



Dryden District Early Years Coalition

Resources for caregivers of children aged 0 to 6 years

Infant & Baby Supports

- **Wild Womb Doula Services:** Lindsay Lewkowitz, Certified Holistic Birth and Postpartum Doula. Contact at 1(226) 984-9874 or Email: wildwomb.doulaservice@gmail.com. You can also visit www.wildwombdoulaservices.com.
- **Katie Hill Doula Services:** Offering pregnancy preparation, childbirth education and in-person birth support to help families approach labor with knowledge, confidence, and calm. Call 1(780) 235-2778, Email: hillkatie1225@gmail.com, or visit www.katiehilldoula.com.
- **Birth in Bloom Doula Services:** Emily Gamble, Doula. Hospital-grade breast pump rentals available. Call 1(807) 323-3565, visit the [Facebook page](#), or email emily-gamble@hotmail.com.
- **Dryden Area Family Health Team—Healthy New Beginnings:** Health teaching for pregnant women. Visit www.nwhu.on.ca or call 1(807) 223-7406 to speak with a Registered Nurse.
- **Northwestern Health Unit—Healthy Babies Healthy Children:** Prenatal, postpartum, and early childhood support for parents and caregivers. Self-refer online at www.nwhu.on.ca or call 1(800) 465-4377.
- **Northwestern Health Unit—Infant Hearing Program:** Universal hearing screening for babies (0-8 weeks). Call 1(877) 553-7122.
- **NorWest Community Health Centres—Virtual Lactation Consultant:** Call 1(807) 622-8235 to book an appointment.

Licensed Child Care Centres

- **Kenora District Services Board—Early Years Services:** Application forms can be found online at www.kdsb.on.ca. For more information, call the Admin. Assistant at 1(807) 223-2100 Ext. 2485.
- **Homeward Bound Daycare (Dryden Native Friendship Centre):** Contact the Supervisor at 1(807) 223-4180.
- **Dryden Nursery School Co-Op:** Contact Supervisor/RECE, Marnie Oliphant at (807) 223-2433 or Cell: 1(807) 938-8091. Follow on Facebook www.facebook.com/DrydenNurserySchool/.
- **Vermilion Bay Nursery School:** Call 1(807) 227-5437 or Email: vbayhub4kids@gmail.com.
- **Early Childhood Development Centre—Eagle Lake First Nation:** Contact the Supervisor/RECE at 1(807) 755-1640 or Email: resource@migisi.ca.

Drop-In Centres

- **Kenora District Services Board—Dryden EarlyON Child & Family Centre:** For monthly calendars, visit the [Facebook page](#) or <https://kdsb.on.ca/>. Call 1(807) 223-7145 (Albert St.) or 1(807) 220-2965 (King St.).
- **Homeward Bound EarlyON Child & Family Centre—Dryden Native Friendship Centre:** Visit the [Facebook page](#), Email: earlyon@dnfconline.org, or call 1(807) 220-2598.
- **Vermilion Bay EarlyON Child & Family Centre:** Email: vbayhub4kids@gmail.com, visit the [Facebook page](#), or call 1(807) 227-5437.
- **Dryden Public Library:** Info and monthly calendars can be found on the [Facebook page](#) or by calling 1(807) 223-1475.

Developmental/Mental Health Services

- **FIREFLY-Infant & Child Development:** Families can self-refer for Occupational Therapy, Physiotherapy, Autism Spectrum Disorder Diagnostic Hub, Ontario Autism Program Services, Specialty Clinics, Mental Health support and more. Visit www.fireflynw.ca or call 1(800) 465-7203.
- **Dryden Regional Health Centre—Mental Health & Addictions:** For counselling and services for children and youth, call 1(807) 223-6678.
- **Northwestern Health Unit:** a variety of programs and services for new parents, caregivers and families with children 0-6.
 - **North Words Preschool Speech & Language and Blind/Low Vision Program:** Speech and language assessments and blind/low vision intervention and consultation for families. Visit www.nwhu.on.ca or call 1(807) 553-7122.
 - **Parenting Support:** Visit www.nwhu.on.ca (*direct page linked*)
 - **School Readiness:** Visit www.nwhu.on.ca (*direct page linked*)
- **Northwestern Health Unit—Parenting Support:** Speech and language assessments and blind/low vision intervention and consultation for families. Visit www.nwhu.on.ca or call 1(807) 553-7122.

Visit our Facebook Page for updates, events and more! [Dryden District Early Years Coalition Facebook](#)

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Medical Services

Optometry

- **Lockyer Optometry:** 1(807) 221-2020
- **Foresight Optical, Partners of FYDoctors:** 1(807) 223-6895

Dental

- **Sunset Country Dental:** 1(807) 223-6479
- **Dryden Dental Clinic:** 1(807) 223-7444
- **King Street Family Dental:** 1(807) 223-2483
- **Northern Dental Clinic:** 1(807) 223-3012
- **Uptown Dental:** 1(807) 223-5808
- **Northwestern Health Unit (Dental Health):** 1(855) 407-6453

Clinics

- **Dingwall Medical Clinic:** 1(807) 223-6683
- **Dryden Area Family Health Team:** 1(807) 223-7406
- **Points North Family Health Team (Vermilion Bay):** 1(807) 227-2675
- **Waasegiizhig Nanaandawe'iyewigamig (WNHAC):** 1(888) 699-6422 Ext. 600
- **Eagle Lake Health and Resource Centre:** 1(888) 755-1157
- **For immunization services:** speak with your health care provider, local clinic, or call the Northwestern Health Unit at 1(807) 223-3301.

Pelvic Floor Physio

- **Dryden Regional Health Centre, Physio Department—Jane Kennedy, MSc (PT):** Prenatal and postpartum pelvic floor physiotherapy care supporting pregnancy, birth recover, pelvic health, and core rehabilitation. Referrals can be made through a family physician or nurse practitioner.
- **Sunset Country Physiotherapy—Jessica Skillen, PT:** Postpartum pelvic floor physiotherapy care, & supports for plagiocephaly, brachycephaly and torticollis also offered through doctor referral. Self-referrals can be made by calling 1(807) 220-5711 or Email: sunsetcountryphysio@gmail.com.

Elementary Schools

- **Open Roads Public School:** 1(807) 223-4418
- **New Prospect Public School:** 1(807) 223-4713
- **St. Joseph's School:** 1(807) 223-5227
- **École catholique de l'Enfant-Jésus:** 1(807) 937-4249
- **Lillian Berg Public School (Vermilion Bay):** 1(807) 227-2152

Local Programming & Supports

- **Northwestern Health Unit—Chronic Disease Prevention:** Health education and promotion on various topics. Includes programming, events, and more. Call 1(807) 223-3301.
- **Dryden Native Friendship Centre:** A gathering place for Indigenous peoples. Various programming and services for families. Visit www.dnfconline.org or call 1(888) 838-3632.
- **Hoshizaki House—Dryden District Crisis Shelter:** For emergency shelter or crisis services call 1(807) 223-3226 or 1(800) 465-7221. More information can be found at www.hoshizakihouse.ca.
- **Kenora-Rainy River Districts Child & Family Services:** Visit www.krrcfs.ca or call (807) 223-5325 or 1(800) 465-1100
- **Tikinagan Child & Family Services:** Visit www.tikinagan.org or call (807) 737-3466 or 1(800) 465-3624
- **Kenora-Rainy River Districts:** Visit www.krrcfs.ca
- **Anishinaabe Abinoojii Family Services:** Call (807) 468-6224 or 1(866) 420-9990
- **Northwestern Ontario Metis Child & Family Services:** Call (807) 223-5741 or 1(833) 748-3018

Useful Medical Resources and Contacts

- **Hospital—Dryden Regional Health Centre:** 24/7 emergency and inpatient services. Call 1(807) 223-8200
- **Ontario Poison Centre:** 24/7 telephone services. Call 1(844) 764-7669
- **Ontario Health—Health 811:** 24/7 confidential support. Dial 811 or visit www.health811.ontario.ca to use the chat.

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