

Services for Pregnant Women in Waterloo Region

Mental Health and Violence

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

Newcomers

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

Groups for Dads

For Fathers, K-W Counselling Services 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)	519-884-0000
Fathering Now, Our Place Family Resource and Early Years Centre 8 week program for dads-to-be or dads with children 0-6 years of age. No cost. 154 Gatewood Rd., Kitchener	519-741-8585
You're Still Dad: Parenting through Separation A support group for fathers. No cost. Contact Barry Lillie for more information.	519-342-1351

Parenting Supports

Ontario Early Years Centres www.earlyyearsinfo.ca
New Parent Resource Guide www.parentguide.ca

DNA Paternity Testing

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

Pregnancy / Parenting Information Lines

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

Pregnancy / Parenting Services

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

Childbirth Support

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

Social Services Department, Region of Waterloo	519-883-2100
Employment Insurance - Maternity & Parental Benefits	1-800-206-7218



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

Housing

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

Gently Used Maternity and Baby Clothing and Equipment

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

Prenatal Classes

Conestoga College Prenatal to Parenting Group Prenatal Classes 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 www.conestogac.on.ca . Register online, by mail or fax.	519-748-5220 Ext. 3656
Elmira Medical Centre 4 week evening classes. Cost \$20.00. Refresher course also available. Park Manor School, Mockingbird Dr., Elmira.	519-669-5493
YMCA Childbirth Education Program 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 www.earlyyearsinfo.ca/cms/Programs/waterloo/YMCAFamilyZone.aspx	519-741-8585
Adolescent Prenatal Classes – Waterloo and Cambridge Six week classes, Wednesdays 4-6 p.m., no charge, partners welcome	519-883-2006

Breastfeeding Preparation

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

Nutrition and Food

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