Region of Waterloo Public Health and Paramedic 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.

**Pregnancy and parenting resources**

**Region of Waterloo Public Health**
- 519-575-4400
- regionofwaterloo.ca/ph

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, and get new ideas and support. 519-884-0000 parentingnow.ca

**POMBA (KW Parents of Multiple Births Association)**
519-579-3800 kwpomba.ca

**Family Compass Waterloo Region**
Service listing for parents, children and youth. familycompasswr.ca

**Health Nexus**
Resources for parents, future parents and families. healthnexus.ca

**Pregnancy and parenting programs**

**Camino Wellbeing + Mental Health - 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/community-services/canadian-prenatal-nutrition-program-cpnp

**Online Prenatal Program**
Free online education for pregnancy, breastfeeding, understanding birth and caring for baby regionofwaterloo.ca/onlineprenatal

**Preparing for Parenthood**
Prenatal information for women and support persons at no cost. Various locations. Register online earlyyearsinfo.ca/preparing-for-parenthood

**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 monicaplace.ca

**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
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

Childbirth: Hospitals and 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

Grand River Hospital
Childbirth services: 519-742-3611 grhosp.on.ca/childbirth

Health Care Connect
Register to get a health care provider including Obstetricians 1-800-445-1822 ontario.ca/healthcareconnect

Association of Ontario Doulas
Doulas provide support during childbirth 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

Nurse Practitioner-led Clinic
Call or complete a registration form online 519-772-2322. wrnplc.ca

Smoking/vaping cessation
Region of Waterloo
For information on quitting, including before and during pregnancy regionofwaterloo.ca/smoking

Pregnant
Resources and support for pregnant and postpartum women who use tobacco products nicotinedependenceclinic.com/en/pregnets

Health811
24/7 support for smoking/vaping cessation and other health concerns 811 or TTY: 1-866-797-0007 ontario.ca/page/support-quit-smoking

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/breastfeedingclinic

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 breastfeedingbuddies.com

Health811
24/7 support by phone for breastfeeding, nutrition and other health concerns 811 or TTY: 1-866-797-0007 ontario.ca/page/breastfeeding
## Pregnancy and early parenting services

### New to Canada

**Health Nexus**
Guides available for newcomer parents to download [healthnexus.ca](http://healthnexus.ca)

### Immigrant and Refugee Services in Waterloo Region

Local Services for people new to Canada or to Waterloo Region
519-575-4757 ext 3172 [immigrationwaterlooregion.ca](http://immigrationwaterlooregion.ca)

### Food and nutrition

**Emergency and low-cost food**
[thefoodbank.ca](http://thefoodbank.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)

### Housing/shelter

**Region of Waterloo - housing or emergency shelters**
Many locations are available across the region

**Marillac Place**
Residence for women that are pregnant and their young children. 109 Young Street, Kitchener
519-571-0722 [marillacplace.ca](http://marillacplace.ca)

**Camino Wellbeing + Mental Health - 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)

**Porchlight**
Porchlight Counselling & Addiction Services
[fccnd.com](http://fccnd.com)
519-621-5090
info@porchlightcnd.org
18 Walnut Street Cambridge

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

**Stork Secrets**
Pregnancy and postpartum adjustment support
Offered at SHORE [shorecentre.ca/storksecrets](http://shorecentre.ca/storksecrets)
Pregnancy and early parenting services

Health Nexus
Information about depression and anxiety during and after pregnancy healthnexus.ca

Region of Waterloo – Mental Wellness
519-575-4400 regionofwaterloo.ca/en/health-and-wellness/mental-wellness

Substance use
HERE24/7
Call to access local addiction services
1-844-437-3247 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/harm-reduction

House of Friendship
houseoffriendship.org/how-we-help/addiction-treatment
519-742-8327

Violence abuse
Assaulted Women’s Helpline
Support for women in many different languages
1-866-863-0511 awhl.org

Women’s Crisis Services
24-hour crisis line support for women in need
519-742-5894 or 519-653-2422 wcswr.org
Information on hiding your internet use can be found at wcswr.org/cover-your-tracks

Anselma House
Shelter for abused women with or without children
700 Heritage Drive, Kitchener
519-741-9184

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

Waterloo Regional Police Victim Services Unit
Services are designed to assist victims of domestic violence in dealing with the victimization and/or the criminal acts of domestic assault, sexual assault, or criminal harassment.
Victim Services Unit: Tel. 519-743-7243
wrps.on.ca/en/staying-safe/intimate-partner-violence

Domestic Violence Investigations Branch (DVIB)
Dedicated team of detectives who investigate incidents of domestic violence where the commission of an offence has been identified
519-579-9668 ext. 2230

Victim Services of Waterloo Region
519-585-2363 vswr.ca

The Family Violence Project
Barrier-free access for survivors seeking support and resources. These include police reporting, safety planning, family supports, access to shelter services and counselling.
519-743-6333 fvwaterloo@carizon.ca

In an emergency, call 911
Pregnancy and early parenting services

Waterloo Region Sexual Assault/Domestic Violence Treatment Centre
A 24/7 on-call team of nurses and social workers who respond to needs of individual who have experienced sexual assault or domestic violence.
519-749-6994
smgh.ca/areas-of-care/sexual-assault-domestic-violence

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

Visit us at regionofwaterloo.ca
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