

FREE COPY - Your Family's Guide to Safety at Home, School & Online

Children's Safety Guide

Children and Youth Mental Health Edition



Third Edition • 2026

IN THIS EDITION:



Kids Mental Health in Canada

The latest facts, trends and expert advice on the state of children's mental health across the country.



Why Are Canadian Kids Struggling?

Exploring the causes behind rising anxiety, stress and sadness in kids—and how we can help.



Healthy Bodies, Happy Kids

Nutrition, physical activity and sleep: the building blocks of lifelong health and well-being.



Special Report on Canada's Children's Hospitals

World-class care, extraordinary people and the growing challenges facing our pediatric hospitals.



Mental Health and Emotional Safety

Helping kids recognize feelings, build confidence and create safe spaces at home and at school.



Nurturing Young Minds: Mental Health Tips for Kids in Canada

Practical, age-appropriate tips and resources to support children's mental wellness every day.

city**i**kidz | ottawa



Kids' Mental Health in Canada

The Facts, The Challenges, The Hope

Mental health is a vital part of every child's overall health and development. Yet too many children and youth in Canada are struggling.

A NATIONAL PICTURE

Mental health challenges are common, treatable and, with the right support, children can thrive.

Early support can change the trajectory of a young life.



1 IN 5

Children and youth (age 12–17) in Canada have a mental health disorder or challenge.



50%

Of all mental health conditions begin by age 14, and 75% by age 24.



20–30%

Increase in emergency department visits for mental health concerns among youth since 2019 (varies by region).



8–10 WEEKS

The average wait time for youth to access public mental health services in many provinces.



\$7.9 BILLION

The estimated annual economic cost of youth mental health problems in Canada.

Sources: Mental Health Commission of Canada; Statistics Canada; CIHI; Canadian Institute for Health Information; UNICEF Canada

WHAT ARE KIDS STRUGGLING WITH?

The most common mental health concerns among children and youth in Canada include:



ANXIETY DISORDERS

31%

Worry, fear and panic can interfere with daily life and school.



DEPRESSION

26%

Persistent sadness, loss of interest, or feeling hopeless.



BEHAVIOURAL DISORDERS

19%

Includes ADHD, oppositional defiant disorder and conduct disorder.



EATING DISORDERS

7%

Increasing, especially among teen girls.



SUBSTANCE USE ISSUES

6%

Alcohol, cannabis and vaping are rising among teens.



SELF-HARM & SUICIDAL IDEATION

Serious concern: Suicide is the 2nd leading cause of death among youth aged 15–24 in Canada.

THE IMPACT IS REAL

Children and youth facing mental health challenges are more likely to experience:

- ✓ Poor academic performance
- ✓ Difficulty making or maintaining friendships
- ✓ Family stress and conflict
- ✓ Physical health problems
- ✓ Risky behaviours
- ✓ Long-term mental health struggles into adulthood



DID YOU KNOW?

- ✓ Strong relationships with caring adults protect kids' mental health.
- ✓ Schools, families and communities all play a critical role.

WHY ARE MORE KIDS STRUGGLING?

FACTORS CONTRIBUTING TO THE MENTAL HEALTH CRISIS



Academic Pressure: High expectations and constant evaluating can lead to stress and anxiety.



Social Media & Technology: Constant comparison, cyberbullying and screen overuse impact self-esteem and sleep.



Loneliness & Isolation: Many youth report feeling lonely, especially after the pandemic.



Family Stress: Financial strain, family conflict, and parental mental health affect kids.



Uncertainty About the Future: Climate change, global events and instability cause fear and helplessness.



SIGNS YOUR CHILD MAY BE STRUGGLING

- ✓ Changes in mood or behaviour
- ✓ Loss of interest in activities
- ✓ Withdrawal from friends and family
- ✓ Changes in sleep or appetite
- ✓ Difficulty concentrating
- ✓ Frequent physical complaints (headaches, stomachaches)
- ✓ Talking about feeling hopeless or wanting to die

MENTAL HEALTH BY AGE

Different stages, different challenges.



CHILDREN (5–11)

- Worries about school, friends or family changes
- May have trouble expressing big emotions
- Look for behaviour changes or regression (e.g., bedwetting)
- Play and routine are key to stability



TEENS (12–17)

- Identity, peer pressure and social comparisons increase
- Risk-taking behaviours may rise
- Body image concerns peak
- Need for independence can lead to conflict



YOUNG ADULTS (18–24)

- Transition to post-secondary or work life
- Financial stress and uncertainty
- Higher risk for depression, anxiety and substance use
- Many face mental health challenges without support

IT'S OKAY TO TALK ABOUT IT

Open conversations don't cause problems — they prevent them.

Let your child know it's safe to talk about feelings without fear of judgment.



BARRIERS TO GETTING HELP

Many families face challenges when seeking support.



Long wait times



Not enough child and youth mental health professionals



Costs for private care can be prohibitive



Lack of services in rural and northern communities



Stigma and misunderstanding

WHERE TO GET HELP

Kids Help Phone

Call 1-800-668-6868
Text CONNECT to 686868
kidshelpphone.ca
24/7 support in English and French

Crisis Services Canada

Call or text: 988
988.ca
24/7 mental health crisis support across Canada

CHEO Mental Health Services

613-737-7600
cheo.on.ca
Outpatient, inpatient, and community programs for kids and teens

FOR PARENTS OF YOUNG CHILDREN

- The facts about child safety
- Tips to keep your child safer at home
- Strategies to keep your child safer when you go out
- Ideas for talking with your child about safety matters



GET INVOLVED & ENGAGE

Volunteer, get involved, and make a difference in the lives of children and families in Ontario and worldwide.



FOR PARENTS OF TEENS

- The facts about teen safety
- Tips to keep your teen safer at home
- Strategies to keep your teen safer when you go out
- Ideas for talking with teens about safety matters



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Email: sponsor@cs-eo.ca



Charities and Clubs

BGC Ottawa

2825 Dumaourier Avenue
Ottawa, ON K2B 7W3
888-824-0183
www.bgcottawa.org

BGC Renfrew County

275 Pembroke St. E.
Pembroke, ON K8A 3J9
613-735-1933
www.bgcrenfrewcounty.ca

BGC South East

1300 Bath Road, Unit A-2
Kingston, ON K7M 4X4
613-507-3306
www.bgcsoutheast.ca

Big Brothers Big Sisters of Cornwall and District

101 Third St. W.
Cornwall, ON K6J 2N9
613-933-8035
www.cornwall.bigbrothersbigsisters.ca

Big Brothers Big Sisters of Kingston, Frontenac, Lennox and Addington

1300 Bath Rd.
Kingston, ON K7M 4X4
613-544-1621
www.kingston.bigbrothersbigsisters.ca

Big Brothers Big Sisters of Lanark County

18 William St. E
Smiths Falls, ON K7A 1C2
613-283-0570
www.lanark.bigbrothersbigsisters.ca

Big Brothers Big Sisters of Leeds and Grenville

36 George St., Lower Level
Brockville, ON K6V 3V5
613-345-0281
www.leeds.bigbrothersbigsisters.ca

Big Brothers Big Sisters of Ottawa

1645 Woodroffe Ave. Rm 12
Ottawa, ON K2G 1W2
613-247-4776
www.bbbso.ca

Big Brothers Big Sisters of Outaouais

562 Chem. Doherty
L'Ange-Gardien, QC J8L 0T4
819-281-0405
www.outaouais.bigbrothersbigsisters.ca/contact-us

Carleton Place & District Youth Centre

360 Edmund St.
Carleton Place, ON K7C 3Y7
613-257-8901
www.cpyouthcentre.org

Children At Risk

235 Donald St. Suite 209
Ottawa, ON K1K 1N1
613-741-8255
www.childrenatrisk.ca

Children's Aid Society of Ottawa

1602 Telesat Court
Ottawa, ON K1B 1B1
613-747-7800
www.casott.on.ca

Christie Lake Kids

400 Coventry Rd
Ottawa, ON K1K 2C7
613-742-6922
www.christielakekids.com

CityKidz Ottawa

532 Montreal Rd, Suite 220
Ottawa, ON K1K 4R4
613-796-3063
www.citykidzottawa.ca

Dreams Take Flight

6305 Herberts Corners Rd
Ottawa, ON K4P 1H3
204-479-5267
www.dreamstakeflight.ca

If your organization is not listed or is incorrect, please contact us with your information. Please consider placing an Agency Snapshot in our next publication. Email us at: sponsor@cs-eo.ca

Agency Snapshot



**MAKING THE CONNECTION
OUR COMMUNITY
OUR FUTURE**

610 Donald Street
Ottawa, ON K1K 1L4
(613) 801-7426
communicationsacb@gmail.com
acbwellness.ca



OUR VISION

Our vision is to build capacity through literacy, community engagement, resource development, and advancement of Black and marginalized individuals, to ensure a society in which all individuals have equal and equitable rights empower Black and marginalized individuals in Ottawa/Gatineau surrounding area.

We aim to create positive change and a lasting, sustainable organization that serves as a pillar and home for newcomers in the community.



WHY ARE CANADIAN KIDS STRUGGLING?

UNDERSTANDING THE FACTORS BEHIND TODAY'S YOUTH MENTAL HEALTH CRISIS

More children and youth in Canada are struggling with their mental health than ever before. Many factors are contributing to this crisis—and understanding them is the first step toward creating real change.

THE BIG PICTURE



1 in 5 Canadian children and youth experiences a mental health challenge.



Anxiety disorders are among the most common mental health concerns affecting young people.



Many adult mental health conditions first appear during childhood or adolescence.



Early intervention can significantly improve long-term outcomes.

Sources: Mental Health Commission of Canada; Statistics Canada; CMHA; UNICEF Canada



DID YOU KNOW?

Children who spend more time engaged in meaningful face-to-face relationships often report higher levels of emotional well-being than those who rely primarily on online interactions.

5 KEY FACTORS DRIVING THE YOUTH MENTAL HEALTH CRISIS

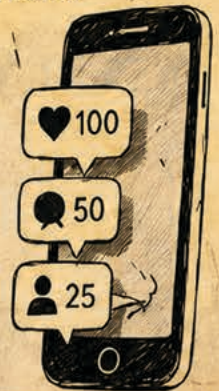
1

THE SOCIAL MEDIA EFFECT

Social media and smartphones have changed childhood dramatically. Constant comparison, pressure to fit in, and exposure to harmful content can take a serious toll.

This can contribute to:

- Lower self-esteem
- Increased anxiety
- Sleep disruption
- Fear of missing out (FOMO)
- Cyberbullying



Friendships and real-life connections are one of the most important protective factors for mental health.



2 ACADEMIC PRESSURE IS RISING

Today's students face high expectations in school and beyond. The pressure to achieve can lead to stress and burnout.

Excessive pressure may contribute to:



Chronic stress



Perfectionism



Anxiety



Burnout



Reduced self-confidence



3 FAMILY STRESS AFFECTS KIDS TOO

Many families are facing financial strain, work stress, and uncertainty. Children feel the impact even when they don't see it.

Common stressors include:



Rising housing costs



Inflation and financial uncertainty



Work-related stress



Family conflict



4 LONELINESS IN A CONNECTED WORLD

Many young people feel lonely, even though they are more "connected" than ever online.

Without strong real-life connections, children may be more vulnerable to:



Anxiety



Depression



Low self-worth



Emotional isolation



5 GROWING UP IN AN UNCERTAIN WORLD

Today's children are exposed to global events at an earlier age than any generation before.

Constant exposure to difficult news can create feelings of:



Fear



Helplessness



Worry about the future



Uncertainty



WHAT PARENTS CAN DO TODAY

- ✓ Listen more than you speak
- ✓ Create screen-free family time
- ✓ Encourage physical activity
- ✓ Prioritize sleep
- ✓ Celebrate effort, not perfection
- ✓ Help children build strong friendships
- ✓ Talk openly about emotions
- ✓ Seek professional support when needed

HOPE IS REAL



Although the statistics can be concerning, children are remarkably resilient when they have supportive adults, healthy relationships, safe environments, and access to appropriate care.

Mental health challenges are not signs of weakness. They are health challenges, and like physical health concerns, they can be addressed with understanding, support, and treatment.

EVERY CONVERSATION MATTERS.
EVERY SUPPORTIVE ADULT MATTERS.
EVERY CHILD MATTERS.



TOGETHER, FAMILIES, SCHOOLS, HEALTHCARE PROVIDERS AND COMMUNITIES CAN HELP BUILD A FUTURE WHERE EVERY YOUNG PERSON FEELS SEEN, VALUED, SUPPORTED, AND HOPEFUL.



Charities and Clubs

Footwear 4 Kids

www.footwear4k.com

Kemptville Youth Centre

5 Oxford St. W
Kemptville, ON K0G 1J0
613-258-5212
www.kyc.team

Kids Help Phone

800-668-6868
www.kidshelpphone.ca

Kids Up Front

100-601 Bank St
Ottawa, ON K1S 3T4
613-230-1111
www.kidsupfrontottawa.com

KidSport Ottawa

PO Box 14076
416-899-9106
www.kidsportcanada.ca

Lanark Highlands Youth Centre

61 Princess
Lanark, ON K0G 1K0
613-259-2012
www.lhyci.ca

Les Centres jeunesse de l'Outaouais

290 rue Marion
Shawville, QC J0X 2Y0
819-647-3288
www.ysb.ca

Mississippi Mills Youth Centre

134 Main St E
Almonte, ON K0A 1A0
613-256-5959
www.mmyc.ca

Navy League of Canada

137 John St
Carleton Place, ON K7C 1N7
613-257-7951

Options Youth (Ontario Inc)

305 - 53 Herriott Street
Perth, ON K7H 1T5
613-267-5427
www.optionsyouth.com

Orkidstra

211 Bronson Ave. Studios 204 & 210
Ottawa, ON K1R 6H5
613-859-3559
www.orkidstra.ca

Ottawa Food Bank

2001 Bantree Street
Ottawa, ON K1B 4X3
613-745-7001
www.ottawafoodbank.ca

Ronald McDonald House Ottawa

407 Smyth Road
Ottawa, ON K1H 8M8
613-737-5523
www.rmhottawa.com

Salvation Army

1490 Richmond Rd
Ottawa, ON K2B 6S1

Salvation Army Social Service Program

171 George St
Ottawa, ON K1N 5W5
613-722-9995
www.salvationarmy.ca

Smiths Falls & District Club for Youth

41 Main St W
Smiths Falls, ON K7A 1M7
613-284-1784

Charities and Clubs

The Door Youth Centre
755 Somerset St W, 2nd Floor
Ottawa, ON K1R 6R1
613-237-3667
www.thedooryouthcentre.com

Trips for Kids Ottawa
27 Stinson Ave
Ottawa, ON K2H 6N2
613-853-9454
www.tripsforkidsottawa.ca

YAK Youth Centre
1 Sherbrooke St E
Perth, ON K7H 1A1
613-264-8381
www.yakouth.ca

YMCA
308-240 Catherine St
Ottawa, ON K2P 2G8
613-238-5462
www.ymca.ca

Youville Centre
150 Mann Ave
Ottawa, ON K1N 8P4
613-231-5150
www.youvillecentre.org

Clothing and Household Items

Lanark Highlands Food Pantry and Thrift Store
49B George
Lanark, ON K0G 1K0
613-259-3285
www.southeasthealthline.ca

May Court Bargain Box
228 Laurier Ave E
Ottawa, ON K1N 6P2
613-235-0333
www.maycourt.org/community-projects/

Mission Thrift Store
147 Mackay St
Pembroke, ON K8A 1B8
613-635-4796
www.missionthriftstore.com/store/pembroke/

Ottawa Valley Thrift Store
45 MacDonald St S
Arnprior, ON K7S 2W4
613-623-7076

Salvation Army
120 Garden St
Gananoque, ON K7G 1H9
613-382-3105
www.salvationarmy.ca

Salvation Army
181 King St W
Brockville, ON K6V 3R6
613-342-1616
www.salvationarmy.ca

If your organization is not listed or is incorrect, please contact us with your information. Please consider placing an Agency Snapshot in our next publication. Email us at: sponsor@cs-eo.ca

Agency Snapshot



Serving Our Community

2 Oxford Street West
Kempville, ON K0G 1J0

(613) 258-3583

www.thesalvationarmykempville.com

Find us on...  



Community and Family Services

The Salvation Army Community and Family Services works with families and individuals to alleviate the effects of poverty in our community and surrounding area. Vulnerable persons can access emergency services as well as programs and services designed to empower them at all stages of life to break the cycle of poverty and reduce isolation. We are dedicated to serving the spiritual, emotional, physical and social needs of all people, regardless of race, gender, sexual orientation, age, disability, national or ethnic origin.



Thrift Shoppe

Our Thrift Shoppe offers pre-loved items generously donated by the community. You can find quality products including; furniture, clothing, shoes, housewares, books, electronics and sporting goods. You can also find a second-hand or vintage piece at an affordable price while helping raise funds to support vital work through The Salvation Army's Community & Family Services.



Church

Welcome to Church! Here you are invited to join the family! In our family we practice courage, compassion, and gratitude. We value rest, play, boundaries, accountability and honour. We laugh, sing, dance and create - and we give ourselves permission to be who we truly are. In times of difficulty and uncertainty, you will be able to draw on Holy Spirit energy that is part of our shared experience. We are inclusive. No matter what, you belong here. Let's explore our spiritual questions together and find encouragement, hope and love regardless of where you may be on the spiritual journey.

Healthy Bodies, Happy Kids

Building Lifelong Habits One Day at a Time

Every parent wants their child to grow up healthy, confident, and full of energy. The good news? Small daily habits can make a big difference in helping children thrive-physically, emotionally and socially. **Here's how your family can build a foundation for a lifetime of wellness.**



MOVE MORE, SIT LESS

Children are designed to move! Whether they're running, climbing, dancing or playing sports, physical activity helps build strong muscles, healthy bones and healthy hearts.

Family Activity Ideas

- ♥ Family bike rides
- ♥ Evening walks
- ♥ Dance parties in the living room
- ♥ Playground adventures
- ♥ Weekend hikes
- ♥ Playing catch at the park



DID YOU KNOW?

Children who are physically active often:

- ✓ Sleep better
- ✓ Feel happier
- ✓ Have better concentration at school
- ✓ Build stronger self-confidence

FUELING GROWING BODIES

Healthy eating doesn't need to be complicated. A balanced plate can include:



Vegetables



Fruits



Whole grains



Lean proteins



Dairy or dairy alternatives



Parents can encourage healthy eating by involving children in meal planning and preparation. Children who help make dinner are often more willing to try new foods.

LUNCHBOX CHALLENGE

Try including:



One fruit



One vegetable



A protein source



A whole grain snack



A reusable water bottle

Small changes add up over time.

“ Children don't need perfect parents. They need positive role models who are willing to make healthy choices alongside them. ”



THE SUPERPOWER OF SLEEP

Many parents focus on nutrition and exercise but overlook one of the most important ingredients of good health: sleep.

Sleep helps children:

- ★ Learn new information
- ★ Build memories
- ★ Grow physically
- ★ Strengthen their immune systems
- ★ Manage emotions



PARENT TIP

Try a simple bedtime routine:



Read a book



Brush teeth



Share one good thing about the day



Lights out

Consistency helps children feel secure and relaxed.

HEALTHY BODIES AND HEALTHY MINDS

Physical health and emotional health work together.

Children face challenges every day, from school pressures to friendships and extracurricular activities.

Parents can support emotional wellness by:

- ✓ Listening without judgment
- ✓ Encouraging open conversations
- ✓ Celebrating effort, not just results
- ✓ Helping children solve problems independently



QUICK CHECK-IN QUESTIONS

Instead of asking:
"How was school?"



What made you smile today?



What challenged you today?



Did you help someone today?



What are you proud of this week?

These questions often create deeper conversations.

FAMILY HEALTH CHALLENGE

Can your family complete all 5?

- 1 Drink more water
- 2 Play outside every day
- 3 Eat one extra fruit or vegetable
- 4 Limit screen time before bed
- 5 Share at least one family meal together



TINY HEARTS TAKEAWAY

Healthy children are not created by one perfect meal, one soccer game, or one early bedtime. Healthy children are built through thousands of small moments that happen every day. When families focus on progress rather than perfection, children learn habits that can last a lifetime.



Clothing and Household Items

Salvation Army - Ottawa Booth Centre

171 George St
Ottawa, ON K1N 5W5
613-241-1573
www.ottawaboothcentre.org

Salvation Army Thrift Store

203 Brockville St
Smiths Falls, ON K7A 3Z3
613-283-8311

Shop Smart Thrift Store

242 Dalhousie St
Ottawa, ON K1N 7E2
343-463-1515

Society of St. Vincent De Paul (Ottawa)

1273 Wellington St. W
Ottawa, ON K1Y 3A6
613-722-7166
www.chezvincent.org

The Community Thrift Shop

275 Elgin St
Ottawa, ON K2P 0H8
613-232-4500
www.stjohnsottawa.com

The Salvation Army Ottawa Citadel

1350 Walkley Rd
Ottawa, ON K1V 6P6
613-731-0165
www.ottawacitadel.com

The Salvation Army Thrift Store

2659 Alta Vista Dr
Ottawa, ON K1V 7T5
613-523-9059
www.thriftstore.ca

The Salvation Army Thrift Store

1490 Richmond Rd
Ottawa, ON K2B 6S1
613-726-7136
www.thriftstore.ca

The Salvation Army Thrift Store

333 Montréal Rd
Ottawa, ON K1L 6B4
613-842-3938
www.thriftstore.ca

The Salvation Army Thrift Store

1616 Merivale Rd
Ottawa, ON K2G 3K3
613-228-5282
www.thriftstore.ca

The Salvation Army Thrift Store

2339 Ogilvie Rd
Gloucester, ON K1J 8M6
613-745-2881
www.thriftstore.ca

The Salvation Army Thrift Store

1826 Robertson Rd
Nepean, ON K2H 5Z6
613-726-8891
www.thriftstore.ca

The Salvation Army Thrift Store

4025 Innes Rd
Orléans, ON K1C 1T1
613-830-2783

The Thrift Store New & Used Goods

55 Beckwith St N
Smiths Falls, ON K7A 2B4
613-205-1240

The Thrift Store New & Used Goods

55 Beckwith St N
Smiths Falls, ON K7A 2B4
613-205-1240

Value Village

1824 Bank St.
Ottawa, ON K1Z 7Y6
613-526-5551
www.stores.savers.com/on

Clothing and Household Items

Value Village
1-1300C Bath Rd
Kingston, ON K7M 2E9
613-536-5051
www.stores.savers.com/on

Value Village
361 boul Maloney O
Gatineau, QC J8P 7E9
613-663-4343

Value Village
1215 Pembroke St W
Pembroke, ON K8A 5R3
613-735-2560

Food Banks and Meal Programs

ACB (African Caribbean Black) Wellness Resource
Centre Food Cupboard
610 Donald St.
Ottawa, ON K1K 1L4
613-801-7426
www.acbwellness.ca

AGAPE Centre
40 Fifth St W.
Cornwall, ON K6J 2T4
613-938-9297
www.agapecentre.ca

AMS Food Bank
John Deutsch University Centre
87 Union St
Kingston, ON K7L 3N6
613-533-6000
www.amsfoodbank.com

Arnprior & District Food Bank Inc
295 Albert St
Arnprior, ON K7S 2M7
613-668-4462

Athens Area Food Bank / Crisis Fund Association
34 Mill St.
Athens, ON K0E 1B0
613-246-0402
www.athenstownship.ca/community/115-food/110-athens-food-bank

Banff Avenue Community House Food Bank
2084 Banff Ave. Unit A and B
Ottawa, ON K1V 7X9
613-739-5702
www.banffcommunityhouse.ca

Barrhaven Food Cupboard - Walter Baker Centre
100 Malvern Dr.
Ottawa, ON K2J 2G5
613-825-4505
www.barrhavenfoodcupboard.ca

Blair Court Community Food Bank
1566 Station Blvd.
Ottawa, ON K1G 0M1
613-736-5058

Boys and Girls Club of Kingston & Area
559 Bagot St.
Kingston, ON K7K 3E1
613-507-3306
www.bgcsoutheast.ca

If your organization is not listed or is incorrect, please contact us with your information. Please consider placing an Agency Snapshot in our next publication. Email us at: sponsor@cs-eo.ca

Agency Snapshot



Committed to promoting the empowerment, well-being, and collective interests of local youth in Perth and District region.

About YAK

YAK Youth Services is an established, award-winning, not-for-profit charity that has been operating in the Perth and District Region since 1996. YYS is deeply committed to promoting the well-being and positive development of local youth, serving as a vital support network while providing protective conditions. YAK Youth Services currently operates the Perth Youth Centre and manages the Perth Community Services Hub, both of which are located at 1881 Rogers Rd.



Canada's Children's Hospitals

SPECIAL REPORT / CHILDREN'S HEALTH

Caring for Our Future in a System Under Pressure

"The true measure of a nation is how it cares for its children." While Canada is fortunate to have some of the world's finest pediatric hospitals, these remarkable institutions are facing unprecedented challenges. From growing wait times and emergency department pressures to increasing mental health needs and workforce shortages, children's hospitals across the country are being asked to do more than ever before.

Yet despite these challenges, Canada's pediatric healthcare system remains a source of innovation, compassion, and hope.

More Than Hospitals

Canada is home to a network of world-class pediatric hospitals, including SickKids (Toronto), BC Children's Hospital (Vancouver), Alberta Children's Hospital (Calgary), Stollery Children's Hospital (Edmonton), McMaster Children's Hospital (Hamilton), IWK Health (Halifax), CHU Sainte-Justine and the Montreal Children's Hospital (Montreal), CHEO (Ottawa), and several other specialized centres serving children and youth from coast to coast.

According to Children's Healthcare Canada, these hospitals collectively provide highly specialized care, conduct leading pediatric research, educate future healthcare professionals, and serve as referral centres for children with the most complex medical needs.

Unlike community hospitals, children's hospitals provide specialized treatment for conditions such as childhood cancer, congenital heart disease, traumatic injuries, rare genetic disorders, severe mental illness, and complications of premature birth. Their physicians, nurses, therapists, pharmacists, and equipment are specifically trained and designed to care for children—not simply smaller versions of adults.

A Growing Demand for Care

Demand for pediatric healthcare has risen dramatically over the past several years.

The Canadian Paediatric Society notes that population growth, increasing medical complexity, improved survival of medically fragile children, and rising rates of chronic illness have significantly increased demand for pediatric services across Canada.

Children's hospitals are also seeing unprecedented numbers of children requiring mental health care, developmental assessments, diabetes

treatment, asthma management, rehabilitation services, and specialized surgeries.

Many hospitals now serve as regional centres, with families travelling hundreds of kilometres to receive expert care unavailable closer to home.

Wait Times: A System Under Pressure

One of the greatest concerns facing Canadian healthcare today is access to timely care.

The Canadian Institute for Health Information (CIHI) reports that emergency departments across Canada continue to experience increasing demand, while hospitals face ongoing challenges related to staffing shortages, limited inpatient beds, and delays in moving patients to appropriate levels of care.

These system-wide pressures affect children as well.

Families often wait weeks—or even months—for consultations with pediatric specialists, MRI and CT scans, developmental assessments, surgeries, and mental health services. Although critically ill children continue to receive immediate priority, healthcare leaders caution that prolonged waits can increase family stress and, in some cases, allow medical conditions to become more serious before treatment begins.

Healthcare Professionals Are Calling for Action

Across Canada, physicians, nurses, hospital administrators, researchers, and healthcare organizations are delivering a remarkably consistent message.

Children's Healthcare Canada has called for long-term investment in pediatric healthcare, emphasizing that children's needs differ significantly from those of adults and deserve dedicated planning and resources.

The organization recommends expanding pediatric mental health services, improving access to community care, increasing investments in research and technology, strengthening workforce planning, and ensuring children's health remains a national priority.

Hospital leaders also continue to identify shortages of pediatric nurses, respiratory therapists, imaging technologists, laboratory professionals, and pediatric specialists as one of the greatest barriers to reducing wait times and improving patient care.

Mental Health: The Fastest Growing Need

Perhaps no area has changed more dramatically than children's mental health.

According to the Canadian Paediatric Society, anxiety, depression, eating disorders, self-harm, and other mental health concerns among children and adolescents have increased significantly in recent years.

Children's hospitals have responded by expanding crisis intervention teams, psychiatric services, outpatient counselling programs, and partnerships with schools and community organizations. Even so, demand continues to exceed available resources in many regions of Canada.

Healthcare professionals increasingly agree that earlier intervention and stronger community-based mental health programs could help reduce hospital admissions while improving long-term outcomes for children and families.

Research Is Saving Lives

Despite these challenges, Canada's children's hospitals continue to rank among the world's leaders in pediatric research.

Institutions such as SickKids, CHEO Research Institute, BC Children's Hospital Research Institute, CHU Sainte-Justine, and many others are advancing treatments in childhood cancer, genetics, neonatal medicine, cardiac surgery, artificial intelligence, precision medicine, and rehabilitation.

As Health Canada has noted, research and innovation remain essential to improving health outcomes and ensuring Canada's healthcare system continues to evolve to meet future needs.

Many childhood illnesses that were once considered fatal are now highly treatable because of discoveries made through decades of pediatric research.

BY THE NUMBERS

A snapshot of pediatric care

709,438 total CHEO patient visits in 2024-25

71,273 CHEO Emergency Department visits

30,171 CHEO mental health visits

2.7 million in-person visits reported across 13 Canadian children's hospitals in 2022

\$56.4 million contributed by national partners and donors in 2022; **46%** supported treatment and research

Sources: CHEO Annual Report 2024-25; Canada's Children's Hospital Foundations 2022 Impact Report.

What Can Be Done?

While opinions differ on specific policies, there is broad agreement among healthcare professionals that improving children's healthcare will require coordinated action.

Recommendations from Children's Healthcare Canada, the Canadian Paediatric Society, and provincial pediatric hospitals consistently include:

- Expanding pediatric mental health services before children reach crisis.
- Recruiting, training, and retaining more pediatric healthcare professionals.

- Increasing hospital capacity in rapidly growing communities.
- Improving access to family physicians and community pediatricians.
- Investing in modern technology, research, and virtual care.
- Reducing administrative barriers that delay treatment.
- Strengthening partnerships between hospitals, governments, schools, and community organizations.

No single solution will solve every challenge, but experts agree that meaningful improvements require long-term planning and sustained investment.

Every Canadian Has a Role to Play

Canada's publicly funded healthcare system provides the foundation for pediatric care, but hospital foundations and community support continue to play an important role.

According to Children's Hospital Foundations of Canada, philanthropic donations help fund life-saving medical equipment, family support programs, child-life services, innovative research, specialized technology, and hospital spaces designed specifically for children.

Volunteers, donors, businesses, healthcare professionals, and community organizations all contribute to helping Canada's children's hospitals remain among the best in the world.

Investing in Canada's Future

Every child deserves timely access to exceptional healthcare.

Canada's children's hospitals continue to provide world-class care because of the dedication of thousands of physicians, nurses, therapists, researchers, technicians, volunteers, and support staff who devote their careers to caring for children.

By strengthening our healthcare system, supporting innovation, investing in research, and ensuring children remain a national priority, we can build a healthier future for every Canadian.

Because when we invest in children's health, we invest in Canada's future.

Sources and Attributions

- Children's Healthcare Canada - pediatric-system priorities and reports: childrenshealthcarecanada.ca
- Canadian Paediatric Society - child and youth health reports and position statements: cps.ca
- Canadian Institute for Health Information - Wait Times and Access to Health Care in Canada: cihi.ca
- Health Canada - healthcare research and innovation resources: canada.ca/health
- Canada's Children's Hospital Foundations - impact reports: childrenshospitals.ca
- CHEO - Annual Report 2024-25, data for April 1, 2024 to March 31, 2025: cheo.on.ca

Food Banks and Meal Programs

Breakfast Club of Canada

135-G De Mortagne Blvd
Boucherville, QC J4B 6G4
www.breakfastclubcanada.org

Britannia Woods Community House

115 Ritchie St. Unit 9
Ottawa, ON K2B 6E8
613-820-0853
www.britanniawoods.com

Caldwell Family Centre

6 Epworth Ave.
Ottawa, ON K2G 2L5
613-728-1800
www.caldwellfamilycentre.ca

Care Centre Ottawa

500 Viewmount Dr.
Ottawa, ON K2E 7P2
613-693-0890
www.carecentreottawa.ca

Carleton University Unified Support Centre (USC)

314 University Centre, 1125 Colonel By Dr.
Ottawa, ON K1S 5B6
613-520-4066
www.cusaonline.ca/usc

Centretown Community Food Centre

370 Catherine St.
Ottawa, ON K1R 5T5
613-232-3059
www.cfcottawa.ca

Cobden & District Food Bank

58 Main St.
Cobden, ON K0J 1K0
613-647-7801

Community Compassion Centre - Foodbank

1825 St Joseph Blvd.
Ottawa, ON K1C 7C6
343-887-3662
www.cpcorleans.ca/foodbank

Confederation Court Community House Food Bank

2483-A Walkley Rd.
Ottawa, ON K1G 3H2
613-521-6807
www.confederationcourt.com

Coopérative Ami Jeunesse

2720 Richmond Rd N, Unit 104
Ottawa, ON K2B 6S2
613-820-3073
www.amijeunesse.wixsite.com/ami-jeunesse

Dalhousie Food Cupboard

211 Bronson Ave. Suite 107
Ottawa, ON K1R 6H5
613-230-3982
www.dalhousiefoodcupboard.ca

Debra Dynes Emergency Food Bank

955 Debra Ave. Unit 85
Ottawa, ON K2C 0J5
613-224-3824
www.debradynesfamilyhouse.com

Église Nouvel Espoir

2224 Innes Rd.
Ottawa, ON K1B 4C4
613-909-7274
www.nouvelespoir.net

FAMSAC Food Cupboard - Emergency Food Service

3865 Old Richmond Rd.
Ottawa, ON K2H 5C1
613-820-5428
www.famsac.ca

Fire of God Ministries

212 Murray St.
Ottawa, ON K1N 5N1
613-789-4700
www.fireofgod.ca/donation-based-food-program



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14-25?



Call or text 613.864.6611
or email intake@yuvillecentre.org

SPACES AVAILABLE NOW!

Food Banks and Meal Programs

Foster Farm Family House
1085 Ramsey Cres, Unit 332 and 334
Ottawa, ON K2B 7Z9
613-596-4866

Gloucester Emergency Food Cupboard
2040 Arrowsmith Dr.
Ottawa, ON K1J 8V9
613-749-4728
www.gefc.ca

Hastings and Prince Edward Learning Foundation
Food for Learning Program Education Centre
156 Ann St.
Belleville, ON K8N 3L3
613-966-1170
www.hpelearningfoundation.com

Heron Emergency Food Centre
1480 Heron Rd.
Ottawa, ON K1V 6A5
613-737-9090
www.hefc.ca

House of Lazarus
15 Maple Street N. South
Stormont, ON K0C 1M0
613-989-3830
www.hol.community

Just Food
2391 P  pin Court
Ottawa, ON K1B 4Z3
613-824-7771
www.justfood.ca

Kanata Food Cupboard
340 Legget Dr. Door 46
Ottawa, ON K2K 1Y6
613-836-7847
www.kanatafoodcupboard.ca

Lanark Highlands Food Pantry and Thrift Store
49B George
Lanark, ON K0G 1K0
613-259-3285
www.southeasthealthline.ca

Lifecentre Food Bank
2675 Innes Rd. Unit 4
Ottawa, ON K1B 5N5
613-834-0900
www.lifecentre.org/foodbank

Lowertown Community Resource Centre
145 Beausoleil Dr.
Ottawa, ON K1N 8W3
613-789-3930
www.crcbv.ca

Manotick Outreach Emergency Food Cupboard
1098 Bridge St.
Ottawa, ON K4M 1J2
613-692-6333

Mohawk Council of Akwesasne
169 International Rd.
Akwesasne, ON K6H 5R7
613-933-0409
www.ambe.ca

Moisson Outaouais
37 rue Bombardier
Gatineau, QC J8R 0G4
819-669-2000
www.moissonoutaouais.com

Morrison Gardens Community House
985-A Morrison Dr.
Ottawa, ON K2H 7L1
613-596-6229
www.pgchc.com

Operation Harvest Sharing
Brockville and Area Food Bank
58 Buell St.
Brockville, ON K6V 4Y2
613-342-0605
www.operationharvestsharing.wordpress.com



THE DOOR YOUTH CENTRE

Donor Outreach · 2026

For over 30 years, The Door Youth Centre has been the only youth-focused community hub in Centretown West, Ottawa, a safe, welcoming space where young people build friendships, discover new talents, and access support that meets them where they are. All programs are free of charge and open to all youth.

In 2025, The Door served **312 youth members**, 218 of them first-time visitors, across a record **5,824 visits**, with an average of 25 young people walking through the doors each evening. The need is growing. So is the impact.

2025 Impact at a Glance

312 Youth Members	5,824 Total Visits	145 Volunteers	7,424 Volunteer Hours
12,247 Meals & Snacks Served	502 hrs Homework Support	369 Skill-Building Workshops	126 hrs Music Lessons

What Your Support Makes Possible

- **Nutrition & Care:** 12,247 hot meals and snacks served, free of charge, every evening.
- **Academic Support:** 502 hours of dedicated homework help to keep students on track.
- **Life Skills & Wellness:** 369 workshops covering mental health, career readiness, and financial literacy.
- **Creative & Tech Programs:** Music, 3D printing, and culinary sessions that spark confidence and curiosity.
- **Volunteer Mentorship:** 145 volunteers gave 7,424 hours to support and inspire young people.

A Diverse and Vibrant Community

Centretown West is one of Ottawa's most diverse neighbourhoods, and The Door reflects that richness. We serve youth of all backgrounds and identities, including **182 young men**, **147 young women**, and **22 non-binary or gender-diverse members**. **61.5%** of our members identify as Black, Indigenous, or People of Colour.

Donor support ensures that our programming remains culturally responsive, inclusive, and built around the real lives of the young people we serve.

"The world truly needs more places like The Door."

— Maylie-Ann Imbeault, Door Youth Centre Alumni

Programs That Respond to Real Needs

Young Men's Motivational

A monthly safe space where young men build emotional awareness, communication skills, and practical readiness for adulthood, from budgeting to job applications.

Thyme Travels Gardening

Youth grow herbs from seed to harvest, learning composting and sustainability. Their produce feeds directly into The Door's dinner and Young Chef programs.

3D Printing Program

Friday nights in the Art & Tech room came alive as youth explored digital design and brought their ideas to life with a brand-new 3D printer.

Dinner & Young Chef

Over 12,000 meals and snacks served at no cost. Youth also developed culinary skills and explored global food cultures through hands-on cooking sessions.



Music Program



Homework Support



Martial Arts



Young Chef Program

Financial Position & Why Your Gift Matters

The Door closed 2025 with a modest surplus and strong financial stewardship. But 2026 looks different. Based on forecasted figures, The Door is projecting a deficit of approximately \$7,467, driven by rising operating costs and the loss of grant revenues that supported programming in 2025. Grants that totalled over \$31,000 last year are not forecasted to return. At the same time, the City of Ottawa covers just over half of operating costs, leaving more than \$106,000 in forecasted revenue that depends entirely on donations and fundraising. That gap is where donors make the difference.

\$7,467

2026 Forecasted Deficit

Based on client-provided forecasted figures

\$106,147

Needed from Donors & Fundraising in 2026

Forecasted donations + fundraising, not government-funded

\$17,574

2025 Surplus Carried Forward

Helping offset the 2026 gap, but not enough alone

The Door needs over \$106,000 from donors and fundraising to keep its programs running in 2026. Without it, the gap grows, and the young people who rely on The Door every day feel it first.

Be the reason a young person walks through that door.

Your donation, especially monthly donations, keeps meals on the table, the lights on, and a safe space open for young people who count on The Door. In 2026, grant revenues that supported programming last year are not returning. The City of Ottawa covers just over half of operating costs. The rest, more than \$106,000, depends on people like you. Every dollar you give goes directly to free programming, nightly meals, and the kind of support that changes the direction of a young person's life.

www.thedooryouthcentre.com · info@thedooryouthcentre.com · (613) 237-3667

Food Banks and Meal Programs

Orléans-Cumberland Community Resource Centre

Orléans-Cumberland Food Bank
240 Centrum Blvd. Unit 105
Ottawa, ON K1E 3J4

Ottawa Food Bank

2001 Bantree St.
Ottawa, ON K1B 4X3
613-745-7001
www.ottawafoodbank.ca

Ottawa Kosher Food Bank (The)

1400 Coldrey Ave.
Ottawa, ON K1Z 7P9
613-728-3501 ext 235
www.okfb.wordpress.com

Ottawa Network for Education

900 Morrison Drive, Suite 205
Ottawa, ON K2H 8K7
613-366-3085
www.onfe-rope.ca

Ottawa Seventh-day Adventist Church Food Pantry

2200 Benjamin Ave.
Ottawa, ON K2A 1P5
613-482-0908
www.ottawaon.adventistchurch.org

Parkdale Food Centre

5 Hamilton Ave North
Ottawa, ON K1Y 1B4
613-722-8019
www.parkdalefoodcentre.ca

Partners in Mission Food Bank

140 Hickson Ave.
Kingston, ON K7K 2N6
613-544-4100
www.kingstonfoodbank.ca

Pavilion Food Bank

Greenboro Pavilion, 14 Tapiola Cres.
Ottawa, ON K1T 1W9
613-247-7772

Pinecrest Terrace Community House

2483 Iris St W, Unit B
Ottawa, ON K2C 1C7
613-596-6703
www.pinecrestterrace.ca

Renfrew & District Food Bank

8 Argyle St S
Renfrew, ON K7V 1T3
613-433-9216

Rideau Community Health Services

Emergency Food Cupboard
354 Read St.
Merrickville-Wolford, ON K0G 1N0
613-269-3400
www.rideauchs.ca

Russell Heights Community House

1799 Russell Rd. Unit E.
Ottawa, ON K1G 0N1
613-736-9855
www.russellheights.ca

Sadaqa Food Bank

174 Colonnade Rd. Unit 34
Ottawa, ON K2A 3V7
613-225-0909
www.sadaqafoodbankottawa.com

Salvation Army (The)

Community and Family Services - Food Bank Cornwall
500 York St.
Cornwall, ON K6J 3Z8
613-932-7515

Sandy Hill Emergency Food Cupboard

221 Nelson St.
Ottawa, ON K1N 1C7
613-789-1500
www.shchc.ca

Food Banks and Meal Programs

Smiths Falls Community Food Bank

93 Russell St E.
Smiths Falls, ON K7A 1G8
613-283-6695
www.smithsfallscommunityfoodbank.org

Society of Saint Vincent de Paul Central Store

1273 Wellington St W.
Ottawa, ON K1Y 3A6
613-722-7166
www.saintvincentdepaul.ca

Society of Saint Vincent de Paul Food Bank

434 Second St W.
Cornwall, ON K6J 1H1
613-932-9345
www.ssvp.on.ca

South Grenville Food Bank

136 Henry St W.
Prescott, ON K0E 1T0
613-925-2444
www.foodforallfoodbank.ca

Southern Frontenac Community Services Food Bank

4295 Stagecoach Rd.
South Frontenac, ON K0H 2T0
613-376-6477
www.sfcsc.ca

St Augustines Social Action Committee

1060 Baseline Rd.
Ottawa, ON K2C 0A6
613-225-7388
www.staugustineparish.ca

St. Joe's Supper Table

151 Laurier Ave E.
Ottawa, ON K1N 6N8
613-233-4095 ext 221
www.st-josephs.ca

St Lawrence College Food for Thought Program

100 Portsmouth Ave.
Kingston, ON K7L 5A6
613-544-5400
www.saslc.ca

St. Vincent de Paul Society of Kingston

85 Stephen St.
Kingston, ON K7K 2C5
613-766-8432
www.svdpskingston.com

The Food Sharing Project

37 Rigney St. Unit 4
Kingston, ON K7K 6Z3
613-530-3514
www.foodsharingproject.org

The Salvation Army Booth

171 George St.
Ottawa, ON K1N 5W5
613-241-1573 ext 268
www.ottawaboothcentre.org

The Salvation Army Mississippi Rideau-Lakes Corps

251 Brockville St.
Smiths Falls, ON K7A 4T2
613-283-3563

The Salvation Army Community and Family Services

342 Patrick St.
Kingston, ON K7K 6R6
613-548-4411
www.sacfs.ca

The Salvation Army

Rideau Heights Community and Family Services - Food Bank
183 Weller Ave.
Kingston, ON K7L 2V1
613-541-3947

The Salvation Army Bethany Hope Centre

820 Woodroffe Ave
613-725-1733
www.bethanyhopecentre.org

Agency Snapshot



Opportunity Changes Everything



All programs listed are FREE with a membership. The membership fee is \$40/year.

SPORTS NIGHT - Join us each week for a different sport's themed night in the gym. Check the calendar for the schedule.

COMMUNITY SUPPER & REC NIGHT - Everyone will be served a delicious meal donated by one of our Community Sponsors. After supper we participate in crafts, skill-building activities and sports.

KID FOOD NATION - Get ready to join us for 8 weeks while we cook delicious meals, learn food safety and basic nutrition. Program is offered in person and virtually.

STEP DANCING - Come learn Ottawa Valley Step dancing in this 10 week program.

S.T.E.A.M. - Join us for 8 weeks of science experiments and inquiry based activities, as well as visual arts.

TAKE IT EASY - This weekly workshop helps participants to gain self confidence, feel empowered and socialize with a peer group.

FINE ARTS CLUB - This program is meant for the art enthusiast! We will explore a variety of materials, techniques and subject matter.

MOVIE NIGHT - Movie night will take place at the Wesley St. Clubhouse or our Lea St. Clubhouse. Check the calendar each month to know which location to send your child(ren) to. The Wesley St. Clubhouse is located at 275 Pembroke St. East. The Lea St. Clubhouse is located at 1144 Lea St. A serving of air-popped popcorn is offered to all those who attend.

SUNRISE CLUB - This hour will focus on having fun and making friends! Each Saturday will featured themed activities, games and crafts.

PLAYFUL COMMUNITY - Suited for parents and their toddlers aged 10 months - 3 years. Parents are required to be present during the program. Join us for an hour of practicing fine/gross motor skills, sensory stations, play-based activities as well as developmentally appropriate crafts and stories.

"I am so impressed with the quality of the volunteers that have come through over the years. Each of them has shown to be a true collaborator with a heart for the mission of CityKidz to impact children on a personal and relational level. They truly represent our mission and values, and it is why we are still in operation after 14 years in Ottawa" – Wendy Turpin, Exec. Director

Who We Are

Our Mission

We exist to increase resiliency and inspire BIG dreams for Canadian children living in low-income communities by providing inspirational experiences and nurturing personal relationships, one child at a time.

Our Big Dream

That one day, in the not-so-distant future, we will see the end of child poverty in Canada and every child would have equal opportunity to thrive, to dream big and to reach their full potential.

Our Values

We are people of FAITH.
We are a community of HOPE.
We are servants of LOVE.



Due to pandemic restrictions, our usual Playhouse activities which had been running since 2010 had to be put on hold. However, we were able to adapt by enhancing our home visits program, providing special games, lessons, and prizes directly to the children at their doorsteps. After patiently waiting for over two and a half years for the restrictions to ease, CityKidz Ottawa has finally resumed its in-person Playhouses in the spring of 2022. The organization has now increased its Playhouses from one per spring and fall season to an impressive six in 2024, with plans to reach eight per season. While the number of children attending dropped to 72 during the pandemic, we now have 110 kids actively involved. Alongside the Playhouses, our annual Toy Drive and Christmas Party have also made a comeback. Despite facing higher expenses, CityKidz Ottawa remains dedicated to its mission. The pandemic had a significant impact on the well-being of families and children, emphasizing the importance of returning to normal activities. It is essential to continue making a positive difference in children's lives through faith, hope, and love.



Playhouse is Back

Impact Survey

(CityKidz Ottawa Children surveyed in 2016)

EFFECT	BASELINE <i>(children surveyed who had not attended longer than 6 months)</i>	AFTER 3 YEARS <i>(children surveyed who had attended for 3 years or longer)</i>
Children demonstrate increased resiliency	46%	90%
Children demonstrate making good choices	13%	20%
Children demonstrate skills that increase their self-worth, self-confidence and sense of purpose in life	13%	70%
Children feel they access positive peer relationships	8%	70%
Children feel they access relationships and learn to trust adults who love them unconditionally	13%	70%

It has been proven that CityKidz programming is **bringing about compelling positive change** both spiritual and social. **We are proud of our results.** But **we cannot do this alone** and so are asking for your help. CityKidz Ottawa is growing quickly. We are working to achieve long-term sustainability. Our main fundraising efforts are focused on increasing our monthly donors and corporate sponsorships. Fundraising events and community outreach are growing our organizational supporters. We are also applying to private foundations and service groups for grants.

Although this is the nation's capital, CityKidz Ottawa is serving in the margins of society. We are living out our faith with meaningful actions. CityKidz Ottawa works to transform the lives of inner-city children, break the cycle of hopelessness and end child poverty. We do this by inspiring children to dream big and to rise above their circumstances. We instill faith-based values, teach children to do the right thing, and provide new experiences and environments that inspire kids to unlimited possibilities.

Food Banks and Meal Programs

The Table Community Food Centre

190 Gore St E.
Perth, ON K7H 1K3
613-267-6428
www.thetablecfc.org

Thousand Islands Baptist Church

Soup for Souls Community Meal and Food Cupboard
229 Park St.
Brockville, ON K6V 5Y6
613-342-9552
gracebrockville.com

Upper Canada Leger Centre

Student Nutrition Program
613-307-0848
studentnutritionontario.ca

Upper Canada Leger Centre for Education and Training

225 Central Avenue West
Brockville, ON K6V 5J9
613-342-0371
www.uclc.ca

Vanier Community Services Centre

Partage Vanier Food Bank
161 Marier Ave.
Ottawa, ON K1L 5R8
613-744-2892
www.cscvanier.com/en

Westboro Region Food Bank

All Saints' Anglican Church; 354 Madison Ave.
Ottawa, ON K2A 0E7
613-722-3851
westborofoodbank.wixsite.com/westborofoodbank

YAK Youth Services Food and Nutrition

1881 Rogers Rd.
Perth, ON K7H 3P7
613-264-8381
yakyouth.ca/food-and-nutrition

Youville Centre

150 Mann Ave.
Ottawa, ON K1N 8P4
613-231-5150
www.youvillecentre.org

Social Service Organizations

Able2 Children's Sibling Groups

312 Parkdale Ave.
Ottawa, ON K1Y 4X5
613-761-9522
www.able2.org

Andrew Fleck Children's Service

700 Industrial Ave. Suite 600
Ottawa, ON K1G 0Y9
613-736-1913
www.afchildrensservices.ca

Banff Avenue Community House Food Bank

2084 Banff Ave. Unit A and B
Ottawa, ON K1V 7X9
banffcommunityhouse.ca

If your organization is not listed or is incorrect, please contact us with your information. Please consider placing an Agency Snapshot in our next publication. Email us at: sponsor@cs-eo.ca

Social Service Organizations

Brighter Futures for Children of Young Parents
St. Mary's Home Young Parent Outreach Centre
780 de l'Eglise St.
Ottawa, ON K1K 3K7
613-749-4584
www.ottawayoungparents.com

Centre De Ressourcement Pour La Famille De L'Outaouais (C R F O)
750 ch du Fort
Val-des-Monts, QC J8N 1A2
819-457-4066
www.crfo.ca

Children's Aid Foundation of Ottawa
1602 Telesat Crt.
Ottawa, ON K1B 1B1
613-742-1620
www.casott.on.ca

Children's Aid Society of Ottawa
173 Old Hwy 17
Plantagenet, ON K0B 1L0
800-675-6168

Children's Aid Society of Ottawa
123 Patterson Cr.
Carleton Place, ON K7C 4R2
613-253-4276

Children's Village of Ottawa-Carleton
333 Churchill Avenue North
Ottawa, ON K1Z 5B8
613-725-2040
www.childrensvillage.on.ca

City of Cornwall Human Services Dept
Children's Services - Fee Subsidy Program
340 Pitt St. 4th Flr.
Cornwall, ON K6J 3P9
www.cornwall.ca/en/index.aspx

Comptoir St-Vincent-de Paul De Hull
102 rue Eddy
Gatineau, QC J8X 2W4
819-776-1068

Connections - Good Food for a Healthy Baby
33 Central Ave W.
Brockville, ON K6V 4N4
613-257-2779
www.connectwell.ca

Connections - Parent and Children's Groups
73 Beckwith Street North
Smiths Falls, ON K7A 4S5
www.connectwell.ca

ConnectWell Community Health – Carleton Place Site
30 Bennett Street
Carleton Place, ON K7C 4J9
613-257-7121
www.connectwell.ca

ConnectWell Community Health – Lanark Site
207 Robertson Dr.
Lanark, ON K0G 1K0
613-259-2182
www.connectwell.ca

Cornwall & District Family Support Group
613-527-1201
www.listentofamilies.ca

Crossroads Children's Mental Health Centre
1755 Courtwood Cr.
Ottawa, ON K2C 3J2
613-723-1623
www.crossroadschildren.ca

Debra Dynes Family House
955 Debra Ave. Unit 85
Ottawa, ON K2C 0J5
613-224-3824
www.debradynesfamilyhouse.com

ATTENTION CHARITIES!

Showcase Your Cause in Our Safety-Guide!

Is your charity looking for a way to spread the word about your mission and reach a wider audience? Look no further! We are offering **FREE advertising space** in our next issue for charitable organizations. As a token of our support for the incredible work you do, we're providing this space at no charge. We'll even design the ad for you!

Join Us in Making a Difference!

Take advantage of this unique opportunity to highlight your charity's mission and work. Together, we can make a bigger impact!

Contact us at: sponsor@cs-eo.ca or 866-465-3693



Social Service Organizations

Diabetes Canada (Clothing Collection) Ottawa

1604 Michael St.
Ottawa, ON K1B 3T7
613-685-4088

www.declutterfordiabetes.ca

EarlyON Child and Family Centre

Commonwealth Public School; 166 Pearl St E.
Brockville, ON K6V 1R4
613-341-9044

www.leedsgrenville.com/en/services/EarlyON.aspx

Edith Rankin Memorial United Church

4080 Bath Rd.
Kingston, ON K7M 4Y7
613-389-2530

www.ermuc.ca

Équipe psycho-sociale pour enfants, adolescents et familles de S D G

Children and Youth Mental Health Services

610 McConnell Ave.
Cornwall, ON K6H 4M1
613-938-7112

www.equipepsychosociale.com

Highjinx - Neighbours Helping Neighbours

290 Kent St.
Ottawa, ON K2P 2A4
613-864-4289
www.highjinxottawa.com

House of Lazarus

15 Maple Street N.
South Stormont, ON K0C 1M0
613-989-3830

www.hol.community

Inspire Community Support Services

Child and Youth Services Program
775 Campbell St.
Cornwall, ON K6H 7B7
613-937-3072

www.inspire-sdg.ca

Kids Help Phone

800-668-6868
www.kidshelpphone.ca

Leeds and Grenville. Community and Social Services

Children's Services Department - EarlyON Child and Family Centre

166 Pearl St E.
Brockville, ON K6V 1R4
613-342-3840
www.leedsgrenville.com/en/index.aspx

Ministries of Community and Social Services - Children and Youth Services

357 Raglan S
Renfrew, ON K7V 1R6
www.ontario.ca/page/ministry-children-community-and-social-services

Mothercraft Ottawa

Child Care Programs
475 Evered Ave.
Ottawa, ON K1Z 5K9
613-728-1839

www.mothercraft.com

Nepean, Rideau and Osgoode Community Resource Centre

Emerald Plaza, 1547 Merivale Rd, Unit 240, 2nd Flr.
Ottawa, ON K2G 4V3
613-596-5626

www.nroccrc.org

Ontario March of Dimes

3001 Jockvale Rd.
Nepean, ON K2J 4E4
613-825-7655

www.marchofdimes.ca

Open Doors for Lanark Children and Youth

88 Cornelia St W, Unit A1
Smiths Falls, ON K7A 5K9
613-283-8260

www.opendoors.on.ca

Social Service Organizations

Operation Come Home

Youth Drop-In and Resource Centre
150 Gloucester St.
Ottawa, ON K2P 0A6
613-230-4663
www.operationcomehome.ca/programs/resources-drop-in

Orléans-Cumberland Community Resource Centre

240 Centrum Blvd. Unit 105
Ottawa, ON K1E 3J4
613-830-4357
www.crcoc.ca/en

Ottawa City Operations

Essential Health and Social Supports
370 Catherine St. 3rd Flr.
Ottawa, ON K1R 5T5
1-866-261-9799
www.ottawa.ca/en/family-and-social-services

Ottawa-Carleton Headstart Association for Preschools

429 Parkdale Ave.
Ottawa, ON K1Y 1X3
613-728-8055
www.ochap.ca/queensway-preschool/

Pro Bono Ontario

Legal Services for Families and Children at CHEO
613-737-7600
www.probonoontario.org

Rideau Community Health Services

354 Read St.
Merrickville-Wolford, ON K0G 1N0
613-269-3400
www.rideauchs.ca

Salvation Army (The)

175 George St
Ottawa, ON K1N 5W5
613-722-9551
www.salvationarmy.ca

Salvation Army (The)

Community and Family Services,
95 Wilson St. W.
Perth, ON K7H 2P1
613-267-6260

Seaway Valley Community Health Centre

353 Pitt St.
Cornwall, ON K6J 3R1
613-936-0306
www.seawayvalleychc.ca

Society of Saint Vincent de Paul

Ottawa Central Council
613-241-1225
www.ssvp.on.ca/en

Society of St. Vincent De Paul (Ottawa)

1273 Wellington St. W
Ottawa, ON K1Y 3A6
613-722-7166
www.chezvincent.org

Soeurs de la Charite d'Ottawa

59 Parent Ave
Ottawa, ON K1N 7A7
613-241-3886
www.soeursdelachariteottawa.com

South-East Ottawa Community Health Centre

Hunt Club/Riverside Park Community Centre
3320 Paul Anka Dr.
Ottawa, ON K1V 0J9
613-247-1600
www.seochc.on.ca

Southern Frontenac Community Services Corporation

4295 Stagecoach Rd.
South Frontenac, ON K0H 2T0
613-376-6477
www.sfcsc.ca

St Basil's Social Action Group

613-729-5149 ext 207

Social Service Organizations

St. Vincent de Paul Society of Kingston

85 Stephen St
Kingston, ON K7K 2C5
613-766-8432
www.svdpkington.com

The Salvation Army

8 Asa St
Kemptonville, ON K0G 1J0
613-258-0111
www.facebook.com/salvationarmy

The Salvation Army

Mississippi Rideau-Lakes Corps - Community & Family Services
251 Brockville St.
Smiths Falls, ON K7A 4T2
613-283-3563

The Salvation Army

Community and Family Services
Kingston - Patrick St.
342 Patrick St.
Kingston, ON K7K 6R6
www.sacfs.ca

The Salvation Army

Cornwall Community Church - Community and Family Services
613-932-7515
500 York St.
Cornwall, ON K6J 3Z8

The Salvation Army

Community and Family Services
175 First Ave.
Brockville, ON K6V 5W1
www.salvationarmy.ca

The Salvation Army Bethany Hope Centre

820 Woodroffe Ave
613-725-1733
www.bethanyhopecentre.org

YMCA

308-240 Catherine St.
Ottawa, ON K2P 2G8
613-238-5462
www.ymca.ca

Youth Services

2675 Queensview Drive
Ottawa, ON K2B 8K2
613-260-2360
www.ysb.ca

Special Needs Programs and Services

Boys and Girls Club of Kingston & Area

Afterschool and Evening Programs
Robert Meek Community Youth Centre, 559 Bagot St.
Kingston, ON K7K 3E1
613-507-3306
www.bgcsoutheast.ca

Brockville General Hospital

Pediatric Community Programs - Pediatric Physiotherapy
100 Strowger Blvd, Suite 102
Brockville, ON K6V 5J9
613-345-5649

Canadian Mental Health Association Ottawa

Family-to-Family Education Programs
311 McArthur Ave, 2nd Flr, Suite 201
Ottawa, ON K1L 8M3
613-737-7791
www.f2fontario.ca

If your organization is not listed or is incorrect, please contact us with your information. Please consider placing an Agency Snapshot in our next publication. Email us at: sponsor@cs-eo.ca

Agency Snapshot



Society of St-Vincent de Paul
(Ottawa Central Council)

Société de Saint-Vincent de Paul
(Conseil central d'Ottawa)

(Ottawa Central Council)
207 Bank Street, Suite 308,
Ottawa, ON K2P 2N2

613-241-1225

Email: [SSVPcta@gmail.com](mailto:ssvpcta@gmail.com)

Web: ssvpottawa.ca

Society of Saint Vincent de Paul (Ottawa Central Council)

Serving the poor with love, respect, justice, hope and joy!

The Ottawa Central <https://ssvp.ca/donate-project/#Donate3Council> (OCC) of the Society of St-Vincent de Paul has formed a partnership with the Multifaith Housing Initiative (MHI) to build a housing complex, called the Dream in LeBreton Flats and later, the Anchor, to be located at 7 Rossland Avenue in Nepean. Through various fundraising activities, the OCC aims to raise sufficient funds to cover the down payments of 4-6 apartments for Indigenous families in need. Studies have shown that Indigenous peoples are over represented in the homeless population in Ottawa. This project is aligned with the Diocese's response to the Truth and Reconciliation.

Down payments on these apartments will help to lower rental fees so they are equal to the shelter allowances provided by the Ontario social assistance programs. Tenants will then be able to use their basic needs allowances for food, clothing, transportation and other needs. The SSSVP will provide ongoing support to those tenants according to its mission.

The high cost of housing is the biggest single drain on the finances of low-income people. When their housing is affordable, people can pay for other basic necessities such as food, clothing, health needs and transportation. They can then achieve health and dignity, and participate more fully in the life of the community with employment and education. Affordable housing is an investment in the future of our community.

If you would like to make a tax deductible donation to this housing project, go to link below and indicate "Ottawa Multifaith Housing Initiative Project the DREAM"
<https://ssvp.ca/donate-project/#Donate3>

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Special Needs Programs and Services

Candlelighters Childhood Cancer Support Programs

21 Concourse Gate, Unit 9
Ottawa, ON K2E 7S4
613-715-9157
www.candlelighters.net

CHEO

Mental Health Services - Programs for Youth and Young Adults - Transitional Age Youth

401 Smyth Rd.
Ottawa, ON K1H 8L1
613-737-7600
www.cheo.on.ca

Children's Village of Ottawa-Carleton

333 Churchill Ave N.
Ottawa, ON K1Z 5B8
613-725-2040
childrensvillage.on.ca

Cornerstone Housing for Women

314 Booth St.
Ottawa, ON K1R 7K2
613-254-6584
www.cornerstonewomen.ca

Family Services Ottawa - Parenting Programs

312 Parkdale Ave.
Ottawa, ON K1Y 4X5
613-725-3601
www.familyservicesottawa.org
Kids Help Phone
800-668-6868
www.kidshelpphone.ca

Kingston. City Hall

Housing Programs - Housing & Social Services Department

362 Montreal St. Kingston, ON K7K 3H5
613-546-2695
www.cityofkingston.ca

Lennox and Addington Resources for Children

School Age Program
Amherstview Public School, 59 Fairfield Blvd.
Loyalist, ON K7N 1L4
613-354-6318
www.larc4kids.com

Make A Wish Foundation

888-822-9474
www.makeawish.ca

Mothercraft Ottawa - Child Care Programs

475 Evered Ave.
Ottawa, ON K1Z 5K9
613-728-1839
www.mothercraft.com

Ontario Ministry of Children, Community and Social Services

347 Preston St, 3rd Flr.
Ottawa, ON K1S 2T7
613-788-2399
www.ontario.ca/page/special-services-home

Ottawa Hospital (The)

1967 Riverside Dr.
Ottawa, ON K1H 7W9
613-738-8219
www.ottawahospital.on.ca

Partners in Parenting

Special Needs Foster Care and Respite Program
613-824-4200
www.partnersinparenting.ca

Pinecrest-Queensway Community Health Centre Specialized Preschool Programs - Infant Hearing Program

1365 Richmond Rd.
Ottawa, ON K2B 6R7
613-688-3979
www.firstwords.ca/hearing

Shepherds of Good Hope

Supportive Housing Program
1053 and 1057 Merivale Rd.
Ottawa, ON K1N 5M9
613-288-0374
www.sghottawa.com

Shepherds of Good Hope

Supportive Housing Program
208 St Andrew St. Ottawa, ON K1N 5G6
613-789-8210
www.sghottawa.com

Something Special Children's Centre

10 Chapman St.
Kingston, ON K7K 6B8
613-544-8367
www.sccc.care

Special Olympics Ontario

1-888-333-5515
www.ottawa.specialolympicsontario.ca

St. John Ambulance

Therapy Dog Services
23 Abbott St. Brockville, ON K6V 5T7
613-342-2974
www.sja.ca/en

Starlight Children's Foundation Canada

800-880-1004
www.starlightcanada.org

Tutoring for Students with Special Needs

613-599-0690
www.quickstartautism.ca

United Way East Ontario / Centraide Est de l'Ontario

363 Coventry Rd.
Ottawa, ON K1K 2C5
613-228-6700
www.unitedwayeo.ca YAK Youth Services - After School Programs
1881 Rogers Rd.
Perth, ON K7H 3P7
613-264-8381
www.yakyouth.ca

YMCA of Eastern Ontario

Child Care Services: School-Age Care Programs
100 Wright Cres.
Kingston, ON K7L 4T9
613-546-2647
www.eo.ymca.ca

YMCA of the National Capital Region

Recreational Programs and Social Services
180 Argyle Ave.
Ottawa, ON K2P 1B7
613-788-5000
www.ymcaywca.ca

Summer Camps

Boys & Girls Club

559 Bagot St.
Kingston, ON K7K 3E1
613-542-6557
www.bgcsoutheast.ca

Camp Merrywood

333 Laurier Ave. W.
Ottawa, ON K1P 1C1
613-267-1244
www.eastersealscamps.org

Carrefour d'Ottawa (Le)

35 Melrose Ave.
Ottawa, ON K1Y 1T8
613-798-0575

Children's Village of Ottawa-Carleton

333 Churchill Ave. N.
Ottawa, ON K1K 4Y5
613-725-2040
www.childrensvillage.on.ca

Christie Lake Kids

400 Coventry Rd.
Ottawa, ON K1K 2C7
613-742-6922
www.christielakekids.com

Glebe Neighbourhood Activities Group

175 Third Ave.
Ottawa, ON K1S 2K2
613-233-8713
www.gnag.ca

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Summer Camps

Greatness is Within Me Summer Camp
Centennial Public School, 376 Gloucester St.
 Ottawa, ON K1R 5E8
 613-567-0600
www.jakukonbit.com/greatness-is-within-me-summer-camp-2

Learning Disabilities Association of Ottawa-Carleton
Sunshine Day Camp
 160 Percy St, Rm 2,
 Ottawa, ON K1R 6E5
 613-567-5864
www.ldaottawa.com/day-camp/

Ottawa Little Theatre Inc
 400 King Edward Ave.
 Ottawa, ON K1N 7M7
 613-233-8948
www.ottawalittletheatre.com

Salvation Army (The)
Booth Centre Ottawa - Community and Family Services
 171 George St.
 Ottawa, ON K1N 5W5
 613-241-1573 ext 268
www.ottawaboothcentre.org

Salvation Army (The)
Overnight Camp for Children
 203 Brockville St.
 Smiths Falls, ON K7A 3Z3
 613-466-0632

Salvation Army (The)
Community and Family Services, Perth - Wilson St W
 95 Wilson St W.
 Perth, ON K7H 2P1
 613-267-6260

Somerset West Community Health Centre
Rochester Heights Community House
 101-865 Gladstone Ave.
 Ottawa, ON K1R 7T4
 613-237-6529
www.swchc.on.ca

Ten Oaks Project
 9004-400 Bank St.
 Ottawa, ON K2P 2H8
 613-889-1537
www.tenoaksproject.org

YAK Youth Services
Summer Day Camp
 1881 Rogers Rd.
 Perth, ON K7H 3P7
 613-264-8381
www.yakyouth.ca

YMCA of Eastern Ontario
 301 Johnson St.
 Kingston, ON K7L 1Y5
 613-546-2647
www.eo.ymca.ca

YMCA of the National Capital Region
Y Neighbourhood Day Camps
 180 Argyle Ave.
 Ottawa, ON K2P 1B7
 1-888-241-2267
www.ymcaottawa.ca

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Honour Roll

APA Inc.
 77 Gamelin, Gatineau, QC J8Y 1V5
 (819) 776-1148

BMD Transportation
 PO Box 197, 1004 Prince Street, Lansdowne, ON K0E 1L0
 (613) 659-2491

Ecole de Danse Powell School of Dance Inc.
 1-435 2nd Street West, Cornwall, ON K6J 1H2
 (343) 885-1323

Glengarry Kitchen Cabinets
 19931 Marcoux Rd, Alexandria, ON K0C 1A0
 (613) 525-1835

Glover Customs Brokers Inc
 1510 Walkley Road, Ottawa, ON K1V 6P5
 (613) 731-2500

GT Signs
 429 Richmond Road, Prospect, ON (613) 253-7446
 K0A 1B0

Howard Burns Equipment Rentals Ltd.
 558 Hwy 15 RR 1, Lombardy, ON K0G 1L0
 (613) 283-6572

Jon's Restaurant
 130 Perth Street, Brockville, ON K6V 5E3
 (613) 342-9521

Kart & Plus Laperriere
 60 Rue Albert - Ferland, Chénéville, QC J0V 1E0
 (819) 428-2929

Kemptville Drug Mart
 2600 County Rd. 43, P.O. Box 1920, Kemptville, ON K0G 1J0
 (613) 258-0777

Lanark Sew and Save Centre
 16 William St. East, Smiths Falls, ON
 (613) 283-8048

Leduc Bus Line
 8467 Route 17, Rockland, ON K4K 1K7
 (613) 446-0606

MAQ Sonar Company
 9 Church Street, Finch, ON K0C 1K0
 (613) 984-9000

Metropolis Studio
 88 Riverdale, Ottawa ON
 (613) 567-5572

Nick's Restaurant Prescott
 P.O. Box 189, 107 Churchill St, Prescott, ON K0E 1T0

Rideau Creek Landing
 P.O. Box 725, Merrickville ON
 (613) 269-4455

Roméo Pilon CPA
 225 boul Saint-René Ouest, Gatineau, QC J8P 2V5
 (819) 663-2318

St. Lawrence Testing & Inspection Co. Ltd.
 814 Second St W, Cornwall, ON K6J 1H6
 (613) 938-2521

nurturing young minds: mental health TIPS for kids in Canada

In today's fast-paced, screen-filled world, children face more mental and emotional challenges than ever before. Between the pressures of school, navigating friendships, dealing with bullying, and the ever-present influence of social media, it's no surprise that mental health has become a growing concern for Canadian families.

Supporting children's mental well-being is just as important as ensuring their physical health. The good news? There are simple, everyday things parents, caregivers, and educators can do to help kids build emotional resilience and thrive.

TALK ABOUT FEELINGS OPENLY AND OFTEN

Encourage kids to name and talk about their feelings, whether they're happy, sad, angry, or confused. Normalizing conversations about emotions helps children feel seen and heard—and reminds them that it's okay to not be okay sometimes.

- Quick Tip: Use resources from organizations like Kids Help Phone or CMHA (Canadian Mental Health Association) that offer free tools and age-appropriate ways to talk about mental health.

Limit and guide social media use

Social media can be a powerful tool for connection, but it can also contribute to anxiety, poor self-esteem, and cyberbullying. Teach kids to critically evaluate what they see online and remind them that not everything on social media is real life.

- Quick Tip: Set screen-free times at home (like during meals or before bed), and model balanced digital habits.

Promote positive self-esteem

Self-worth is built from a young age. Celebrate effort over perfection, and avoid harsh criticism. Encourage hobbies, creative expression, and challenges that allow kids to feel confident and capable.

- Parent Pointer: Compliment qualities like kindness, creativity, or perseverance instead of appearance or performance alone.

Create a safe space to talk about bullying

Whether it happens in-person or online, bullying can seriously affect a child's mental health. Encourage your child to speak up if they or someone else is being bullied, and reassure them that you're there to help.

- Did You Know?: Every province in Canada has anti-bullying policies. Reach out to your child's school if you need support—they're legally required to help address it.

encourage Physical Activity and outdoor Time

Exercise and fresh air can do wonders for a child's mood. Regular movement reduces stress, boosts energy, and helps children sleep better. Even just a daily walk or time in nature can make a difference.

- Fun Fact: Parks Canada offers free passes for youth under 18—an awesome way to explore and unwind as a family.

Teach mindfulness and coping skills

Simple breathing exercises, journaling, or mindfulness practices can help kids manage overwhelming emotions and develop lifelong coping strategies.

- Try This: Apps like Smiling Mind or Breathe, Think, Do with Sesame offer free, kid-friendly mindfulness tools.

Know when to seek Professional help

Sometimes, kids need more support than a parent or teacher can provide—and that's okay. Watch for signs like prolonged sadness, withdrawal, changes in sleep or eating, or talk of self-harm. Reaching out early can prevent more serious issues later on.

- Get Help: Kids Help Phone (1-800-668-6868 or text 686868) is available 24/7 for children and teens across Canada.



Final Thoughts

Raising emotionally healthy children in today's world means being present, proactive, and patient. By creating supportive environments at home and in the community, we give kids the tools they need to face challenges with strength and confidence.

Mental health is not a destination—it's a journey. And with the right guidance, children can learn to navigate it with hope, balance, and resilience.