



Having a Baby In . . . North Simcoe

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

Georgian Bay General Hospital	www.nsha.on.ca	705-526-3751
Health Care Connect – Government of Ontario – <i>assistance in finding a health care provider</i>	www.health.gov.on.ca/ms/healthcareconnect/public/index.html	1-800-445-1822
Midwives Nottawasaga		705-446-2511
Royal Victoria Hospital.....	www.rvh.on.ca	705-728-9090
Telehealth – <i>24 hour health information line, talk with a registered nurse</i>		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
<input checked="" type="checkbox"/> Your Health Connection – <i>call or click for general health information and support</i>		
<input checked="" type="checkbox"/> Getting Ready for Baby – <i>prenatal classes</i>		
<input checked="" type="checkbox"/> Healthy Babies Healthy Children Program – <i>telephone and in-home support during pregnancy and for families with children 0-6 yrs</i>		
Barrie Midwives		705-727-7660
Centre for Addiction and Mental Health – <i>information, referral, or support regarding drugs or mental health</i> ..	www.camh.net	416-535-8501 (x6111)
Doula C.A.R.E. \$ – <i>labour and birth support from a doula</i>	www.doulacare.ca	1-888-879-3199
Eat Right Ontario– <i>information and advice on nutrition and healthy eating</i>	www.eatrightontario.ca	1-877-510-5102
Georgian Bay General Hospital – <i>labour and delivery class and tour</i>	www.nsha.on.ca	705-526-3751
Midwives Nottawasaga	midwivesnottawasaga.org	705-446-2511
MotherCare – <i>a program for pregnant women and parents of infants and children (0-6 months) who are young, have low incomes, are new to Canada, are socially isolated, or who face other challenges</i>		705-526-2151
Motherisk – <i>experts on the medications, infections, and chemical exposures during pregnancy and breastfeeding</i>	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 – <i>offering prenatal and parenting information and support</i>		705-526-2456
Pregnets - <i>information on quitting smoking for pregnant and breastfeeding women</i>	www.pregnets.org	
Private Childbirth Educators \$ - <i>Search under prenatal classes</i>	www.211simcoecounty.ca	dial 211
Simcoe County Addiction and Mental Health Services - <i>prenatal and postnatal substance abuse support, treatment and referral for women and partners</i>		705-726-5033 or 1-800-461-4319
Smokers' Helpline – <i>tips, tools and support to help with quitting smoking</i>	www.smokershelpline.ca	1-877-513-5333
Young Parent Resource Room – <i>a place for pregnant and parenting teens and young adults – partners are welcome</i>		705-527-7500



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*
 - The Breastfeeding Place** – *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 during pregnancy and breastfeeding*..... www.motherisk.org 1-416-813-6780
- 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 and in-home support during pregnancy and for families with children 0-6 yrs*
- La Cle d'la Baie en Huronie – *drop in stay and play Tuesday-Saturday 9:30-11:30 for francophone families or those interested in learning to speak French with children age 0-6. Books and games also available for loan* 705-549-3116
- MotherCare/Next Step – *programs for pregnant women and mothers of children (0-24 months) who are young, have low incomes, are new to Canada, are socially isolated, or who face other challenges* 705-526-2151
- 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* 705-526-2456
- Young Parent Resource Room – *a place for pregnant and parenting teens and young adults – partners are welcome* 705-527-7500

INFANT/CHILD DEVELOPMENT 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** – *information and screening for families on healthy 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
- Simcoe Community Services – *help for families with children up to 3 years of age with developmental concerns* 705-726-9082

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 health and safety for the home, car, and environment*
- Canadian Paediatric Society – *health and safety information* www.caringforkids.cps.ca
- First Aid/CPR Classes (S) www.211simcoecounty.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* www.ontariopoisoncentre.com 1-800-268-9017
- Safe Kids Canada – *car seat installation, nursery products, toys, home safety* www.safekidscanada.ca 1-888-723-3847
- Simcoe County Children's Aid Society – *information, support & services to protect children and strengthen families* www.simcoecas.com 705-726-6587

FINANCIAL AND EMPLOYMENT ASSISTANCE

- County of Simcoe www.simcoe.ca 705-722-3132
- 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 Plan – help for individuals & families who spend a large portion of their income on prescription drugs 1-800-575-5386

ABORIGINAL SERVICES

- Beausoleil First Nation – prenatal, postnatal and family support..... 705-247-2900
- Georgian Bay Métis Council – prenatal and postnatal and family support 705-526-6335
- Georgian Bay Native Friendship Centre – child and family services 705-526-5589
- Georgian Bay Native Women’s Association – prenatal and postnatal support, nutrition counselling, free nutritious foods 705-527-7043

COMMUNITY AND SUPPORT SERVICES

- Simcoe Muskoka District Health Unit..... www.simcoemuskokahealth.org 705-721-7520 or 1-877-721-7520
- General health information
 - Information on community groups and supports
- 211 Simcoe County– information on community, health, social and government services for Simcoe County.....www.211simcoecounty.ca, dial 211
- Assaulted Women’s Helpline www.awhl.org 1-866-863-0511
- Catholic Family Life Centre..... 705-726-2570
- Choices for Children Program..... 705-526-3221
- Community Link North Simcoe – information on community resources in North Simcoe 705-528-6999
- Food Banks – call Community Link North Simcoe for information on the nearest food bank 705-528-6999
- Huronian Transition Homes www.huroniatransitionhomes.ca
- Athena’s Sexual Assault Counselling and Advocacy Centre – providing counselling and support to women 16 yrs of age and older who have experienced sexual assault or abuse..... 705-737-2008 or 1-800-987-0799
 - Choices for Children Program – providing counselling and support for children who have witnessed and mothers who have experienced woman abuse 705-526-3221 or 1-800-461-1750
- Mental Health Crisis Line & Mobile Crisis Response – assessment, counselling and referral 705-728-5044 or 1-888-893-8333
- North Simcoe Good Food Box Program 705-528-6999
- North Simcoe Sports and Recreation Centre..... 705-526-9395
- 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 705-526-2456
- 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 705-526-4216
- Regional Domestic and Sexual Assault Treatment Centre 705-327 9155 or 1-877-377-7438
- Simcoe County Addiction and Mental Health Services– support, treatment and referral related to substance use, for prenatal and postnatal women
(other programs also available)..... 705-726-5033 or 1-800-461-4139
- Simcoe County Children’s Aid Society – information, support & services to protect children and strengthen families
..... www.simcoecas.com 705-726-6587
- YMCA of Simcoe Muskoka – recreational programs, daycare, immigrant services, etc..... 705-526-7828

Ⓢ - 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.