



MATERNAL AND CHILD HEALTH TEAM

From Pregnancy to Parenthood

**SERVICES FOR
PARENTS BEFORE,
DURING AND AFTER
PREGNANCY**

MAY 2014

This directory may contain only a partial offering of private and public services. Listed services limited to availability of information at time of printing.

Contents:

- Prenatal Education and Support
- Hospitals, Midwives and Doulas
- Breastfeeding Support
- Parenting Support

HealthUnit
Haldimand-Norfolk

Prenatal Education and Support

■ Haldimand-Norfolk Health Unit

519-426-6170 (Norfolk) Or 905-318-5367
(Haldimand)



Prenatal Classes: Available in Simcoe and Caledonia

- Preparation for Birth & Parenting: 5 classes (the last class taking place after the birth)

These classes are for late pregnancy (7 month+). They help you prepare for labour and delivery, postpartum parenting and infant nutrition with extra time on breastfeeding.
Fees: \$39 for the series.

Life with a newborn (5th prenatal class) open to public.

3rd Tuesday of each month (Caledonia OEYC) 0930-1130

4th Wednesday of each month (Simcoe OEYC) 0930-1130

Open group discussions and a time to share your birth experience, postpartum/newborn care, and adjustment to parenting.

Registration required. 1-866-463-2759.

Healthy Babies Healthy Children Program

This program offers one-on-one education and support in the home for women with physical, social or emotional risks during their pregnancy. Services offered by a Public Health Nurse and/or Family Home Visitor.

Free breastfeeding class

Up to date information on breastfeeding offered by a Public Health Nurse. These classes are offered in Simcoe and Caledonia at the Ontario Early Years Centres. To register call 519-426-6170 (Simcoe) or 905-318-5367 (Caledonia)

■ Haldimand-Norfolk REACH

Young Parents Program • 1-800-265-8087 Ext. 403

For young women up to the age of 24. Home visits, prenatal education, and counselling around various issues offered.

Healthy Moms Eating Well for 2 • 1-800-265-8087 Ext. 407

One-on-one visits to talk about life with baby, changing relationships, prenatal education, smoking cessation, etc. Prenatal vitamins, food vouchers, used clothing and baby equipment, infant car seats on loan also available. All services free and confidential.

Prenatal Support

■ Norfolk Pregnancy Care Centre

www.norfolkpc.org • 37 Robinson Street • 519-428-2177

■ Haldimand Pregnancy Care Centre • www.haldimandpcc.org

Email: info@haldimandpcc.org

133 Queen St, Dunnville, 905-774-1228

11 Argyle St. N. Caledonia, 905-765-0228

Will offer practical help and guidance for pregnant teens or young adults. Also, support for young parents.

■ Early Childhood Development • 1-877-909-4357

Community Addiction & Mental Health Services of Haldimand-Norfolk.

A program designed for women who are:

- Substance involved...and pregnant.
- Substance involved...and parenting children 0-6 years of age.

Birth Services: Midwives, Doulas

■ Midwives

Midwives of East Erie • 905-701-7428 Dunnville • 519-426-6525 Simcoe

Catchment area is Haldimand and Norfolk Counties. Self-referral, fees covered by OHIP. Includes all prenatal services and postnatal services to six weeks.

Hamilton Midwives • 905-527-8919

189 Hughson Street South, Hamilton, ON

Catchment area includes Caledonia. Referrals from Hagersville, Cayuga, Fisherville, and other towns in Haldimand may be considered by special permission. Self-referral, fees covered by OHIP. Includes attendance at labour and birth, and postnatal service to six weeks.

Community Midwives of Hamilton • 905-546-5444

356 Main Street West Hamilton, ON

Catchment area includes Caledonia and Hagersville. Self-referral, fees covered by OHIP. Includes all prenatal service and postnatal service to six weeks.

Maternity Centre of Hamilton • 905-528-5553

180 James Street S., Hamilton, ON

Everything mom and baby need all in one place. Team consists of Doctors, Nurse Practitioners and other Health Professionals (Dietitian, Lactation Consultant, Social Worker and Public Health Nurse) to provide comprehensive maternity care including prenatal education. Delivery is at St. Joseph's Hospital. Midwifery care also available through centre.

Access Midwives • 905-546-5002

38 King St. W., Stoney Creek

Catchment area includes Grimsby to Burlington and northern part of Haldimand. Flexible self-referral. Fees covered by OHIP. Uses McMaster University Medical Centre for hospital births.

Sage-Femmes Renaissance Midwifery • 905-714-7258

196 East Main St., Welland

Will accept women in Dunnville area delivering at Welland hospital. Fees covered under OHIP.

Community Midwives of Brantford • 519-751-6444

217 Terrance Hill St. #100, Brantford, ON N3R 1G9

Will accept clients from the north end of Norfolk County as caseload permits.

Thames Valley Midwives • 519-433-5855 email: info@tvm.on.ca

434 Maitland Street Suite #1, London, ON

Must call as early as possible in pregnancy to arrange appointment. Fees covered by OHIP if resident of Ontario.

Womancare Midwives • 519-645-0316

345 Westminster Ave., London

Catchment area includes London and others by arrangement. Flexible self referral. Fees covered by OHIP.

Talbot Creek Midwives • 519-637-2224

66 West Ave., St. Thomas, ON

Serving Elgin County and western Norfolk.

You can locate midwives on the web site of the Association of Ontario Midwives www.aom.on.ca.

■ **Doula Services**

Promise Birth Services • Teri Murphy • 1-226-567-1024

Offering prenatal classes and doula service in the Nanticoke area.

Birth Doula • Robyn Lambert • Home: 519-443-8025 Cell: 519-909-9283 •

valvomama.61@gmail.com



Supporting pregnant women and birth partners with continuous care during labour and delivery. Also provides prenatal natural childbirth private sessions and postnatal doula care.

OH BABY • Amy Hastings CD

(DONA) • 519-574-4622 •

www.doulaamy.webs.com • doulaamy@hotmail.com

Birth & Postpartum Doula
Childbirth Educator

■ **Parenting Support**

Haldimand-Norfolk Health Unit

519-426-6170 (Norfolk) or

905-318-5367 (Haldimand)

Healthy Babies Healthy Children Program

This program offers a phone call to all women following the birth of their baby and an optional home visit, both by an experienced Public Health Nurse. Additional support may be given in the home for parents of children with physical, social or emotional risks, ages 0 to 6. Services given by a Public Health Nurse and/or Family Home Visitor.



Post Partum Depression Telephone Support Line

1-855-764-8552

info@ppdtel.ca

Free confidential support is just a phone call away.

■ Other Services

Bereaved Families of Ontario

www.bereavedfamilies.net

Chapters provide prenatal loss support. Self-help/mutual aid available to parents. Groups may offer professional support as well. No cost. Contact for local associations.

Birthright

1-800-550-4900 • www.birthright.org

Unplanned pregnancy support. Emotional support, free pregnancy tests, medical information and referrals, legal information, educational assistance, maternity and baby clothes, referrals to social agencies and information. Call toll-free number for nearest location.

Motherisk

416-813-6780 • www.motherisk.org

Monday to Friday from 9 a.m. to 5 p.m. Hospital for sick children, counselling about effects of drugs and chemicals on the unborn or breastfeeding baby.

Nausea & Vomiting of Pregnancy Helpline

1-800-436-8477

Monday to Friday from 6:00 a.m. to 9:00 a.m. and 10:00 a.m. to 2:00 p.m.

Alcohol & Substance Use Helpline

1-877-327-4636

Monday to Friday from 9:00 a.m. to 12:00 p.m. and 1:00 p.m. to 5:00 p.m.

Multiple Births Canada

1-866-228-8824

www.multiplebirthscanada.org • office@multiplebirthscanada.org

Dedicated to the support of multiple birth families. Chapters offer moral support and education for parents. Equipment sales, playgroups, general meetings. Call for local associations. Fee for membership.

Pregnets

(416) 535-8501 Ext. 6343 • www.pregnets.org

Online information about smoking, pregnancy and supports for quitting.

Telehealth Ontario

1-866-797-0000

Free advice from a registered nurse 24 hours a day.

Canadian Cancer Society Smokers Helpline

Ontario • 1-877-513-5333

www.smokershelpline.ca

Heidi Kussmann-Armstrong B.Sc., N.D. • 519.426.4275

Registered Naturopathic Doctor and Doula • 1.866.878.0033

www.armstrongclinic.com

Offer individual assessment and physical examination, fertility awareness, nutrition and Naturopathic support during pre-conception, pregnancy and postpartum for families.

Haldimand and Norfolk Well Baby & Breastfeeding Drop-In

The Drop-In is staffed by Public Health Nurses and Ontario Early Years Staff. Public Health Nurses are knowledgeable about breastfeeding, infant feeding, infant/child growth and development, and resources available within the community. Ontario Early Years staff can provide information on parenting and community resources. Together we give both formal and informal support. Home visits can be arranged upon request.



■ **What we offer:**

Discuss and connect with other families and health professionals about your baby's growth and development. Reviewing child development and milestones they have reached and what the next milestone goals are according to the Nipissing District Developmental Screens. Opportunity to have your baby's weight and length measured. Our scales are accurate and routinely calibrated, but weights do differ scale to scale.

■ **Location and Hours:**

Caledonia:

Tuesdays • 9 a.m. to 12 p.m.
Ontario Early Years Centre,
172 Argyle St. North

Simcoe:

Wednesdays • 9 a.m. to 11:30 a.m.
Ontario Early Years Centre,
12 Colborne St. North

*Public Health Nurse available
0930-1130 in Simcoe, Caledonia
and Dunnville. 1000-1100 in Delhi.*

Dunnville:

Thursdays • 9:30 a.m. to 11:30 a.m.
Ontario Early Years Centre,
223 Fairview Ave. West
(in Fairview Avenue Public School)

Delhi:

Second Thursday of the month
10a.m. to 11 a.m.
Delhi United Church,
105 Church St. West

Simcoe: 519.426.6170 or 905.318.6623
Caledonia: 905.318.5367
www.hnhu.org • info@hnhu.org

HealthUnit
Haldimand-Norfolk