

What is Cradlelink?

It's a free home visiting program available throughout Grey and Bruce Counties.

Parents who are expecting a baby, or have a new baby, may request home visits from a Cradlelink nurse. Support is available until the baby turns one year old.

Some families also receive weekly support from a volunteer.

Parents who feel well-supported by their family, friends, and local community are more likely to feel prepared and confident about caring for their new baby.



Contact Information

For more information about becoming a volunteer, please contact

Keystone Child, Youth & Family Services



Phone Number

(519) 371-4773



E-mail Address

keystone@keystonebrucegrey.com



Website

www.keystonebrucegrey.org



Main Office Location

1793 3rd Ave. West, Owen Sound, ON. N4K 6Y2



Public Health
Agency of Canada



Do You Love Babies?



Become a Cradlelink Volunteer!

Your time can support a family in your community

www.keystonebrucegrey.org
(519) 371-4773

Testimonials

From our Cradlelink
Volunteers

"It brings me joy to hold and care for babies."

"There's nothing like being greeted with the smiles and hugs from a child."

"For the satisfaction of helping mothers who feel overwhelmed. I feel appreciated and I know I make a difference."

"It's really a nice feeling to be invited into someone's home, and family, and to witness how the baby grows and develops in the first year!"

"Anyone who truly loves children should do this! It's a great experience to care for a small baby when your own family is grown."



What Can I Expect!

- Volunteers visit up to 4 hours a week during business hours, Monday to Friday.
- Volunteers offer "hands-on help" to a family in their community
- Volunteers are not asked to do housework, or be left alone with the children

Being a new parent can be physically and emotionally exhausting, especially if there is a new baby (or more!). It can feel overwhelming and sometimes lonely. Having a volunteer to offer extra support may help.

During a volunteer home visit, parents may: Take a nap, have an uninterrupted shower, have 1:1 with other children, ask a volunteer to come with them to appointments or outings.

Every Cradlelink family also has a Registered Nurse visiting them regularly to support both the volunteer and the family until the baby's first birthday.

Cradelink offers variety and flexibility to meet the unique needs of both our families and volunteers

How do I become a Cradlelink Volunteer?

Just let us know you're interested by contacting us by phone, email or through our website!

We are here to help you complete a series of steps including:

- An application
- A meeting with the Cradlelink team
- Police, Child and Family Services checks
- A health form

Successful applicants are provided with an in-person or virtual orientation to Keystone, the Cradlelink Program, and the volunteer role.

