



HEALTH  
DEPARTMENT

**Baby on  
the way?  
Call us  
today...**

**PRECONCEPTION  
& PRENATAL  
SERVICES  
IN DURHAM**

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### What's inside...

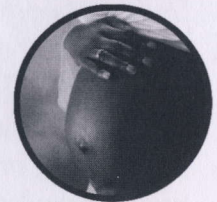
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**Preconception and prenatal care are important; however, Durham Region Health Department does not endorse any particular service.**

# Baby on the Way? Call us today...

## Speak to a Public Health Nurse for:

- A list of resources and services in Durham Region including prenatal classes
- A list of upcoming prenatal events
- Answers to your prenatal questions
- Information on nutrition and pregnancy
- Information on healthy lifestyle and pregnancy
- Prenatal breastfeeding questions
- A free prenatal information package



## Planning a Pregnancy?

Call for a free:

*Health Before Pregnancy Makes a Difference  
Information Package*

**Call Durham Health Connection Line**

**905-666-6241 or 1-800-841-2729**

**Free and Confidential**



**HEALTH  
DEPARTMENT**

**Durham Health Connection Line  
905-666-6241 or 1-800-841-2729  
durham.ca**

Information available in accessible formats.





## Telephone Information Lines

### **DURHAM HEALTH CONNECTION LINE**

Public health nurses provide information about health issues and community services.

905-666-6241 or 1-800-841-2729

9:00 a.m. - 6:00 p.m., Monday through Friday

[www.durham.ca](http://www.durham.ca)

### **EMERGENCY NUMBERS**

Fire, Police, Ambulance - 911

Poison Control -1-800-268-9017

Durham Distress Centre - 24-Hour Helpline

905-430-2522 or 1-800-452-0688

### **DENISE HOUSE**

Supports women & their children in abusive relationships

905-728-7311 or 1-800-263-3725

24 hours, 7 days a week

For hearing impaired 905-728-4394 TTY only

[www.thedenisehouse.com](http://www.thedenisehouse.com)

### **MOTHERISK** [www.motherisk.org](http://www.motherisk.org)

Information about the risk of: chemicals, drugs and infections when thinking of having a baby, pregnant or breastfeeding.

1-416-813-6780 or 1-877-439-2744

### **NAUSEA AND VOMITING DURING PREGNANCY**

1-800-436-8477

### **ALCOHOL AND SUBSTANCE USE DURING PREGNANCY**

1-877-327-4636

### **HIV/AIDS AND PREGNANCY**

1-888-246-5840

### **Mothers Helping Mothers, Le Leche League Canada**

To find breastfeeding help near you.

1-800-665-4324

[www.llc.ca](http://www.llc.ca)

### **TELEHEALTH ONTARIO**

1-866-797-0000 or TTY 1-866-797-0007

[www.health.gov.on.ca/en/public/programs/telehealth](http://www.health.gov.on.ca/en/public/programs/telehealth)

### **TO FIND A HEALTH CARE PROVIDER**

1-800-445-1822

[www.ontario.ca/healthcareconnect](http://www.ontario.ca/healthcareconnect)

### **TO FIND MEDICAL SERVICES IN YOUR AREA**

[www.hco-on.ca](http://www.hco-on.ca)

### **HOUSING HELP DURHAM**

905-686-2661

[www.cdcd.org/programs/housingprogram/](http://www.cdcd.org/programs/housingprogram/)

### **MOBILE CRISIS UNIT**

Support for people in a mental health crisis

905-666-0483 or 1-800-742-1890

24 hours, 7 days a week

Mobile visits 8:00 am- 9:00 pm Monday –Friday

[www.dmhs.ca/crisisservices.html](http://www.dmhs.ca/crisisservices.html)



## Prenatal Classes:

These classes vary in cost and length. Please contact individual organizations for information.

### **Childbirth Education Service**

905-686-7758

[www3.sympatico.ca/childbirth.education](http://www3.sympatico.ca/childbirth.education)

### **Choices: Childbirth Education & Doula Services**

905-420-0223

[www.birthservices.com](http://www.birthservices.com)

### **Discover Birth**

1-877-BIRTH-36 or 905-428-9629

[www.discoverbirth.com](http://www.discoverbirth.com)

### **Lakeridge Health Corporation Prenatal Classes**

905-576-8711, ext. 4116 (Oshawa)

905-985-7321, ext. 5525 (Port Perry)

[www.lakeridgehealth.on.ca](http://www.lakeridgehealth.on.ca)

### **Lamaze Prepared Childbirth of Durham Region**

905-723-7373

[www.durhamlamaze.com](http://www.durhamlamaze.com)

### **Kawartha Lamaze Classes**

Port Perry Hospital Prenatal & Lamaze Classes

705-786-3217

[www.kawarthalamaze.com](http://www.kawarthalamaze.com)

### **Port Perry Lamaze Classes**

Lakeridge Health Port Perry Hospital

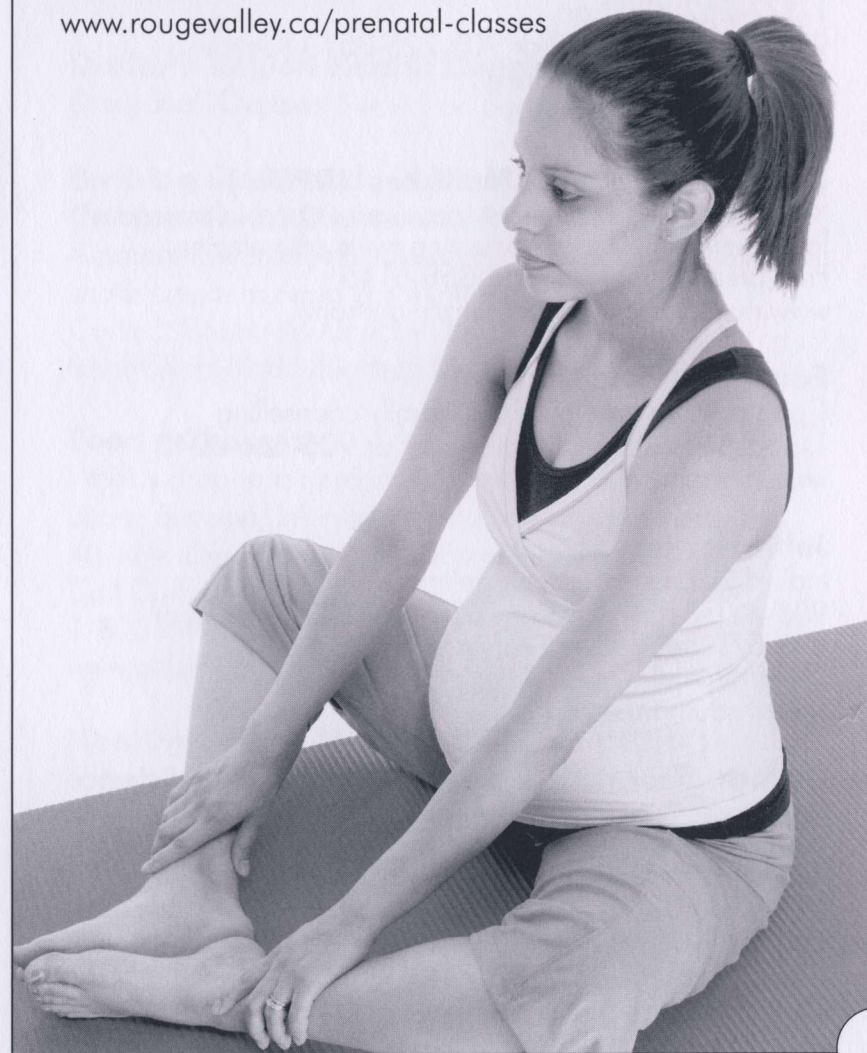
905-706-0621

[www.portperrylamaze.com](http://www.portperrylamaze.com)

### **Rouge Valley Health System, Ajax & Pickering Prenatal Classes.**

905-683-2320 ext.1226

[www.rougevalley.ca/prenatal-classes](http://www.rougevalley.ca/prenatal-classes)





## Support Services/Counselling:

### **Bereaved Families of Ontario-Durham Region**

Association of families who have lost a child through death  
905-579-4293 or 1-800-387-4870  
www.bfodurham.net

### **Catholic Family Service of Durham**

Counselling, not limited to the Catholic Faith.  
1-877-282-8932 or  
905-428-1984 (Ajax) or 905-725-3513 (Oshawa)  
905-985-4221 (Port Perry)  
www.cfsdurham.com

### **Durham Parents of Multiples (DPOM)**

Yearly membership fee provides support and information  
for couples/individuals expecting twins or multiples.  
Free prenatal night. 1-888-358-5145  
www.multiplebirthscanada.org/~durham/

### **Family Services Durham**

Couple, individual, child and family counselling  
1-866-840-6697 (central intake) or 905-666-6240  
www.durham.ca

### **John Howard Society**

Individual and group counselling  
905-427-8165 (Ajax) or 905-666-8847 (Whitby) or  
905-579-8482 (Oshawa) or 905-623-6814  
(Bowmanville)  
www.jhsdurham.on.ca

### **Ontario Shores Centre for Mental Health Science**

Free women's outpatient services for family planning,  
pregnancy, child rearing, postpartum depression, anxiety  
disorders. Professional referral required.  
905-430-4055  
Toll free 1-800-341-6323  
Central Intake 1-877-767-9642  
www.ontarioshores.ca

### **Pregnancy and Infant Loss (PAIL) Network**

Support services for families who have had a pregnancy loss  
or infant death. Offers a bi-weekly support group in Ajax  
and one-to-one telephone support.  
905-472-1807 or 1-888-301-7276  
www.pailnetwork.ca info@pailnetwork.ca

## Free Services

### **Durham Region Health Department Online**

**Prenatal Classes** See Ad on back page

### **Birthing Circle and ICAN of Ontario (International Caesarean Awareness Network)**

A parent-run childbirth support group. Monthly meetings to  
share pregnancy and childbirth information.  
Contact Stephanie Alouche 1-647-231-0291  
steph@torontodoulagroup.com

### **Food 4 Thought**

Weekly drop-in for pregnant women 26 years of age and  
under. Support, information and free groceries provided.  
Multiple sites throughout Durham Region.  
Call Durham Health Connection Line for information.  
1-800-841-2729  
www.girlsinc-durham.org

### **Healthy Babies/Healthy Children (HBHC)**

This program supports families (prenatal to until transition  
to school). It links families to services and supports, and  
may include HBHC home visiting program.  
HBHC is a free voluntary program.  
Call Durham Health Connection Line for information.  
1-800-841-2729  
www.durham.ca/pregnancyandparenting



### **Midwives**

Midwives provide complete care and support prenatally, during labour, delivery, and postpartum. Covered by OHIP

#### **Community Care Midwives**

905-723-6088 (Oshawa)

email: [communitycaremidwives@bellnet.ca](mailto:communitycaremidwives@bellnet.ca)

[www.communitycaremidwives.com](http://www.communitycaremidwives.com)

#### **Midwifery Services of Durham**

905-427-5407 (Ajax)

[www.durhammidwives.com](http://www.durhammidwives.com)

#### **New Life Midwives**

905-419-3232 (Bowmanville)

[www.newlifemidwives.com](http://www.newlifemidwives.com)

#### **Sages-Femmes Rouge Valley Midwives**

905-409-6447 (Pickering/Ajax/ Scarborough East)

[www.sagesfemmesrougevalleymidwives.com](http://www.sagesfemmesrougevalleymidwives.com)

#### **Uxbridge Community Midwives**

905-862-3535 (Uxbridge & Port Perry)

[www.uxbridgemidwives.com](http://www.uxbridgemidwives.com)

#### **College of Midwives of Ontario**

1-416-640-2252

[www.cmo.on.ca](http://www.cmo.on.ca)

#### **Pinewood Centre and Mental Health Services of Lakeridge Health**

Substance use and problem gambling treatment services.

(905) 723-8195 or 1-888-881-8878

[www.pinewoodcentre.org](http://www.pinewoodcentre.org)

#### **Rose of Durham**

Young parents/parent-to-be support services, counselling, information, practical support and educational workshops

905-432-3622

[www.roseofdurham.com](http://www.roseofdurham.com)

### **Sunrise: Pregnancy & Family Support Services**

Uxbridge and surrounding area. Offers both educational and practical help for young moms.

905-852-4192

[www.sunriseuxbridge.com](http://www.sunriseuxbridge.com)

#### **The Pregnancy Help Centre of Durham**

Support for pregnant/parenting individuals and families.

Prenatal and parenting classes.

24 hour option line 1-800-712-HELP (4357)

905-619-9878 (Ajax)

905-720-3252 (Oshawa)

[www.pregnancyhelp.ca](http://www.pregnancyhelp.ca)

#### **Supporting Mothers and Infants Learning Experience (SMILE)**

Prenatal classes for parents up to age 23.

Register through Durham Health Connection Line

1-800-841-2729

[www.durham.ca](http://www.durham.ca)

## **Community Health Centres:**

Provide medical services and programs for individuals that live within their area.

#### **Brock Community Health Centre**

705-432-3322 or 705-426-2175

[www.brockchc.ca](http://www.brockchc.ca)

#### **Oshawa Community Health Centre**

905-723-0036

[www.ochc.ca](http://www.ochc.ca)

#### **The Youth Centre**

A community health centre for individuals up to age 29 living in Ajax and Pickering. Medical services, counselling, young parent support and health promotion programs.

905-428-1212

[www.theyouthcentre.ca](http://www.theyouthcentre.ca)



## Additional Information:

### **Maternity/Paternity Leave Benefits, Child Tax Benefits**

1-800-206-7218 or 1-800-387-1193  
[www.servicecanada.gc.ca/eng/lifeevents/baby.shtml](http://www.servicecanada.gc.ca/eng/lifeevents/baby.shtml)

### **Ministry of Health**

For information on obtaining or replacing health cards  
1-888-376-5197  
1-800-387-5559 TTY  
[www.health.gov.on.ca](http://www.health.gov.on.ca)

### **Newborn Registration 4-in-1 Service**

An online service for: Birth registration, Birth certificate, Canada Child Tax Benefit and Social Insurance Number.  
[www.serviceontario.ca](http://www.serviceontario.ca)

### **Durham Immigration Portal**

A one stop service under one roof designed to guide and support newcomers to Durham Region.  
Welcome Centres  
Ajax 289-482-1037  
Pickering 905-420-3600



## Healthy Lifestyles

### **Pregnets**

Website information on quitting smoking for pregnant and postpartum women.  
[www.pregnets.org](http://www.pregnets.org)

### **Smokers' Helpline**

1-877-513-5333  
[www.smokershelpline.ca](http://www.smokershelpline.ca)

### **EatRight Ontario**

Speak with a Registered Dietitian about healthy food choices.  
1-877-510-5102  
[www.eatrightontario.ca](http://www.eatrightontario.ca)

### **Exercise and Pregnancy Hotline**

1-866-937-7678  
Supported by Women's College Hospital and Motherisk  
[www.womenscolleghospital.ca](http://www.womenscolleghospital.ca)

### **Be Safe- Have an Alcohol-free Pregnancy**

Motherisk helpline 1-877-FAS-INFO  
[www.alcoholfreepregnancy.ca](http://www.alcoholfreepregnancy.ca)

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9:00 a.m. - 6:00 p.m.,  
Monday through Friday  
[www.durham.ca](http://www.durham.ca)





## FOOD BANKS

A complete list is available through the Durham Health Connection Line.

- Ajax:**  
 Salvation Army ..... 905-427-7123
- Beaverton:**  
 Brock Community Food Bank .... 1-877-406-8723
- Bowmanville:**  
 Salvation Army ..... 905-623-2185
- Claremont:**  
 Claremont United Church: ..... 905-649-1363
- Newcastle:**  
 Clarington E. Food Bank ..... 905-987-1418
- Oshawa:**  
 Salvation Army ..... 905-723-7422
- Pickering:**  
 St Paul's on The Hill Food Bank: .. 905-839-9537
- Port Perry**  
 Operation Scugog Food Bank ... 905-985-3087
- Sunderland** ..... 1-877-406-8723
- Uxbridge** ..... 905-852-6262
- Whitby** Salvation Army ..... 905-430-3454

Salvation Army stores carry used furniture and maternity clothing

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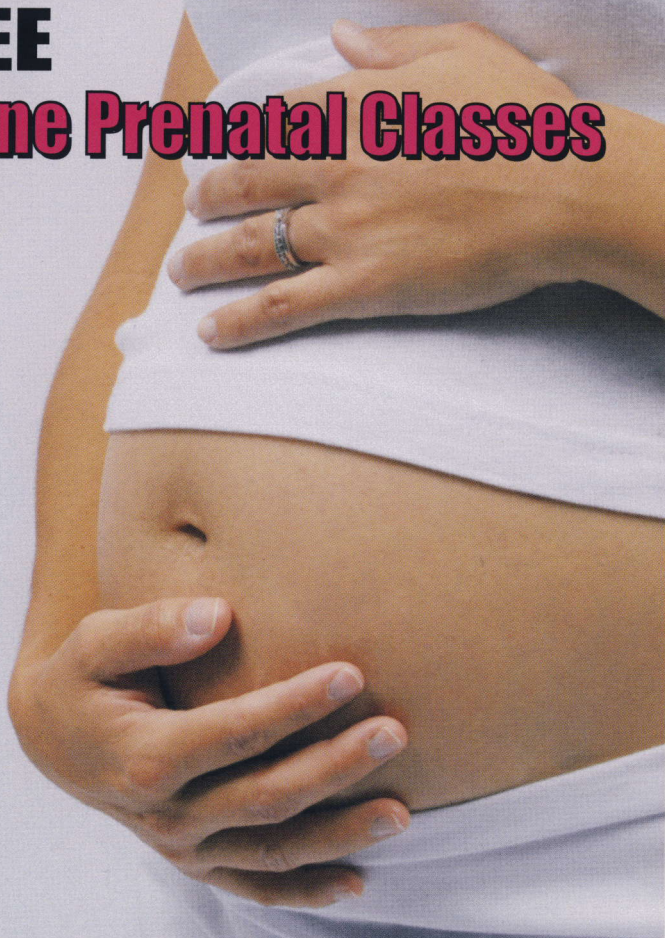
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# Baby on the Way?

## FREE Online Prenatal Classes



Visit [durham.ca/onlineprenatalclasses](http://durham.ca/onlineprenatalclasses)



Durham Health Connection Line  
905-666-6241 or 1-800-841-2729

Information available in accessible formats.

