Region of Waterloo Public Health

Get information on healthy pregnancy at www.regionofwaterloo.ca/pregnancy

Call 519-575-4400 to ask about:
- Immunization, also see immunization during pregnancy and breastfeeding or for your child
- Online Prenatal
- Pregnancy
- Nutrition
- New Parent Resource Guide (see Region of Waterloo link)
- Mental Health and Wellness during Pregnancy
- Smoking, Alcohol, Substance Use

Call Sexual Health at 519-883-2267 for information on:
- pregnancy testing and counselling, birth control for age 24 and under, testing for sexually transmitted infections and HIV

Hospitals/Health Services

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

Cambridge Memorial Hospital
See more about Childbirth services. 519-621-2332

Grand River Hospital
See more about Childbirth services. 519-742-3611

Childbirth Outpatient Nurse Practitioner Clinic
For pregnant women with OHIP coverage but no family doctor. 519-749-4300-3580 ext. 3580

Health Care Connect
Register to get a health care provider. 1-800-445-1822

Midwifery in Waterloo Region
Midwives provide care through pregnancy, home or hospital birth of your baby and 6 weeks of follow up.

Nurse Practitioner-led Clinic
Register at www.wrnplc.ca or call 519-772-2322

Obstetricians
Search: “obstetrics”, location

Pinnacle Family Medical OB Group
Local family doctors providing obstetrical care for uncomplicated pregnancies. 519-578-3510

Service Ontario
Register new baby’s birth, get birth certificate, apply for Social Insurance number (SIN) and sign up for Child Benefits. Complete online or call Monday to Friday, 1-800-267-8097, TTY 1-800-268-7095
Prenatal and Parenting Services

Prenatal Support

Growing Healthy Two-gether
519-743-6333 or 519-575-4400

Association of Ontario Doulas
Provide physical and emotional support during childbirth.

POMBA (KW Parents of Multiple Births Association)
519-579-3800

Preparing for Parenthood
Prenatal information for women and support persons. No cost. Call to register.
Various locations.

Region of Waterloo Public Health
Youth Prenatal Program
No cost. In Waterloo, register at 519-743-0291.

Region of Waterloo Public Health
Healthy Babies Healthy Children
In home parenting support. 519-575-4400

Ontario Early Years Centres
Many no cost programs and activities for parents and their children 0 to 6 years old. Including sleep and your new baby and parenting my new baby sessions.

Cambridge Family Early Years Centre
519-740-8353

Langs
519-632-1229 (contact for North Dumfries sites)

Our Place Family Resource Early Years Centre
Kitchener 519-571-1626

Wilmot Family Resource Centre
519-662-2731 (contact for Wellesley sites)

Woolwich Community Services
519-669-5139

YMCA Early Years Centre
Waterloo 519-741-8585

Breastfeeding

Me? Breastfeed?
Breastfeeding workshop for pregnant women and their supports. No cost. Call to register.
Cambridge: 519-740-8353
Kitchener: 519 571-1626
Waterloo: 519-741-8585

Breastfeeding Buddies
Volunteers provide breastfeeding support before and after baby is born (including Baby and Me Breastfeeding Drop in at OEYC). Many languages are available. No cost. Call to register. 519-772-1016

Public Health Breastfeeding Services (Clinics)

Region of Waterloo Public Health
Breastfeeding information, including local supports. 519-575-4400

Telehealth Ontario
24 hour support for breastfeeding concerns. 1-866-797-0000

Assistance with Baby Items

Cambridge Family Early Years Centre
149 Ainslie Street N, Cambridge
519-740-8353

Children’s Needs Distribution Centre
Call for appointment
135 Highland Road West, Kitchener
519-745-9461

Wilmot Family Resource Centre
175 Waterloo St. New Hamburg
519-662-2731

Child Health and Development
For local infant and children services.
Prenatal and Parenting Services

Emergency Food
**Emergency and Low-Cost Food** 519-575-4400

Financial Help
**House of Friendship Family Outreach Program**
519-742-8327
**Region of Waterloo Community Services**
519-575-4400
- Employment and Financial Support
- Learning Earning and Parenting (LEAP)
  – Parents 25 or under with OW/ODSP –
  finish high school, learn parenting skills,
  children’s programs, job readiness

**Service Canada**
Maternity and Parental Leave Benefits,
Canada Child Benefits 1-800-206-7218
Find your local office.

Housing/Shelter
**Region of Waterloo – Housing** 519-575-4400
**Emergency Shelter**
Many locations.
**Marillac Place**
Residence for women that are pregnant and their young children. 519-571-0722
**Monica Place**
Residence and school for young pregnant women. 519-743-0291
**YWCA Emergency Shelter Services**
60-bed shelter for families and women who are homeless aged 16 and over. 519-744-0120

New to Canada
**Pregnancy and Parenting in Canada**
*Giving Birth in a New Land* and children *growing up* in Canada can help you adjust to life as a family in Canada (available in many languages).

**Parenting in a New Society**
**Multicultural Parents Learning Together**
519-571-1626

**Immigrant and Refugee Services in Waterloo Region**
Local services for people new to Canada and Waterloo Region.

Health Information Lines

**Telehealth Ontario**
24 hour telephone support for all health concerns. 1-866-797-0000

**EatRight Ontario**
Speak to a Registered Dietitian about nutrition concerns from Monday to Friday. 1-877-510-5102

**MOTHERISK**
Information, counselling and referrals for pregnant and breastfeeding women, about exercise during pregnancy, herbal products, over-the-counter or prescription medications from Monday to Friday. 9 a.m.-5 p.m.
1-877-439-2744

Mental Health

**HERE247**
Call to access local addiction and mental health services. 1-844-437-3247

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

**Grand River Hospital**
Ask for Obstetrical Social Worker. 519-749-4300 ext. 2267

**Pregnancy and Postpartum Adjustment Support**
offered at two locations:
- **Our Place Family Resource Early Years Centre**
- **YMCA Early Years**
519-571-1626 ext. 25

**Collaborative Counselling Program**
Support for clients receiving Ontario Works and/or Ontario Disability Support Program. Many different locations.
Prenatal and Parenting Services

Smoking

**Pregnets**
Resources and support for pregnant and postpartum women about tobacco.

**Smoker’s Helpline**
1-877-513-5333

Substance Use

**Region of Waterloo Public Health**
Call for information on supports and services.
519-575-4400

**MOTHERISK**
Information, counselling and referrals for pregnant and breastfeeding women about prescription and over-the-counter medications, alcohol and substance use from Monday to Friday, 9 a.m.-5 p.m. 1-877-327-4636

**HERE247**
Call to access local addiction and mental health services. 1-844-437-3247

**Moving Forward**
Support services for women who have substance use concerns and are pregnant or parenting children 0-6 years of age.
519-957-5001

**Bridges to Health**
Two-week treatment program for women with alcohol and/or substance use.
519-957-5001

**Grand River Regional Withdrawal Management Centre**
Non-medical supervised residential withdrawal from drugs and alcohol.
519-749-4318

**Needle Exchange Program**
Many locations.
519-883-2267

**Ray of Hope Addiction Services**
Community and Day Treatment program for ages 13-17 years.
519-743-2311

**St. Mary’s Counselling Service**
Counselling for substance use, gambling or gaming concerns for all ages.
519-745-2585

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

**Centre for Addiction and Mental Health**
Information on Addiction and Mental Health.
1-800-661-1111

Violence/Abuse

**Assaulted Women’s Helpline**
Support for women in many different languages.
1-866-863-0511

**Women’s Crisis Services**
24 hour support for women in need.
Kitchener-Waterloo: 519-742-5894
Cambridge: 519-653-2422
Toll-Free: 1-800-410-4482

- See hide your internet use

**Anselma House**
Shelter for abused women with or without children.
700 Heritage Drive, Kitchener 519-742-5894

**Haven House**
Shelter for abused women with or without children.
10 Acorn Way, Cambridge 519-653-2289

Still have questions?
Visit us at www.regionofwaterloo.ca/ph
Call us at 519-575-4400  TTY: 519-575-4608
Email us at PublicHealth@regionofwaterloo.ca
One number for Regional services 24/7 in over 200 languages 1-855-575-4400