is a voluntary, educational program that aims to lessen the impact of separation and divorce on children. The program is divided into three groups and delivered to children in grade 1-3, 4-6 and 7-9. Each program involves approximately five one hour sessions utilizing videos, brainstorming, books, puzzles, role playing and discussion.

To register or for information: 902-368-4333

Toll Free: 1-877-203-8828

## **Child Support Guidelines Office**

The Child Support Guidelines Office provides information on the Child Support Guidelines and assistance to unrepresented parties proceeding through the Courts on an initial application for child support or a variation of child support. The office also coordinates form-based applications going out of province when parties live in two provinces and are not in divorce proceedings (Inter-jurisdictional Support Orders application-ISO).

### **Charlottetown Office**

1 Harbourside Access Road

PO Box 2000

Charlottetown, PE C1A 8C1

Tel: 902-368-6220

**Summerside Office**

Court House  
108 Central Street  
Summerside, PE C1N 3L4  
Tel: 902-888-8125  
Fax: 902-888-8222

**Administrative Recalculation Office**

This office conducts administrative recalculation of child support in cases where the discretion of the Court is not required and the original order/agreement provides for the automatic administrative re calculation of child support on an annual basis. This allows the parties to update child support in accordance with the parties' income without proceeding back through the courts.

**Charlottetown Office**

1 Harbourside Access Road  
PO Box 2000, Charlottetown, PE C1A 8C1  
Tel: 902-368-4109

**Maintenance Enforcement Program**

The Maintenance Enforcement Program receives, registers and enforces child support and spousal support orders/agreements and collects and disburses child/spousal support payments on a monthly basis. The Program attempts to enforce orders and agreements, in such manner as appears practicable, if payments are in arrears. The appropriate method of enforcement is determined by the Program's staff and may include an administrative remedy, such as garnishment of wages, interception of federal moneys owing to a support payer, revocation of driver's license, revocation of passport, or a judicial remedy, such as a default hearing before the court. The Program does not represent the support payer or the payee.

**Charlottetown Office**

1 Harbourside Access Road,  
PO Box 2000, Charlottetown, PE C1A 8C1  
Main IVR line Toll free: 1-866-226-8722  
Tel: 902-894-0383  
IVR: 902-368-601



# Marital and Family Counselling

## **Family Service PEI**

In 2007 Family Service PEI was formed from the merger of Prince County Family Services Bureau and Community and Family Service of PEI. The mission of Family Service of PEI is to support, empower and strengthen families, individuals and couples on PEI through the provision of professional services in the areas of counselling, family life, education and family advocacy. Proudly funded by the United Way.

155 Belvedere Avenue, Suite 106  
Charlottetown, PE C1A C1A 2Y9  
Tel: 902-892-2441  
Toll Free: 1-866-892-2441 (PEI only)  
Fax: 902-892-4998  
Email: [director@familyservice.pe.ca](mailto:director@familyservice.pe.ca)

109 Water Street  
Summerside, PE C1N 1A8  
Tel: 902-436-9171  
Toll Free: 1-866-892-2441 (PEI only)  
Fax: 902-892-4998  
Email: [cfs@familyservice.pe.ca](mailto:cfs@familyservice.pe.ca)  
[www.familyservice.pe.ca](http://www.familyservice.pe.ca)

## **Catholic Family Services Bureau**

Catholic Family Services Bureau is a voluntary, not-for-profit accredited family service agency whose purpose is the promotion and strengthening of the quality of family life of Prince Edward Island.

The purpose is carried out through the provision of professional counselling, educational and advocacy services which are based on the recognition of the unique worth and dignity of each human being from conception until natural death. Services are available to all regardless of age, race, creed/religion, marital status, sex, sexual orientation.

The Family Education Programs include: Assertive Training; Active Parenting for Children 2-12; Active Parenting for Teens, Building Self-Esteem; Managing Stress; and Team Building for Couples.

129 Pownal Street, PO Box 698

Charlottetown, PE C1A 7L3

Tel: 902-894-3515

Fax: 902-892-4043

General Inquiries: [admin@catholicfamilyservice.ca](mailto:admin@catholicfamilyservice.ca)

Executive Director: [prmutch@catholicfamilyservice.ca](mailto:prmutch@catholicfamilyservice.ca)

Website: [www.catholicfamilyservice.ca](http://www.catholicfamilyservice.ca)

## Parenting Courses

Parenting Courses are available through a number of services listed in this directory. Fees vary depending on the agency. Courses are available through: Catholic Family Services Bureau, Family Resource Centres, Four Neighborhoods CHC, and Justice and Legal Services.

# Public Health Nursing

Prenatal information from Public Health Nursing is offered through classes and one-on-one counselling. There is no fee for this service. A prenatal nursing assessment is offered before attending prenatal classes.

## **PRINCE**

### **West Prince**

Classes are offered three times per year; spring, fall and winter. Individual sessions/counselling are available by contacting the Public Health Office at 902-859-8720. The sessions are two nights a week from 7:00-9:00 pm for seven sessions.

The classes are held at:  
Kids West Building  
555 Main Street, Alberton, PE

To register for the classes call the Public Health Office at 902-859-8720 Fax: 902-859-8701

### **Lennox Island**

Prenatal information for Lennox Island First Nation community members is available through the Lennox Island Health Clinic. Assessments are done on all women who access this prenatal program.

Community Health Nursing  
PO Box 135, Lennox Island, PE C0B 1P0  
Tel: 902-831-2711 Fax: 902-831-2780

## **East Prince**

Classes begin monthly, except during August. Classes are taught in 6 week sessions, 2 evenings week. Breastfeeding classes and Infant CPR classes are also available. Classes are offered at the Prince County Hospital. A prenatal assessment is done before beginning classes. One-to-one sessions are also available if/as needed.

205 Linden Avenue, Summerside, PE C1N 2K4  
Tel: 902-888-8160 Fax: 902-888-8153

## **Evangeline Community Health Centre**

Classes are offered in French. There is no set schedule for class times. Individual sessions in French or English are offered as requested. Contact Evangeline Community Health Centre for more information.

Tel: 902-854-7259 Fax: 902-854-7270

## **QUEENS**

Classes are offered on an ongoing basis 2 evenings a week throughout the year. It is a 6 week series including a breast feeding class. Women are encouraged to enroll early in their pregnancy. Classes are currently held at:

### **Charlottetown**

Sherwood Business Centre  
161 St. Peters Road, PO Box 2000  
Charlottetown, PE C1A 7N8  
Tel: 902-368-4530 Fax: 902-368-4497

## **KINGS**

Classes are offered three times per year as needed. Sessions are offered spring, fall, and winter. Individual sessions/counselling are available by contacting the Public Health Nursing office. The series of Prenatal Classes runs for six consecutive weeks.

**Souris**

Souris Hospital

17 Knights Avenue, PO Box 640

Souris, PE C0A 2B0

Tel: 902-687-7049

Fax: 902-687-7048

**Montague**

126 Douses Road, PO Box 3000

Montague, PE C0A 1R0

Tel: 902-838-0762

Fax: 902-838-0803

## Youth Parents School-Based Support Groups/Programs

These programs provide varying degrees of social support and education for teen parents within or near all Island high schools. They offer an integrated, supportive, positive, client friendly environment. The goals of the programs include: Empowering the teen parent with the knowledge, skills, and attitudes necessary to achieve positive health outcomes for herself and her child and assisting the teen to finish her education. Teen parents, in the Eastern School District, interested in an educational program should contact at 902-368-6860.

### **West Prince**

#### **Kids West Teen Parent support Group**

Location: Westisle Senior High School

Contact: Colleen Parker

Tel: 902-853-3437

Fax: 902-853-2622

Email: [colleen.kidswest@eastlink.ca](mailto:colleen.kidswest@eastlink.ca)

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

### **East Prince and West Prince**

#### **Educating Pregnant and/or Parenting Youth Program (EPPY Program)**

Locations: All Schools in the Western School Board

Contact: Elsa Riley

Tel: 902-888-8460 Western School Board, Summerside, (M/W/F)

Tel: 902-853-8674 Western School Board, Elmsdale (T/TH)

Email: [emriley@edu.pe.ca](mailto:emriley@edu.pe.ca)

## **Queens**

### **G.I.F.T.**

This is a support program for pregnant and parenting teens.

Locations: Colonel Gray Sr. High, Charlottetown Rural, Bluefield.

Tel: 902-368-6860 or 902-368-6990

\*Each school runs its own individual program and may be contacted directly.

