Region of Waterloo Public Health and Emergency Services

Get information on healthy pregnancy
Call 519-575-4400 to ask about:
- Immunization, also see:
  - during pregnancy and breastfeeding
  - for your child and
  - how to report your records
- Online Prenatal, no cost, register online
- Pregnancy
- Nutrition
- Mental health and wellness during pregnancy
- Smoking, alcohol and substance use
- Smoking facts for partners

Call Sexual Health at 519-883-2314 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**
Childbirth services.
519-621-2330 x4355

**Grand River Hospital**
Childbirth services.
519-742-3611

**Childbirth Outpatient Nurse Practitioner Clinic**
For pregnant women with OHIP coverage but no family doctor.
519-749-4300 x3580

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

**Midwifery in Waterloo Region**
For care throughout pregnancy and for six weeks of follow up. Many midwives can practise in the home or hospital setting.

**Nurse Practitioner-led Clinic**
Registration form [www.wrnplc.ca](http://www.wrnplc.ca) or call 519-772-2322

**Obstetricians**
Search for an Obstetrician within the “Additional Search Options” physical type (specialists, obstetrics and gynecology) and by location and/or hospital

**Pinnacle Family Medical OB Group**
Local family doctors providing obstetrical care for uncomplicated pregnancies
519-578-3510 At New Vision Family Health Team

**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 and Parenting Support

**Growing Healthy Two-gether**
Weekly program for pregnant women. Locations in Cambridge and Kitchener. No cost. 519-743-6333 or 519-575-4400

**Association of Ontario Doulas**
Provide physical and emotional support during childbirth. 519-743-6333 or 519-575-4400

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

**Parenting Now**
Connect with local parents, get new ideas, learn skills and get support. 519-884-0000

**Preparing for Parenthood**
Prenatal information for women and support persons. No cost. Register online. Various locations.

**Region of Waterloo Public Health Youth Prenatal Program**
No Cost. For those 24 years of age and under. Call Monica Place at 519-743-0291 to register.

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

**EarlyON Child and Family Centre**
Free programs and activities for parents and their children from 0 to six years old. Includes *Sleep and Your New Baby* and other parenting sessions.

**Cambridge Family Centre**
Cambridge site 519-740-8353

**Langs**
Cambridge and North Dumfries sites 519-632-1229

**Our Place Family Resource Centre**
Kitchener site 519-571-1626

**Wilmot Resource Community Centre**
Wilmot and Wellesley sites 519-662-2731

**Woolwich Community Services**
Woolwich site 519-669-5139

**YMCA**
Waterloo site 519-741-8585

Breastfeeding

**Me? Breastfeed?**

**Breastfeeding Buddies**
Volunteers provide support for women before and after baby is born. Many languages are available. No cost. Call to register. 519-772-1016

**Public Health Breastfeeding Services (Clinics)**
One to one breastfeeding assessment and advice with a Public Health Nurse. No cost. For infants of any age. Offers referrals to community supports. Call to book an appointment. 519-575-4400

**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

List of services for children at risk of or are experiencing developmental delay.
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.
- Find your local office.
- 1-800-206-7218

Food and Nutrition

Emergency and Low-Cost Food 519-575-4400
Nutrition Information

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 Growing up in a New Land are documents that can help you adjust to life as a family in Canada (available in many languages).

Parenting in a New Society
Multicultural Parents Learning Together
Call 519-571-1626 for more information.

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

Health Information Lines

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

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.- noon and 1-5 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 x2267

Stork Secrets Pregnancy and Postpartum Adjustment Support
Offered at two locations:
- Our Place Ontario Early Years Centre
- YMCA Early Years
519-571-1626 ext.25

Collaborative Counselling Program
The Region of Waterloo funds seven agencies to provide up to eight free counselling services for Ontario Works or Ontario Disability Support recipients. See the list below:

Carizon Family and Community Services
in Kitchener 519-743-6333. Walk-ins are welcome on Tuesdays between noon and 6 p.m.

Family Counselling Center of Cambridge and North Dumfries
in Cambridge. 519-621-5090. Walk-ins are welcome on Thursdays between 1 p.m. and 7 p.m.

Interfaith Community Counselling Center
in New Hamburg 519-662-3092.

KW counselling Services in Kitchener
(519) 884-0000. Walk-ins are welcome on Thursdays between noon and 6 p.m.

Shalom Counselling Services
in Waterloo 519-886-9690.

Woolwich Counselling Center
in Elmira or call 519-669-8651.
Prenatal and Parenting Services

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.-noon and 1-5 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 from birth to six 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

**Harm Reduction and Needle Syringe Program**
Many locations 519-575-4400

**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

Smoking

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

**Smoker’s Helpline**
1-877-513-5333

Violence/Abuse

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

**Women’s Crisis Services**
24 hour crisis line support for women in need.
Kitchener – Waterloo: 519-742-5894
Cambridge: 519-653-2422
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
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