

# Having a Baby In . . . South 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**

**721-7520 or 1-877-721-7520**

**[www.simcoemuskokahealth.org](http://www.simcoemuskokahealth.org)**



## MEDICAL CARE - DURING PREGNANCY AND AFTER BIRTH

Barrie After Hours Medical Clinics .....	505 Yonge St., 121 Wellington St. W., 125 Bell Farm Rd., 555 Essa Rd.	705-726-1544
Barrie Community Health Centre .....		705-734-9690
Barrie Family Medicine After Hours Clinic.....		705-737-1887
Caring Hands Midwifery Services .....		705-435-2406
Health Care Connect – Government of Ontario – assistance in finding a health care provider .....	<a href="http://www.health.gov.on.ca/ms/healthcareconnect/public/index.html">www.health.gov.on.ca/ms/healthcareconnect/public/index.html</a>	1-800-445-1822
Headwaters Health Care Centre (Orangeville).....		519-941-2410
Huronion Urgent Care Clinic (Barrie) - walk in clinic.....		705-792-0933
Royal Victoria Hospital (Barrie) .....	<a href="http://www.rvh.on.ca">www.rvh.on.ca</a>	705-728-9090
Southlake Regional Health Centre (Newmarket).....	<a href="http://www.southlakeregional.org">www.southlakeregional.org</a>	905-895-4521
South Simcoe Medical Walk-in Clinic .....		905-775-4863
Stevenson Memorial Hospital (Alliston) .....	<a href="http://www.smhosp.on.ca">www.smhosp.on.ca</a>	705-435-6281
Stevenson Memorial Hospital Women's Wellness Clinic (Alliston) – annual physicals, pap tests, birth control, etc. for well women without family physicians – once a week by appointment only .....		705-434-5114
Telehealth – 24 hour health information line, talk with a registered nurse .....		1-866-797-0000

## PRENATAL EDUCATION AND SUPPORT SERVICES

<b>Simcoe Muskoka District Health Unit.....</b>	<a href="http://www.simcoemuskokahealth.org">www.simcoemuskokahealth.org</a>	<b>705-721-7520 or 1-877-721-7520</b>
<input checked="" type="checkbox"/> <b>Health Connection – call or click for general health information and support</b>		
<input checked="" type="checkbox"/> <b>Getting Ready for Baby prenatal classes</b>		
<input checked="" type="checkbox"/> <b>Healthy Babies Healthy Children Program – telephone and in-home support during pregnancy and for families with children ages 0-6</b>		
Caring Hands Midwifery Services .....		705-435-2406
Centre for Addiction and Mental Health – information, referral, or support regarding drugs or mental health ...	<a href="http://www.camh.net">www.camh.net</a>	416-535-8501 (x6111)
Doula C.A.R.E. \$ – labour and birth support from a doula.....	<a href="http://www.doulacare.ca">www.doulacare.ca</a>	1-888-879-3199
Eat Right Ontario – information and advice on nutrition and healthy eating.....	<a href="http://www.eatrightontario.ca">www.eatrightontario.ca</a>	1-877-510-5102
MotherCare – 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 .....	Innisfil 705-739-8645, Angus 705-424-6492, Alliston 705-435-5734, Bradford 905-775-1498	
Motherisk – experts on the safety of medications, infections, and chemical exposures during pregnancy & breastfeeding.....	<a href="http://www.motherisk.org">www.motherisk.org</a>	1-877-439-2744
Motherisk Alcohol and Substance Use Help line .....		1-877-327-4636
Motherisk HIV and HIV Treatment Helpline .....	<a href="http://www.motherisk.org">www.motherisk.org</a>	1-888-246-5840
Motherisk Nausea and Vomiting in Pregnancy Helpline .....		1-800-436-8477
Ontario Early Years Centre – offering prenatal and parenting information and support .....		
..... Sites: Alliston 705-435-4308, Angus 705-795-0902, Bradford 905-775-3039 (x229)		
Pregnets – information on the effects of smoking during pregnancy and breastfeeding.....	<a href="http://www.pregnets.org">www.pregnets.org</a>	
Private Childbirth Educators \$ – search under prenatal classes .....	<a href="http://www.211simcoecounty.ca">www.211simcoecounty.ca</a>	211
Royal Victoria Hospital – \$ information on registration, tours and birth preparation classes .....		705-728-9090 (x46444)
Simcoe County Addiction and Mental Health Services - prenatal and postnatal substance abuse support, treatment and referral for women and partners .....		705-726-5033 or 1-800-461-4319
Smokers' Helpline – tips, tools and support to help with quitting smoking .....	<a href="http://www.smokershelpline.ca">www.smokershelpline.ca</a>	1-877-513-5333
Southlake Regional Health Centre \$ prenatal classes ...	<a href="http://www.southlakeregional.org/mc.prenataleducation.html">www.southlakeregional.org/mc.prenataleducation.html</a>	905-895-4521 (x2724)
Young Parent Resource Room – a place for pregnant and parenting teens and young adults – partners are welcome .....		
..... Alliston 705-435-5734, Angus 705-795-0902, Bradford 905-775-1498		



## BREASTFEEDING SUPPORT

Simcoe Muskoka District Health Unit ..... [www.simcoemuskokahealth.org](http://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 weekly drop-in program with support from a public health nurse. Wednesdays 1:00 – 2:30 p.m. 72 Ross St.*

Barrie & Community Family Health Team Lactation Services– *one-to-one support from a lactation consultant, available to all patients within the community, by appointment only* ..... 125 Bell Farm Road, Suite 101 705-725-8796

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

La Leche League Canada – *breastfeeding information, support and encouragement* ..... [www.lllc.ca](http://www.lllc.ca) 1-800-665-4324

Motherisk – *experts on the safety of medications, infections & chemical exposures during pregnancy & breastfeeding* . [www.motherisk.org](http://www.motherisk.org) 1-877-439-2744

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](http://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*

Borden Family Resource Centre – *early learning experiences for children ages 0 - 6 yrs, support, resources, and info for parents and caregivers*..... 705-424-1200 (x3994)

La Cle d'la Baie en Huronie – *drop in stay and play Tuesday-Saturday 9:30 -11:30 a.m for francophone families or those interested in learning to speak French with children age 0-6. Books and games also available for loan* ..... 705-725-9755

MotherCare/Next Step – *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: Innisfil 705-739-8645, Angus 705-795-0902, Alliston 705-435-5734, Bradford 905-775-1498

Ontario Early Years Centre – *a place for parents / caregivers and their children age 0 – 6 yrs, offering opportunities for play, programs, information, and education. Resource libraries also available* ..... Sites: Angus 705-795-0902, Alliston 705-435-4308, Bradford 905-775-3039 (x229)

Young Parent Resource Room – *a place for pregnant and parenting teens and young adults – partners are welcome* ..... Sites: Alliston 705-435-5734, Bradford 905-775-1498

## INFANT/CHILD DEVELOPMENT SERVICES - For Infants, Toddlers and Preschoolers

Simcoe Muskoka District Health Unit ..... [www.simcoemuskokahealth.org](http://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](http://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](http://www.caringforkids.cps.ca)

First Aid/CPR Classes (S) ..... [www.211simcoecounty.ca](http://www.211simcoecounty.ca), dial 211

Health Canada Product Safety – *product recalls and notices* ..... [www.hc-sc.gc.ca/cps-spc/index-eng.php](http://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](http://www.ontariopoisoncentre.com) 1-800-268-9017

Safe Kids Canada – *car seat installation, nursery products, toys, home safety* ..... [www.safekidsCanada.ca](http://www.safekidsCanada.ca) 1-888-723-3847

Simcoe County Children's Aid Society - *information, support and services to protect children and strengthen families* ..... [www.simcoecas.com](http://www.simcoecas.com) 705-726-6587

## FINANCIAL AND EMPLOYMENT ASSISTANCE

- County of Simcoe ..... [www.simcoe.ca](http://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](http://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

- Barrie Native Friendship Centre – prenatal, postnatal, family support including parents and children’s programs ..... 705-721-7689

## COMMUNITY AND SUPPORT SERVICES

- Simcoe Muskoka District Health Unit**..... [www.simcoemuskokahealth.org](http://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](http://www.211simcoecounty.ca), dial 211
- Assaulted Women’s Helpline ..... [www.awhl.org](http://www.awhl.org) 1-866-863-0511
- Catholic Family Services of Simcoe County Walk-in Counselling Clinics (Bradford & Alliston)..... [www.cfssc.ca](http://www.cfssc.ca) 705-726-2503
- Bradford Immigrant and Community Services ..... 905-775-3343
- Food Banks – information on the nearest food bank ..... [www.211simcoecounty.ca](http://www.211simcoecounty.ca), dial 211
- Huronian Transition Homes ..... [www.huroniatransitionhomes.ca](http://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
- Mary McGill Community Mental Health Centre ..... 705-434-5140
- Mental Health Crisis Line & Mobile Crisis Response – assessment, counselling and referral ..... 705-728-5044
- My Sisters Place Women’s Shelter– crisis intervention and counselling for abused women and children ..... 705-435-3835 or 1-800-461-5419
- 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: Alliston 705-435-4308, Angus 705-795-0902, Bradford 905-775-3039 (x229)
- Perinatal Bereavement Services of Ontario – support for parents/family members grieving the death of a baby..... [www.pbso.ca](http://www.pbso.ca) 1-888-301-7276
- Public Library ..... [www.211simcoecounty.ca](http://www.211simcoecounty.ca), dial 211
- Regional Domestic and Sexual Assault Treatment Centre ..... 705-327 9155 or 1-877-377-7438
- Royal Victoria Hospital Mental Health and Addiction Services – crisis services, assessment, referral and short term counselling ..... 705-721-1433
- Salvation Army Family Services – counselling and assistance with food, clothing and furniture ..... 705-728-3737
- Salvation Army Men’s Emergency Shelter ..... 705-737-2963
- Simcoe County Children’s Aid Society information & support services to protect children & strengthen families [www.simcoecas.com](http://www.simcoecas.com) 705-726-6587
- 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
- South Simcoe Community Information Centre – information about community resources in South Simcoe ..... 705-435-4900
- Town of Bradford West Gwillimbury Department of Leisure Services..... 905-775-5359
- Town of Innisfil Parks and Recreation..... 705-436-3710
- Town of New Tecumseth Parks, Recreation, and Culture Department..... 905-729-1260
- Women and Children’s Shelter – crisis intervention and counselling for abused women and children ..... [www.shelternet.ca](http://www.shelternet.ca) Direct Crisis Line 705-728-2544 or 1-800-461-1716

💰 - 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.