



Having a Baby In . . . Muskoka

Your link to local health information, support and community services during and after pregnancy.



**simcoe
muskoka**
DISTRICT HEALTH UNIT

Your Health Connection

If you're not sure where to begin, start with us:

- Classes, information and support before, during and after pregnancy
- Home visiting for parents with children up to 6 years of age (including pregnant moms)
- Breastfeeding information and support
- Nutrition and healthy living information for families
- Parenting information and support
- Screening and assessment services for healthy child growth and development
- Immunization information and clinics
- Dental screening services and financial help for children in need of dental treatment
- Child safety information (including home safety, car seat safety, and environmental safety)
- Information on quitting smoking, smoking prevention and protecting yourself and others from second hand smoke
- Sexual Health Clinic - education, counselling, birth control prescriptions, STI testing (including anonymous HIV) and needle exchange program
- Information about drinking water safety and interpretation of laboratory results
- Information about childhood illnesses and reportable diseases
- Links to other health and community services in Simcoe and Muskoka

Call or Click

705-721-7520 or 1-877-721-7520

www.simcoemuskokahealth.org



MEDICAL CARE - DURING PREGNANCY AND AFTER BIRTH

Bracebridge Medical Centre – offers walk in appointments	705-645-1027
Health Care Connect – Government of Ontario - assistance in finding a health care provider www.health.gov.on.ca/ms/healthcareconnect/public/index.html 1-800-445-1822
Midwives of Muskoka.....	705-645-4011
Muskoka Algonquin Healthcare – Huntsville District Memorial Hospital Site	prenatal registration 705-789-2311 (x2261 or x2262)
Muskoka Algonquin Healthcare – South Muskoka Memorial Hospital Site (Bracebridge) - Antenatal Clinic	705-645-4400 (x3272)
Orillia Soldiers' Memorial Hospital	705-325-2201
South Muskoka Medical Centre and Walk-in Clinic (Bracebridge)	705-646-7634
Telehealth – 24 hour health information line, talk with a registered nurse	1-866-797-0000

PRENATAL EDUCATION AND SUPPORT SERVICES

Simcoe Muskoka District Health Unit..... www.simcoemuskokahealth.org 705-721-7520 or 1-877-721-7520

- Your Health Connection** – call or click for general health information and support
- Getting Ready for Baby** prenatal classes
- Healthy Babies Healthy Children Program** – telephone and in-home support during pregnancy and for families with children ages 0-6

Centre for Addiction and Mental Health – information, referral, or support regarding drugs or mental health ... www.camh.net 416-535-8501 (x6111)

Doula C.A.R.E. \$ – labour and birth support from a doula..... www.doulacare.ca 1-888-879-3199

Eat Right Ontario– information and advice on nutrition and healthy eating..... www.eatrightontario.ca 1-877-510-5102

Great Beginnings – weekly program for pregnant women & new mothers, free nutritious foods & supervised play area for young children

Sites in Bracebridge, Gravenhurst, Huntsville

Hands: TheFamilyHelpNetwork.ca – Infant/Child Development services, prenatally and from birth to 6 years

..... www.thefamilyhelpnetwork.ca 705-645-3155

Midwives of Muskoka – labour and delivery preparation

..... 705-645-4011

Motherisk – experts on the medications, infections, and chemical exposures during pregnancy and breastfeeding

www.motherisk.org 416-813-6780

Motherisk Alcohol and Substance Use Help Line

www.motherisk.org 1-877-327-4636

Motherisk HIV and HIV Treatment Help Line

www.motherisk.org 1-888-246-5840

Motherisk Nausea and Vomiting in Pregnancy Health Line

www.motherisk.org 1-800-436-8477

Ontario Early Years Centre – offering prenatal and parenting information and support

www.muskokafamilyfocus.com 705-645-3027

Pregnets - information on quitting smoking for pregnant and breastfeeding women

www.pregnets.org

Private Childbirth Educators \$ - search under prenatal classes.....

www.211simcoecounty.ca, dial 211

Smokers' Helpline – tips, tools and support to help with quitting smoking


www.smokershelpline.ca 1-877-513-5333



BREASTFEEDING SUPPORT

Simcoe Muskoka District Health Unit..... www.simcoemuskokahealth.org 705-721-7520 or 1-877-721-7520

- Your Health Connection** – *breastfeeding support and referral over the telephone*
- Healthy Babies Healthy Children Program** – *breastfeeding support in your home*
- Baby Talk** – *a drop-in group setting with other moms and support from a public health nurse*

International Breastfeeding Centre  (Toronto) – *for breastfeeding information, to email a question and/or to book an individual consultation appointment at clinic*..... www.nbic.ca

La Leche League – *breastfeeding information, support and encouragement* www.lllc.ca 1-800-665-4324

Motherisk – *experts on the safety of medications, infections, and chemical exposures and breastfeeding*..... www.motherisk.org 416-813-6780

Orillia Soldiers' Memorial Hospital Breastfeeding Clinic – *call for an appointment with a lactation consultant*..... 705-325-2201 (x3573)

Telehealth – *24 hr health information line, talk with a registered nurse* 1-866-797-0000

PARENTING EDUCATION, SUPPORT AND DROP-INS

Simcoe Muskoka District Health Unit..... www.simcoemuskokahealth.org 705-721-7520 or 1-877-721-7520

- Your Health Connection** – *telephone support for new parents*
- Healthy Babies Healthy Children Program** – *telephone & in-home support during pregnancy & for families with children ages 0 - 6yrs*

Family, Youth & Child Services of Muskoka - *information and support and services to protect children and strengthen families*
..... www.fycsm.ca Bracebridge 705-645-4426, Huntsville 705-789-8866

Great Beginnings / Growing Up– *weekly program for pregnant women & new mothers. Sites throughout Muskoka*.....705-645-3155

Ontario Early Years Centre – *a place for parents / caregivers and their children age 0 - 6, offering opportunities for play, programs, information, and education. Resource library also available* www.muskokafamilyfocus.com 705-645-3027 or 1-800-461-7404

INFANT/CHILD DEVELOPMENTAL SERVICES – For Infants, Toddlers and Preschoolers

Simcoe Muskoka District Health Unit..... www.simcoemuskokahealth.org 705-721-7520 or 1-877-721-7520

- Let's Grow Screening Clinics** – *developmental screening and information for families on child growth and development*

Children's Development Services 1-800-675-1979

- Infant Hearing Program press 1
- Preschool Speech and Language and Additional Services press 2

Children's Treatment Network 1-866-377-0286

Community Living Resource Teacher Program Bracebridge 705-645-5494, Huntsville 705-789-4543

Hands: TheFamilyHelpNetwork.ca – *Infant/child development services, prenatally and from birth to 6 years*
..... www.thefamilyhelpnetwork.ca 705-645-3155

One Kid's Place: Infant Hearing and Preschool Speech & Language – *physio and occupational therapy*..... 1-866-232-5559


INFANT/CHILD HEALTH AND SAFETY

Simcoe Muskoka District Health Unit..... www.simcoemuskokahealth.org 705-721-7520 or 1-877-721-7520

- Your Health Connection** - *General information on child safety for the home, car, and environment*

Canadian Paediatric Society – *health and safety information* www.caringforkids.cps.ca

Family, Youth & Child Services of Muskoka - *information and support and services to protect children and strengthen families*
..... www.fycsm.ca Bracebridge 705-645-4426, Huntsville 705-789-8866

First Aid/CPR Classes  www.211muskoka.ca, dial 211

Health Canada Product Safety - *product recalls and notices* www.hc-sc.gc.ca/cps-spc/index-eng.php 1-866-662-0666

Ontario Poison Centre - *telephone support about exposure to potential poisons* 1-800-268-9017

Safe Kids Canada - *car seat installation, nursery products, toys, home safety* www.safekidsCanada.ca 1-888-723-3847

FINANCIAL AND EMPLOYMENT ASSISTANCE

- The District Municipality of Muskoka – *child care subsidy, financial & housing assistance* 705-645-2412 or 1-800-461-4215
- LEAP – *a program helping young parents on social assistance to finish high school, to learn more about parenting and to find a job*
 - Ontario Works – *provides financial and employment assistance to people in temporary financial need*
 - Children’s Services – *information on child care services and child care fee subsidy*
 - Social Housing – *assistance for subsidized housing for low to moderate income families*

Service Ontario - *information about Ontario Government services*..... www.serviceontario.ca 1-888-789-4199
Trillium Drug Program – *help for individuals & families who spend a large portion of their income on prescription drugs*..... 1-800-575-5386

ABORIGINAL SERVICES

- First Nations and Inuit Health Branch – *prenatal, postnatal and family support* 705-746-5807
Parry Sound Friendship Centre – *child and family services* 705-746-2691
Wahta Mohawks Resource Centre 705-762-2354 or 705-762-1274

COMMUNITY AND SUPPORT SERVICES

Simcoe Muskoka District Health Unit..... www.simcoemuskokahealth.org 705-721-7520 or 1-877-721-7520

☑ **Your Health Connection** – *General information on community groups and supports*

- 211 Muskoka – *information on community, health, social and government services for Muskoka*..... www.211muskoka.ca, dial 211
Addiction Outreach Muskoka-Parry Sound – *substance abuse support, treatment and referral*..... 705-645-1311 or 1-800-668-1856
Assaulted Women’s Helpline www.awhl.org 1-866-863-0511
Chrysalis House – *shelter for women & children* www.shelternet.ca 705-789-8488 or 1-866-789-8488
Family, Youth & Child Services of Muskoka - *information and support and services to protect children and strengthen families*
..... www.fycsm.ca Bracebridge 705-645-4426, Huntsville 705-789-8866
Fresh Food Baskets in Muskoka..... Bracebridge 705-645-3027 (x200) Gravenhurst & Huntsville 705-645-2412 (x333)
Interval House – *shelter for women & children* www.shelternet.ca 705-645-4461 or 1-800-461-1740
Manna Food Bank Bracebridge 705-646-0114
Muskoka-Parry Sound Community Mental Health Crisis Line – *24 hour crisis support* 1-800-461-5424
Muskoka-Parry Sound Sexual Assault Services *assessment, counselling and referral for men and women* www.daphnewymn.com 705-646-2122
Muskoka Victim Services – *assisting victims of domestic violence, sexual assault, and stalking* 705-645-5444 or 1-877-229-2217
Ontario Early Years Centre – *a place for parents / caregivers and their children age 0-6, offering opportunities for play, programs, information, and education.*
Resource and toy libraries also available. Sites throughout Muskoka www.muskokafamilyfocus.com 705-645-3027 or 1-800-461-7404
Perinatal Bereavement Services of Ontario – *support for parents/ family members grieving the death of a baby* www.pbso.ca 1-888-301-7276
Public Library www.211muskoka.ca, dial 211
Regional Sexual Assault Care & Treatment Centre 1-877-377-7438
Salvation Army Family Services – *counselling, assistance with food, clothing and furniture*.....
..... Bracebridge 705-645-2602, Gravenhurst 705-687-7271, Huntsville 705-788-0624
Salvation Army Food Bank 705-789-3398
The Table Soup Kitchen www.thetablesoupkitchen.com 705-783-5827
Town of Bracebridge Cultural and Recreation Department..... 705-645-3037
Town of Gravenhurst Recreation and Leisure Department..... 705-687-6774
Town of Huntsville Parks and Recreation Department/Canada Summit Centre 705-789-6421
Women’s Resource Centre – *counselling and support to women & their children* Bracebridge 705-646-2122, Huntsville 705-788-4525
Women’s Sexual Assault Help Line – *24-hour support for women* 1-800-461-2929
YWCA Muskoka– *recreational programs, daycare, immigrant services, etc* Bracebridge 705-645-9827

💰 - indicates possible fee for service.

This list of community services is provided for your information only. It does not represent a complete listing of all available resources, and it is not intended as an endorsement of any individual or service. The Simcoe Muskoka District Health Unit does not assume responsibility for the quality of the service provided by other organizations or service providers.