

# Services for Pregnant Women in Waterloo Region

## Mental Health and Violence

<b>K-W Counselling Services</b> www.kwcounselling.com	<b>519-884-0000</b>
<b>Canadian Mental Health Association Distress Centre Lines</b> www.cmhagrb.on.ca	<b>519-745-1166</b> <b>Youth Line 519 745-9909</b>
<b>Mosaic Counselling &amp; Family Services</b> www.mosaiconline.ca	<b>519-743-6333</b>
<b>Assaulted Women's Helpline</b> www.awhl.org	<b>1-866-863-0511</b>
<b>Women's Crisis Services</b> www.wcswr.org <b>Anselma House</b> 700 Heritage Dr., Kitchener <b>Haven House</b> 562 Concession Rd., Cambridge	<b>519-742-5894</b> <b>519-653-2422</b>

## Newcomers

<b>Kitchener-Waterloo Multicultural Centre</b> www.kwmc.on.ca	<b>519-745-2531</b>
<b>YMCA Cross Cultural and Immigrant Services</b> www.ymcakw.org/Contribute/immigrant/immigrant.asp	<b>519-579-9622</b>

## Groups for Dads

<b>For Fathers, K-W Counselling Services</b> Fathers with children of any age. Thursday's 6-8 p.m. Cost \$120.00, subsidy available. 480 Charles St. E., Kitchener (Bus Route 7)	<b>519-884-0000</b>
<b>Fathering Now, Our Place Family Resource and Early Years Centre</b> 8 week program for dads-to-be or dads with children 0-6 years of age. No cost. 154 Gatewood Rd., Kitchener	<b>519-741-8585</b>
<b>You're Still Dad: Parenting through Separation</b> A support group for fathers. No cost. Contact Barry Lillie for more information.	<b>519-342-1351</b>

## Parenting Supports

<b>Ontario Early Years Centres</b> www.earlyyearsinfo.ca
<b>New Parent Resource Guide</b> www.parentguide.ca

## DNA Paternity Testing

<b>Maxxam Analytics</b> www.thednalab.com	<b>1-877-706-7678</b>
<b>Orchid Cellmark</b> www.orchidcellmark.ca	<b>1-800-395-4995</b>

## Pregnancy / Parenting Information Lines

<b>Reproductive Health Information Line</b> Telephone support for pregnant women or women planning a pregnancy Monday to Friday 8:30 a.m. to 4:30 p.m.	<b>519-883-2006</b>
<b>Healthy Children Info Line</b> Telephone support for parents and caregivers on issues related to children 0-6 years, Monday to Friday 9 a.m. to 4 p.m.	<b>519-883-2245</b>
<b>Exercise &amp; Pregnancy Hotline</b> Telephone support for physical activity concerns Monday to Friday 9 a.m. to 5 p.m.	<b>1-866-937-7678</b>
<b>MOTHERISK Information Line</b> www.motherisk.org Effect of medications and drugs.	<b>1-877-439-2744</b>
<b>The MOTHERISK Nausea and Vomiting in Pregnancy Clinic and Helpline</b>	<b>1-800-436-8477</b>
<b>Telehealth Ontario</b> 24 hours/day, seven days a week telephone support for all health concerns	<b>1-866-797-0000</b>

## Pregnancy / Parenting Services

<b>Pre-birth Service</b> Call early in your pregnancy to pre-register with the hospital and receive pregnancy and parenting information. <b>Grand River Hospital</b> , 835 King St. West, Kitchener <b>Cambridge Memorial Hospital</b> , 700 Coronation Blvd., Cambridge	<b>519-749-4300 Ext. 2792</b> <b>519-621-2333 Ext. 4355</b>
<b>Growing Healthy Two-gether</b> Weekly support program for pregnant women. No cost. Locations in Waterloo, Kitchener, and Cambridge.	<b>519-883-2006</b>
<b>K-W Parents of Multiple Births Association (POMBA)</b>	<b>519-579-3800</b>
<b>Preparing for Parenthood</b> Prenatal information and support program for pregnant women and support persons. No cost. Held at: <b>Kitchener Ontario Early Years Centre</b> , 154 Gatewood Road, Kitchener <b>Waterloo Ontario Early Years Centre</b> , 161 Roger St., Waterloo	<b>519-571-1626</b> <b>519-741-8585</b>

## Childbirth Support

<b>Doula Care</b> www.doulacare.ca Doulas provide non-clinical support and care to a woman (and her partner) during childbirth.	<b>1-888-879-3199</b>
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## Financial Assistance

<b>Social Services Department, Region of Waterloo</b>	<b>519-883-2100</b>
<b>Employment Insurance - Maternity &amp; Parental Benefits</b>	<b>1-800-206-7218</b>



Region of Waterloo Public Health  
Reproductive Health Program  
Phone: 519-883-2006  
TTY: 519-883-2427  
www.regionofwaterloo.ca/ph

## Housing

<b>Saint Monica House</b> Supportive residence and school for pregnant women 231 Herbert Street, Waterloo	<b>519-743-0291</b>
<b>Monica Ainslie Place</b> Subsidized apartments and resource centre for single mothers with children 150 Ainslie Street N., Cambridge	<b>519-624-0481</b>
<b>Marillac Place</b> Supportive residence for pregnant women and their young children 109 Young Street, Kitchener	<b>519-571-0722</b>
<b>Region of Waterloo Community Housing Access Centres</b> 235 King St. E., Kitchener, 6 <sup>th</sup> Floor 150 Main St., Cambridge	<b>519-575-4833</b> or <b>519-575-4800</b>

## Gently Used Maternity and Baby Clothing and Equipment

<b>Birthright</b> 15 Scott St., Kitchener (Between King & Duke, Bus route 7)	<b>519-579-3990</b>
<b>Cambridge Memorial Hospital Recovery Room</b> 38 Ainslie St. N., Cambridge (Bus Route 51)	<b>519-622-0701</b>
<b>Cambridge Pregnancy Resource Centre</b> 119 Water Street N., Cambridge, one block from Cambridge terminal	<b>519-620-0204</b>
<b>Children's Need Distribution Centre</b> Highland Baptist Church, 135 Highland Rd. W., Kitchener (Bus route 24) By appointment only	<b>519-745-9461</b>
<b>Generations Another MCC Thrift Shop</b> 50 Bridgeport Rd. E., Waterloo (Bus Route 7)	<b>519-886-6226</b>
<b>Goodwill Thrift Shop</b> 1348 Weber St. E., Kitchener (Bus Route 7B)	<b>519-894-0628</b>
<b>Hand Me Downs</b> 324 Highland Rd. W., Kitchener (Bus Route 24)	<b>519-742-5437</b>
<b>Kitchener-Waterloo Pregnancy Resource Centre</b> 38 Francis Street South, Kitchener	<b>519-886-4001</b>
<b>May Court Nearly New Shop</b> 714 Belmont St., Kitchener	<b>519-745-4412</b>
<b>Mennonite Central Committee Thrift Shop</b> 335 Lancaster St. W., Kitchener (Bus Route 6 Bridgeport)	<b>519-743-5021</b>
<b>Once Upon a Child</b> 480 Hespeler Rd., Cambridge (Bus Route 51)	<b>519-621-0190</b>
<b>St Vincent de Paul Value Centre</b> 75 Dundas St. N., Cambridge (Bus route 53)	<b>519-629-0103</b>
<b>Salvation Army Family Thrift Store</b> 563 Highland Road West at Westmount, Kitchener (Bus Route 24, 12) 425 Hespeler Road, Cambridge (Bus route 51 or I Express)	<b>519-584-0818</b> <b>519-624-2006</b>
<b>Talize</b> 1144 Courtland Ave. East, Unit 10, Kitchener (near Ottawa)	<b>519-744-4300</b>
<b>Value Village</b> 120 Ottawa St. N., Kitchener (Bus Route 8 Fairway via Franklin) 480 Hespeler Rd., Cambridge (Bus Route 51)	<b>519-576-4403</b> <b>519-624-1812</b>

## Prenatal Classes

<b>Conestoga College Prenatal to Parenting Group Prenatal Classes</b> 6 week evening classes from 7-9 p.m. (various evenings) or 2-day weekend classes Saturday and Sunday from 9 a.m.–3 p.m. Cost \$115.00 108 University Ave E., Waterloo, or 299 Doon Valley Dr., Kitchener <a href="http://www.conestogac.on.ca">www.conestogac.on.ca</a> . Register online, by mail or fax.	<b>519-748-5220 Ext. 3656</b>
<b>Elmira Medical Centre</b> 4 week evening classes. Cost \$20.00. Refresher course also available. Park Manor School, Mockingbird Dr., Elmira.	<b>519-669-5493</b>
<b>YMCA Childbirth Education Program</b> Six week Thursday evening classes from 7-9 p.m., or 2 day weekend classes Saturday 10 a.m.-5 p.m. and Sunday 1-5 p.m. Cost \$113.00 Ontario Early Years Centre, 161 Roger St., Waterloo <a href="http://www.earlyyearsinfo.ca/cms/Programs/waterloo/YMCAFamilyZone.aspx">www.earlyyearsinfo.ca/cms/Programs/waterloo/YMCAFamilyZone.aspx</a>	<b>519-741-8585</b>
<b>Adolescent Prenatal Classes – Waterloo and Cambridge</b> Six week classes, Wednesdays 4-6 p.m., no charge, partners welcome	<b>519-883-2006</b>

## Breastfeeding Preparation

<b>Breastfeeding Buddies Peer Support</b> Volunteers provide one on one & group support for women before and after baby is born	<b>519-772-1016</b>
<b>Me? Breastfeed?</b> Free breastfeeding workshop for pregnant women through Breastfeeding Buddies	<b>519-772-1016</b>
<b>Breastfeeding Basics</b> Breastfeeding workshop for pregnant women taught by lactation consultant. Held first Wednesday of every month. Cost \$25. Location: Grand River Hospital	<b>519-749-4300 Ext. 2793</b>
<b>La Leche League</b> Kitchener, Waterloo & Cambridge	<b>519-579-3800</b>
<b>Healthy Children Info Line (Region of Waterloo Public Health)</b>	<b>519-883-2245</b>
<b>Dr. Jack Newman Breastfeeding Website</b> <a href="http://www.dr.jacknewman.com">www.dr.jacknewman.com</a>	

## Nutrition and Food

<b>EatRight</b> <a href="http://www.Ontario.ca/EatRight">www.Ontario.ca/EatRight</a> Telephone support for nutrition concerns Monday-Friday 9 a.m.-5 p.m., until 9 p.m. Tuesday and Thursday.	<b>1-877-510-5102</b>
<b>House of Friendship</b> Emergency Food Assistance 807 Guelph St. at Lancaster, (Bus Route 6 or 18 Guelph)	<b>519-742-0662</b>
<b>Salvation Army</b> Emergency Food Assistance, need to book an appointment for the next day 1-300 Gage Avenue, Kitchener	<b>519-745-4215</b>
<b>Cambridge Self Help Food Bank</b> <a href="http://www.cambridgefoodbank.on.ca">www.cambridgefoodbank.on.ca</a> 54 Ainslie St. S., Cambridge, across from Cambridge Bus Terminal	<b>519-622-6550</b>
<b>Sources of Emergency and Low-Cost Food pamphlet</b> Available at Region of Waterloo Public Health	<b>519-883-2256</b>