

# First Five

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March 10, 2025



**Ontario  
Health**

# First Five

- Access to **preventative and health promotion care and services** for children aged 0 to 5 years in Ontario, specifically for those without access to primary care and/or without a health card
- Includes children:
  - who do not have a primary care provider (unattached)
  - in equity-seeking populations,
  - who are living in rural, remote and northern settings,
  - with material deprivation,
  - that are Francophone, Black and racialized and
  - that have low socio-economic risk factors.

**Support | Grow | Thrive**

*Healthy Development Supports for Children 0-5*



# First Five Services

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First Five programs include the following services:

- Well baby/well child visits
- Immunizations
- Developmental screening
- Nutrition support
- Assistance with navigating the health care system
- Referral requests
- Care for acute illnesses (i.e. infections, coughs, colds, vomiting, rashes, etc)

# CHC Hours & Locations

		Hours						
	Location(s)	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>North Lambton CHC</b>	Sarnia (NL CHC)	8:30am-4:30pm	8:30am-4:30pm	8:30am-4:30pm	8:30am-4:30pm	8:30am-4:30pm		
<b>Chatham Kent CHC</b>	Chatham	9am-4:30pm	9am-4:30pm	9am-8pm				
	Wallaceburg/Walpole Island Site				9am-4:30pm			
<b>West Elgin CHC</b>	St Thomas (PHU)	8:30am-4:30pm		8:30am-4:30pm		8:30am-4:30pm		
	West Lorne (CHC)		8:30am-4:30pm		8:30am-4:30pm			
<b>Oxford CHC</b>	Woodstock (OCCHC Main Site)	8:30am-4:30pm	4:30pm-8pm (2nd Tues of month)	8:30am-4:30pm		8:30am-4:30pm		
	Tillsonburg (EarlyON Tillsonburg)		8:30am-4:30pm					
	Ingersoll (EarlyON Ingersoll)				8:30am-4:30pm			
<b>Niagara CHC</b>	Niagara Falls	8:30am-4:30pm	8:30am-4:30pm	8:30am-4:30pm	8:30am-4:30pm	8:30am-4:30pm		

# How to Access First Five?

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- North Lambton CHC
  - Call 519-344-3017 or fill out the online registration form
- Chatham Kent CHC
  - Call 519-397-5455 or fill out the online registration form
- West Elgin CHC
  - Call 519-768-1715, Ext. 2301 or fill out the online registration form
- Oxford CHC
  - Call 519-539-1111 or 519-842-9008, fill out the online registration form
- Niagara Falls CHC
  - Call 905-356-4222 to book an appointment or visit their website for more information