



Healthy Relationships Resources

Stormont, Dundas, Glengarry & Akwesasne

The Community Action Network Against Abuse (CANAA)

has collected an inventory of existing programs and presentations regarding Healthy Relationships that are available to organizations throughout Stormont, Dundas, Glengarry and Akwesasne.

At CANAA, we describe Healthy Relationships as follows:

Healthy Relationships involve mutual respect, mutual affection, equality, valued communication, the liberty to make choices and the ability to feel safe from coercion and physical, mental, sexual and emotional abuse.

Below you will find a table listing organizations that have healthy relationship resources available. The table includes the name of the organization, the language of their services, the age group they specialize in and whether or not they have a fee for service. If you want more information regarding a specific organization, click on their name and it will bring you to their information page. If you need additional details, please contact each organization individually.

BROUGHT TO YOU BY:

Réseau d'action
communautaire
contre l'abus



Community
Action Network
Against Abuse

Stormont, Dundas, Glengarry & Akwesasne

ORGANIZATIONS WITH HEALTHY RELATIONSHIP RESOURCES

ORGANIZATION	LANGUAGE OFFERED			AGE GROUP PROVIDED FOR					FEE FOR SERVICE	
	FRENCH	ENGLISH	OTHER	6-10	11-14	15-18	19-24	25+	NO	YES
Big Brother Big Sisters of Cornwall & District		•			•	•	•	•		•
Boys & Girl Club of Cornwall/SDG		•			•	•				•
Canadian Red Cross		•			•	•	•	•	•	
Centre de santé communautaire de l'Estrie – Alexandria	•						•	•		•
Centre de santé communautaire de l'Estrie – Cornwall	•				•	•	•			•
Centre de santé communautaire de l'Estrie – Crysler	•				•	•				•
Cornwall Community Hospital – Addiction and Adult Mental Health	•	•			•	•	•	•		•
Cornwall Community Police		•			•	•	•	•		•
Counselling and Support Services	•	•		•	•	•	•	•		•
Eastern Ontario Health Unit	•	•			•	•	•	•		•
Équipe psycho-sociale	•			•	•	•				•
Girls Incorporated of Upper Canada		•			•	•			•	
Grace Arbour-SAM Program	•	•			•	•	•		•	
Laurencrest Youth Services		•			•	•			•	
Maison Baldwin House	•	•			•	•	•	•		•
Maison Interlude House	•	•		•	•	•	•	•		•
Upper Canada District School Board		•				•				•
Sexual Assault Support Services	•	•			•	•	•	•		•

ORGANIZATION INFORMATION

BIG BROTHERS BIG SISTERS OF CORNWALL & DISTRICT

ADDRESS:	101 Third Street W Cornwall, ON K6J 2N9
TELEPHONE:	(613) 933-8035
WEBSITE:	www.bigbrothersbigsisters.ca
AVAILABILITY:	When convenient for parents and children; volunteers after work hours; school-based during business hours
RESOURCES:	PowerPoint, DVD Training
DURATION:	1 hour
THEMES/ TOPICS:	Consent, types of abuse, definition of healthy relationships, warning signs, community resources
FOLLOW UP:	Yes, contact once matched

BOYS & GIRLS CLUB OF CORNWALL/SDG

ADDRESS:	506 First Street E Cornwall, ON K6H 1L7
TELEPHONE:	(613) 935-9015
WEBSITE:	www.bgccornwallsdg.com
AVAILABILITY:	N/A
RESOURCES:	Pamphlets, websites
DURATION:	30 minutes to 1 hour
THEMES/ TOPICS:	Definition of dating violence, definition of healthy relationships, warning signs
FOLLOW UP:	N/A

CANADIAN RED CROSS RESPECT EDUCATION

ADDRESS:	N/A
TELEPHONE:	1 (877) 356-3226
WEBSITE:	http://www.redcross.ca/how-we-help/violence--bullying-and-abuse-prevention
AVAILABILITY:	During school hours
RESOURCES:	Full curriculum – lesson plans, activities, videos, PowerPoint for lessons, pamphlets
DURATION:	Anywhere from 4 hours for online workshops to 2-day workshop training for the Instructor model
THEMES/ TOPICS:	Consent, types of abuse, definition of dating violence, definition of healthy relationships, warning signs, gender bias relationships (LGBTQ), community resources, communication styles, conflict resolution, community resources
FOLLOW UP:	Implementation planning and personal safety plan

CENTRE DE SANTÉ COMMUNAUTAIRE DE L'ESTRIE - ALEXANDRIA

ADDRESS:	5, Main Street Alexandria, ON K0C 1A0
TELEPHONE:	(613) 525-5544
WEBSITE:	www.cscestrie.on.ca
AVAILABILITY:	During work hours, after work
RESOURCES:	Pamphlets
DURATION:	N/A
THEMES/ TOPICS:	N/A
FOLLOW UP:	N/A

CENTRE DE SANTÉ COMMUNAUTAIRE DE L'ESTRIE - CORNWALL

ADDRESS:	841 Sydney Street Cornwall, ON K6H 3J7
TELEPHONE:	(613) 937-3132, ext. 232
WEBSITE:	www.cscestrie.on.ca
AVAILABILITY:	Ready to accommodate you
RESOURCES:	PowerPoint presentations
DURATION:	3 hours
THEMES/ TOPICS:	Consent, types of abuse, definition of healthy relationships, definition of abuse relationships, warning signs, community resources
FOLLOW UP:	No but could be an option

CENTRE DE SANTÉ COMMUNAUTAIRE DE L'ESTRIE - CRYSLER

ADDRESS:	1 Nation Street Crysler, ON K0A 1R0
TELEPHONE:	(613) 987-2683
WEBSITE:	www.cscestrie.on.ca
AVAILABILITY:	Any day of the week from 9 a.m. – 8 p.m.
RESOURCES:	PowerPoint presentations
DURATION:	2 hours
THEMES/ TOPICS:	Definition of healthy relationships, community resources
FOLLOW UP:	No

CORNWALL COMMUNITY HOSPITAL – ADDICTION AND MENTAL HEALTH

ADDRESS:	205 Second Street East Cornwall, ON K6J 4L4
TELEPHONE:	(613) 932-9090
WEBSITE:	www.cornwallhospital.ca/en/addiction-services/
AVAILABILITY:	Upon request, part of their program
RESOURCES:	PowerPoint, pamphlets, social media, one-on-one and groups
DURATION:	Various
THEMES/ TOPICS:	Types of abuse, definition of healthy relationships, community resources, healthy relationships in the context of addictions
FOLLOW UP:	No

CORNWALL COMMUNITY POLICE

ADDRESS:	340 Pitt Street Cornwall, ON K6H 5T7
TELEPHONE:	(613) 933-5000
WEBSITE:	www.cornwallpolice.com
AVAILABILITY:	Monday to Friday 8 a.m. – 4 p.m.
RESOURCES:	PowerPoint, social media
DURATION:	1 hour
THEMES/ TOPICS:	Consent, types of abuse, definition of healthy relationships, community resources
FOLLOW UP:	No

COUNSELLING AND SUPPORT SERVICES

ADDRESS:	26 Montreal Road Cornwall, ON K6H 1B1
TELEPHONE:	(613) 932-4610
WEBSITE:	www.css-sdg.ca
AVAILABILITY:	Could be available upon request
RESOURCES:	PowerPoint
DURATION:	1, 2, 3 hours
THEMES/ TOPICS:	Types of abuse, definition of healthy relationships, warning signs, community resources
FOLLOW UP:	Yes, in house services

EASTERN ONTARIO HEALTH UNIT

ADDRESS:	1000 Pitt Street Cornwall, ON K6J 5T1
TELEPHONE:	1 800 267-7120
WEBSITE:	www.EOHU.ca www.MYtriplep.ca
AVAILABILITY:	Presentations are available to the community based on staff availability and demand. Healthy relationship resources are also available in the form of counselling, and through presentations in schools
RESOURCES:	PowerPoint presentations, pamphlets, websites, social media, school activities
DURATION:	Varies according to need
THEMES/ TOPICS:	Youth relationships, positive parenting relationships and healthy relationships between parents
FOLLOW UP:	Yes

ÉQUIPE PSYCHO-SOCIALE

ADDRESS:	610 McConnell Avenue Cornwall, ON K6H 4M1
TELEPHONE:	(613) 938-7112
WEBSITE:	N/A
AVAILABILITY	As required
RESOURCES:	PowerPoint presentations, oral presentations
DURATION:	1 hour
THEMES/ TOPICS:	Definition of healthy relationships, resilience
FOLLOW UP:	As required

GIRLS INCORPORATED OF UPPER CANADA

ADDRESS:	1809 Oxford Avenue Suite 308 Brockville, ON K6V 5W1
TELEPHONE:	(613) 345-3295
WEBSITE:	www.girlsinc-uppercanada.org
AVAILABILITY	Anytime; primarily in schools during the day
RESOURCES:	PowerPoint presentations, pamphlets, social media
DURATION:	1 hour, 3 hours, 10 week program at 1 hour per week
THEMES/ TOPICS:	Consent, types of abuse, definition of dating violence, definition of healthy relationships
FOLLOW UP:	No

GRACE ARBOUR- SAM PROGRAM

ADDRESS:	107 Belmont Street Cornwall, ON K6H 4Z2
TELEPHONE:	(613) 938-2799
WEBSITE:	N/A
AVAILABILITY	N/A
RESOURCES:	One-on-one skill building
DURATION:	As needed
THEMES/ TOPICS:	Consent, types of abuse, definition of healthy relationships
FOLLOW UP:	N/A

LAURENCREST YOUTH SERVICES

ADDRESS:	510 Mercier Ave. West Cornwall, ON K6K 1K2
TELEPHONE:	(613) 933-6362
WEBSITE:	N/A
AVAILABILITY	Healthy relationship review is conducted on an individual basis with youth referred to our attendance centre
RESOURCES:	Discussion, pen and paper exercises
DURATION:	Four 1-hour sessions
THEMES/ TOPICS:	Consent, types of abuse, definition of dating violence, definition of healthy relationships, warning signs, community resources
FOLLOW UP:	No

MAISON BALDWIN HOUSE

ADDRESS:	40 Fourth Street West Cornwall, ON K6J 2R6
TELEPHONE:	(613) 936-4909
WEBSITE:	www.baldwinhouse.ca
AVAILABILITY	During business hours, after work, weekends
RESOURCES:	PowerPoint, pamphlets, website, social media
DURATION:	1 hour
THEMES/ TOPICS:	Types of abuse, definition of healthy relationships, warning signs, community resources
FOLLOW UP:	Yes, evaluations

MAISON INTERLUDE HOUSE

ADDRESS:	256 Industrial Boulevard Alexandria, ON K0C 1A0
TELEPHONE:	(613) 525-5338
WEBSITE:	www.maisoninterludehouse.ca
AVAILABILITY	Anytime
RESOURCES:	Themed presentations, pamphlets, women's and girls' groups and website
DURATION:	Short Term
THEMES/ TOPICS:	Consent, types of abuse, definition of dating violence, definition of healthy relationships, warning signs, community resources, reasons why it's hard to leave an abusive relationship, myths and realities, do's and don'ts when talking to someone who may be a victim of abuse
FOLLOW UP:	No

UPPER CANADA DISTRICT SCHOOL BOARD

ADDRESS:	122 Second Street W Cornwall, ON K6J 1G0
TELEPHONE:	(613) 933-5275
WEBSITE:	www.ucdsb.on.ca
AVAILABILITY	As needed
RESOURCES:	PowerPoint, social media
DURATION:	2 hours
THEMES/ TOPICS:	Consent, types of abuse, definition of healthy relationships, warning signs, gender bias relationships (LGBTQ), community resources
FOLLOW UP:	Yes, check in

SEXUAL ASSAULT SUPPORT SERVICES

ADDRESS:	123 Amelia Street Cornwall, ON K6H 5V3
TELEPHONE:	(613) 932-1755
WEBSITE:	www.sassforwomen.ca
AVAILABILITY	During regular work hours
RESOURCES:	PowerPoint, pamphlets, websites, social media
DURATION:	1 hour
THEMES/ TOPICS:	Consent
FOLLOW UP:	No