



Region of Waterloo  
PUBLIC HEALTH AND  
EMERGENCY SERVICES

# Pregnancy and early parenting services

Region of Waterloo Public Health and Emergency services and other local and provincial services are available to support you during pregnancy and when you become a new parent. Call the numbers provided or see the website information. NOTE: \* indicates print pamphlets are available through the Public Health Resource Library located at 99 Regina Street South, Waterloo ON N2J 4V3.

## Pregnancy and parenting resources

### Region of Waterloo Public Health

519-575-4400 [regionofwaterloo.ca](http://regionofwaterloo.ca)

Get information on [healthy pregnancy](#), parenting, and [child health and development](#) including:

- [breastfeeding](#), nutrition and healthy living
- immunization during [pregnancy](#), [breastfeeding](#) and for [your child](#)
- [sexual health](#): birth control for age 24 and under, pregnancy testing and testing for sexually transmitted infections and HIV

### Parenting Now

Connect with local parents, learn skills, get new ideas and support. 519-884-0000 [parentingnow.ca](http://parentingnow.ca)

### POMBA (KW Parents of Multiple Births Association)

519-579-3800 [kwpomba.ca](http://kwpomba.ca)

### [isearchmycommunity.ca](http://isearchmycommunity.ca)

A one-stop-shop for information on community services across Waterloo Region.

[isearchmycommunity.ca](http://isearchmycommunity.ca)

### Family Compass Waterloo Region

Service listing for parents, children and youth.

[familycompasswr.ca](http://familycompasswr.ca)

### Best Start

Resources for parents, future parents and families.

[resources.beststart.org/for-parents](http://resources.beststart.org/for-parents)

## Pregnancy and parenting programs

### Growing Healthy Two-gether\*

Weekly program for pregnant women at no cost.

Locations in Cambridge and Kitchener.

519-743-6333 or 519-575-4400 [carizon.ca](http://carizon.ca)

### Online Prenatal Program

Free online education for pregnancy, breastfeeding, understanding birth and caring for baby.

[regionofwaterloo.ca/onlineprenatal](http://regionofwaterloo.ca/onlineprenatal)

### Preparing for Parenthood\*

Prenatal information for women and support persons at no cost. Various locations. Register online.

[earlyyearsinfo.ca](http://earlyyearsinfo.ca)

### Region of Waterloo Youth Prenatal Program \*

No Cost. For those 24 years of age and under.

Offered at Monica Place. EasyGO fare card available.

Call at 519-743-0291 to register.

### Healthy Babies Healthy Children Program

In home support for eligible prenatal and postpartum women and families.

519-575-4400 ask to speak to a public health nurse

[regionofwaterloo.ca/hbhc](http://regionofwaterloo.ca/hbhc)

## EarlyON Child and Family Centres

Many no cost programs and activities for parents and their children from 0-6 years old. Includes [Sleep and](#)

[your new baby](#) and other parenting sessions at

location across the region.

519-741-8585 [earlyyearsinfo.ca](http://earlyyearsinfo.ca)

# Pregnancy and early parenting services

## Childbirth - hospitals/health services

If you need emergency care or feel something is wrong, go to the emergency department or call 911.

### Cambridge Memorial Hospital

Childbirth services: 519-621-2330 x4355  
[cmh.org/programs/birthing-obstetrics](http://cmh.org/programs/birthing-obstetrics)

### Grand River Hospital

Childbirth services: 519-742-3611  
[grhosp.on.ca/childbirth](http://grhosp.on.ca/childbirth)

### Health Care Connect

Register to get a health care provider including Obstetricians.  
1-800-445-1822 [ontario.ca](http://ontario.ca)

### Association of Ontario Doulas

Provide support during childbirth.  
[ontariodoulas.org](http://ontariodoulas.org)

### Association of Ontario Midwives

For care throughout pregnancy and for six weeks of follow up. Many [midwives](#) practise in hospitals or homes. 1-866-418-3773 [ontariomidwives.ca](http://ontariomidwives.ca)

### Nurse Practitioner-led Clinic

Call or complete a registration form online.  
519-772-2322. [wrnplc.ca](http://wrnplc.ca)

## Smoking cessation

### Pregnets

Resources and support for pregnant and postpartum women who use tobacco products.  
[nicotinedependenceclinic.com](http://nicotinedependenceclinic.com)

### Telehealth Ontario

24/7 help to quit smoking  
Toll-free: 1-866-797-0000 or TTY: 1-866-797-0007  
[ontario.ca](http://ontario.ca)

## Breastfeeding

### Region of Waterloo Public Health

Breastfeeding information, resources and local supports. Free clinics with one to one breastfeeding assessment and advice with a Public Health Nurse.  
519-575-4400 or [regionofwaterloo.ca/breastfeeding](http://regionofwaterloo.ca/breastfeeding)

### Breastfeeding Buddies

Peer volunteers provide support for women before and after baby is born. Prenatal [Me? Breastfeed?](#) workshops. Many languages available. No cost.  
Call to register. 519-772-1016

### Telehealth Ontario

24/7 support by phone for breastfeeding, nutrition and other health concerns.  
1-866-797-0000 or TTY: 1-866-797-0007 [ontario.ca](http://ontario.ca)

## New to Canada

### Best Start

Guides available for newcomer parents to download.  
[resources.beststart.org](http://resources.beststart.org)

### Parenting in a new society: multicultural parents learning together

Join groups for parents new to Canada.  
519-571-1626 [ourplacekw.ca](http://ourplacekw.ca)

### Immigrant and Refugee Services in Waterloo Region

Local Services for people new to Canada or to Waterloo Region.  
519-575-4757 [immigrationwaterlooregion.ca](http://immigrationwaterlooregion.ca)

## Food and nutrition

### Emergency and low-cost food\*

Call for more information on all programs available.  
519-575-4400 [regionofwaterloo.ca](http://regionofwaterloo.ca)

### Nutrition information

[unlockfood.ca](http://unlockfood.ca)

## Assistance with baby items

### EarlyON

73 Water St., Cambridge

519-740-8353 [cfeyc.ca](http://cfeyc.ca)

### Children's Needs Distribution Centre

135 Highland Road West, Kitchener

519-745-9461 [highlandbaptist.ca](http://highlandbaptist.ca)

### Wilmot Family Resource Centre

175 Waterloo St. New Hamburg: 519-662-2731

[wilmotfamilyresourcecentre.wordpress.com](http://wilmotfamilyresourcecentre.wordpress.com)

## Financial help

### House of Friendship Family Outreach Program

519-742-8327 [familyoutreach.ca](http://familyoutreach.ca)

### Region of Waterloo Community Services

Employment and Financial Support

- Learning Earning and Parenting program (LEAP)
  - Parents 25 or under with OW/ODSP- finish high school, learn parenting skills, children's programs and job readiness.

519-575-4400 [regionofwaterloo.ca](http://regionofwaterloo.ca)

## Housing/shelter

### Region of Waterloo - housing or emergency shelters

Many locations are available across the region.

519-575-4400 [regionofwaterloo.ca](http://regionofwaterloo.ca)

### Marillac Place

Residence for women that are pregnant and their young children. 109 Young Street, Kitchener

519-571-0722 [marillacplace.ca](http://marillacplace.ca)

### Monica Place

Residence and school for pregnant youth.

519-743-0291 [monicaplace.ca](http://monicaplace.ca)

### YWCA Emergency Shelter Services

60-bed shelter for families and women who are homeless aged 16 and over.

519-744-0120 [ywcakw.on.ca](http://ywcakw.on.ca)

## Mental health

### HERE24/7

Call to access local mental health services.

1-844-437-3247 [here247.ca](http://here247.ca)

### ConnexOntario

24-hour access in 140 languages to drug and alcohol, mental health and problem gambling supports.

1-866-531-2600 [connexontario.ca](http://connexontario.ca)

### Stork Secrets

Pregnancy and postpartum adjustment support

519-571-1626 ext.25. Offered at two locations:

- Our Place [ourplacekw.ca/stork-secrets](http://ourplacekw.ca/stork-secrets)
- YMCA Early Years [earlyyearsinfo.ca](http://earlyyearsinfo.ca)

### Best Start

Information about depression and anxiety during and after pregnancy [beststart.org](http://beststart.org)

### Collaborative Counselling Program

Various agencies provide up to eight free counselling services for income support recipients.

519-575-4400 [regionofwaterloo.ca](http://regionofwaterloo.ca)

## Substance use

### HERE24/7

Call to access local addiction services.

1-844-437-3247 [here247.ca](http://here247.ca)

### Region of Waterloo Public Health

Call for information on supports and services.

Including harm reduction and needle program.

519-575-4400 [regionofwaterloo.ca](http://regionofwaterloo.ca)

### Moving Forward

Support services for women who have substance use concerns and are pregnant or parenting.

519-957-5001 [houseoffriendship.org](http://houseoffriendship.org)

### Bridges to Health

Two-week treatment program for women.

519-957-5001 [houseoffriendship.org](http://houseoffriendship.org)

## Violence/abuse

### Assaulted Women's Helpline

Support for women in many different languages.

1-866-863-0511 [awhl.org](http://awhl.org)

### Women's Crisis Services

[wcwr.org](http://wcwr.org)

24-hour crisis line support for women in need.

- Kitchener –Waterloo: 519-742-5894
- Cambridge: 519-653-2422

Information on hiding your internet use can be found at [wswr.org/cover-your-tracks](http://wswr.org/cover-your-tracks)

### Anselma House

Shelter for abused women with or without children.

700 Heritage Drive, Kitchener

519-741-1478

### Haven House

Shelter for abused women with or without children.

10 Acorn Way, Cambridge

519-653-2289

### Domestic Abuse Review Team of Waterloo Region (DART)

A group of local organizations who respond to domestic violence and provide supports to survivors of assault.

[dartwaterloo.ca](http://dartwaterloo.ca)

## If you still have questions or to request this document in an alternate format:

Visit us at [regionofwaterloo.ca](http://regionofwaterloo.ca)

Call us at 519-575-4400 TTY: 519-575-4608

Email us at [publichealth@regionofwaterloo.ca](mailto:publichealth@regionofwaterloo.ca)

One number for Regional services 24/7 in over 200 languages 1-855-575-4400

**In an  
emergency  
call 911**

