



Prenatal and Parenting Services

Region of Waterloo Public Health and Emergency Services and other local and provincial services are available to support you during pregnancy and when you become a new parent. Call the numbers provided or click the [blue](#) links for information.

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 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 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.

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 workshop, as part of the Breastfeeding Buddies program. For pregnant women and their supports. No cost. Call to register.

Cambridge: 519-740-8353

Kitchener: 519 571-1626

Waterloo: 519-741-8585

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 7p.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

In an emergency call police at 911

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



Region of Waterloo
PUBLIC HEALTH AND
EMERGENCY SERVICES