

Service Pathway – Maternal-Newborn Care Spectrum

(Pregnancy to Postnatal)

~ Kingston, Frontenac and Lennox & Addington ~

Pregnancy Confirmation/Test

- Pharmacy
- Walk-in Clinic
- Family Medicine: Private Practices
- Family Health Teams (FHT): [Kingston FHT](#), [Maple FHT](#), [Sharbot Lake FHT](#), [Lakelands FHT](#), [Loyalist FHT](#), [Queens FHT](#)
- Community Health Centres (CHC): [Kingston CHC](#), [Napanee CHC](#)
- [Kingston Pregnancy Care Centre](#): : Pregnancy test; Information on Pregnancy; Abortion Procedures and Risks, and Abortion Alternatives; Peer Counselling and Advocacy; Post Abortion Grief Support; Sexual Health
- [Birthright](#)
- Diagnostic Imaging Clinics (Hospital or Community): [Kingston General Hospital](#), [Lennox and Addington County General Hospital](#)
- Medical Laboratories (Hospital or Community): [Kingston General Hospital](#), [Lennox and Addington County General Hospital](#), [LifeLabs](#) Kingston x3, Napanee)



Prenatal Care

- Family Medicine: Private Practices
- Family Health Teams (FHT): [Kingston FHT](#), [Maple FHT](#), [Sharbot Lake FHT](#), [Lakelands FHT](#), [Loyalist FHT](#), [Queens FHT](#)
- Midwifery Practices: [Community Midwives of Kingston](#)
- Community Health Centres (CHC): [Kingston CHC](#), [Napanee CHC](#)
- OB/GYN: Private Practices
- Kingston General Hospital (Outpatient Clinics): [Obstetrical Clinic \(Armstrong 5\)](#) - Low Risk Obstetrical Care, High Risk Obstetrical Care and Adolescent Obstetrical Care; [Fetal Assessment Unit](#); [Prenatal Genetic Services](#); [The MoThERS Program](#)
- Diagnostic Imaging Clinics (Hospital or Community): [Kingston General Hospital](#), [Lennox and Addington County General Hospital](#)
- Medical Laboratories (Hospital or Community): [Kingston General Hospital](#), [Lennox and Addington County General Hospital](#), [LifeLabs](#) [Kingston (3 locations), Napanee]



Prenatal/Nutrition/Parenting/Breastfeeding Education

- [Birthright](#)
- [Family and Children's Services of Frontenac, Lennox and Addington](#)
- KFL&A Public Health: [Babytalk Drop-ins](#); [Child & Babytalk phone line](#); [KFL&A Public Health-Online and In Person Prenatal Classes](#); [Breastfeeding Classes](#); [Child and Babytalk in KFL&A on Facebook](#); [Healthy Babies Healthy Children \(HBHC\)](#) (Free Home Visiting Program); [Food For You Food For Two](#)
- [Metis Nation of Ontario Aboriginal HBHC](#) (Kingston): Aboriginal Healthy Babies Healthy Children
- [Ontario Native Women's Association Aboriginal HBHC](#) (Napanee): Education and Support: Breastfeeding, Pre & Postnatal Nutrition, Growth & Development, Parenting, Bonding; Home Visiting
- Kingston Community Health Centres (Kingston and Napanee Area): [Better Beginnings for Kingston Children](#) (BBKC) - Prenatal Classes (Individual and Group Classes); Prenatal Breastfeeding Classes; Prenatal and Infant

Groups (Infant Group, Teens Loving Children, Baby's Coming Prenatal Class); Parenting Programs (Bounce Back & Thrive, Right from the Start, You Make the Difference); [Family Visiting Program](#); [Street Health Centre](#); [Thrive](#); [Good Food Box](#)

- [Kingston Military Family Resource Centre](#)
- **Kingston General Hospital**: Prenatal Tours
- [Kingston Pregnancy Care Centre](#): Prenatal Classes, Adoption Support (Pre & Post)
- **La Leche League** (Kingston)
- [More To Life Kingston](#): Prenatal Classes
- [Limestone Advisory for Child Care Program](#) (Kingston and the Islands): Teens Loving Children
- [The Child Centre](#) (Sharbot Lake)
- [Lennox & Addington Resources for Children](#) (Napanee): Aboriginal HBHC
- [Childbirth Kingston](#): Prenatal Classes
- [Hypnobabies Kingston](#): Prenatal Classes
- [Youth Unlimited: Teen Moms Mentoring Program](#) (Kingston): Prenatal classes
- [Queen's FHT](#): Dietician Services, Lactation Consultant for Prenatal Breastfeeding Consults

Websites, Phone and Online Supports

- [Kingston Pregnancy Care Centre](#): 613-545-0425
- [Dad Central Ontario - 24hr Cribside Assistance](#) (Online Resource for Fathers)
- [EatRight Ontario](#)
- [Health Before Pregnancy Website](#)
- [Healthy Canadians: Healthy Pregnancy](#) (Public Health Agency of Canada)
- [Motherisk](#)
- [OMama](#)
- [The MoHERS Program Website](#)
- Society of Obstetricians and Gynaecologists of Canada
- [Best Start Health Nexus](#)
- [The Canadian Association of Family Resource Programs FRP Canada](#)



Childbirth

- **Hospitals**: [Kingston General Hospital](#)
- **Midwifery Practices**: [Community Midwives of Kingston](#)
- **Childbirth Kingston** (Doulas): [Rachel Erb](#), [Hayley Mooney](#), [Roycene Perry](#), [Laura Gibbons](#), [Lisa Bowman](#), [Alyssa Green](#), [Sue Cross](#), [Doula Royah](#)
- [More To Life Kingston](#): Doula Services
- [Kingston Pregnancy Care Centre](#): Labour Support
- [Queen's FHT](#)



Post-Partum/Post-Birth

- **Kingston General Hospital** : [Obstetric and Newborn Care](#); [Adolescent and Obstetrical Care](#); [The MoHERS Program](#)
- **Family Medicine**: Private Practices
- **OB/GYN**: Private Practices
- **Pediatricians**: Private Practices
- **Hotel Dieu Hospital**: [Children's Outpatient Clinic](#); [KidsInclusive Centre for Children & Youth Development](#)
- **Midwifery practices**: [Community Midwives of Kingston](#)
- **Family Health Teams**: [Kingston FHT](#), [Maple FHT](#), [Sharbot Lake FHT](#), [Lakelands FHT](#), [Loyalist FHT](#), [Queens FHT](#)

- **KFL&A Public Health:** [Babytalk Drop-ins](#); [Child & Babytalk phone line](#); [Child and Babytalk in KFL&A on Facebook](#); [Healthy Babies Healthy Children \(HBHC\)](#); [Food For You Food For Two](#); [Introducing Solids Food Class: KFL&A Public Health](#); [Immunization Clinics](#)
- **Metis Nation of Ontario Aboriginal HBHC** (Kingston): Home Visits, Service Coordination and Referrals
- **Ontario Native Women's Association Aboriginal HBHC** (Napanee): Home Visiting, Breastfeeding Support
- **Kingston Community Health Centres** (Kingston and Napanee areas): [Better Beginnings for Kingston- Children \(BBKC\)](#): Infant Groups (Teens Loving Children), Parenting programs, Parent groups, Family visiting; [Street Health Centre](#); [Thrive](#)
- **Mother Circle Kingston:** Drop-ins for Moms With new Babies
- **Limestone Advisory for Child Care Program** (Kingston and the Islands): Teens Loving Children, No Parent Left Behind
- **The Child Centre** (Sharbot Lake)
- **Lennox & Addington Resources for Children** (Napanee): Aboriginal HBHC
- **Kingston Family Military Centre**
- **Youth Unlimited: Teen Moms Mentoring Program**
- **More To Life Kingston:** Postpartum home Visits
- **Walk-in clinics**

Websites, Phone and Online Supports

- [Healthy Canadians: Infant Care](#)
- Public Health Agency of Canada: [Infancy](#)
- [MoTHERS Program Website](#)
- [CPS Caring for Kids](#)
- [EatRight Ontario](#)
- [Nipissing District Developmental Screen](#)
- [Immunize Canada](#)



Breastfeeding Support

- **Kingston Community Health Centres** (Kingston and Napanee Areas): [Better Beginnings for Kingston- Children \(BBKC\)](#) - [Family Visiting Programs](#), [Prenatal and Infant Groups](#); [Breastfeeding Peer Support Program](#); [Thrive](#); Breastfeeding Families; Individual Breastfeeding Support0
- **KFL&A Public Health:** [Babytalk Drop-ins](#); [Child & Babytalk phone line](#); [Child and Babytalk in KFL&A on Facebook](#); [Healthy Babies and Health Children \(HBHC\)](#); [Breastfeeding Clinics](#)
- **Kingston General Hospital:** [Breastfeeding Support](#)
- **Private Lactation Consultants:** Andrea Jachim
- **La Leche League Kingston**
- **Midwifery practices:** [Community Midwives of Kingston](#) (Kingston Breastfeeding Connection)
- **Queen's FHT:** [Breastfeeding Drop-in and Support](#), Individual Counselling, Home Visits
- [Kingston Pregnancy Care Centre](#)

Websites, Phone and Online Supports

- [Healthy Mothers, Healthy Babies Breastfeeding](#) (Best Start Resource Centre)*Free, Bilingual Online Breastfeeding Course
- **Breast Pump Rental Services:** [Ameda](#), [Medela](#)
- **Telehealth Ontario 24/7 Breastfeeding Support:** 1-866-797-0000 or TTY 1-866-797-0007
- [Breastfeeding Inc-Jack Newman](#)
- **Motherisk:** Medication and breastfeeding: 1-877-439-2744; Alcohol and substance: 1-877-327-4636 or www.motherisk.org
- **Global Health Media:** [Breastfeeding Videos](#)

Additional Services Accessed by Women/Families

Fetal Anomalies or Life Limiting Diagnosis

- **Kingston General Hospital:** [Fetal Assessment Unit Ultrasound](#), [Kingston General Hospital Prenatal Genetics](#), [Kingston General Hospital Neonatal Care Unit](#)
- **Hotel Dieu Hospital Kids Inclusive:** [Special Infant Clinic](#), [Infant and Child Development Program](#)

Perinatal Loss (Miscarriage, Termination of Pregnancy, Stillbirth, Neonatal Death)

- [Bereaved Families of Ontario](#) (Kingston)
- **Kingston General Hospital:** [Neonatal Care Unit](#), [Women's Clinic](#), Early Pregnancy Loss Clinic
- [Pregnancy and Infant Loss Network](#) (PAIL Network) : 1-888-301-7276
- [Kingston Pregnancy Care Centre](#)

Preterm Birth

- **Kingston General Hospital:** [Neonatal Intensive Care Unit](#)
- **Hotel Dieu Hospital:** [Children's Outpatient Clinic](#) (COPC)
- **Hotel Dieu Hospital Kids Inclusive:** [Special Infant Clinic](#) (Neonatal Follow-up Clinic), [Infant and Child Development Program](#), Early Years Team (Multidisciplinary Support), Feeding Team (Swallowing and oral motor only)

High Risk Pregnancies

- **Kingston General Hospital:** [High Risk Obstetrical Clinic](#)

Adoption and Foster Care

- [Adoption Council of Canada](#) (Ottawa)
- [Adoption Council of Ontario](#) (Toronto)
- [Family and Children's Services of Frontenac, Lennox and Addington](#)
- [Adoption Resource & Counselling Services](#)

Family Violence, Sexual Assault, Woman Abuse, Child abuse and Welfare

- [Family and Children's Services of Frontenac, Lennox and Addington](#)
- **Kingston General Hospital:** [Sexual Assault and Family Violence Program](#)
- K3C Community Counselling Centres - Women's Program
- Lennox and Addington Interval House - [Women's Outreach Service](#)
- [Sexual Assault Centre Kingston](#)
- [Dawn House Women's Shelter](#)
- [Kingston Interval House](#)

Websites, Phone and Online Supports

- **Assaulted Women's Helpline:** 1-866-863-0511 or 1-866-863-7868
- **Kingston Interval House Crisis Line:** 1-800-267-9445 or 613-546-1777

Shelter and Transitional Housing

- [Dawn House Women's Shelter](#)
- [Kingston Interval House](#)
- [Kingston Youth Shelter](#)
- [Home Base Housing – In From the Cold Emergency Shelter](#)
- [Ryandale Shelter for the Homeless](#)

Drug, Alcohol and Smoking

- **Addiction & Mental Health Services - Kingston Frontenac Lennox & Addington (KFLA):** [Counselling and Treatment](#), Motherwise Program for Mothers with Addiction
- **KFL&A Public Health:** Take Control, Take Control Baby Steps
- **Kingston CHCs** (Kingston and Napanee Areas): Smoking Cessation Counselling
- **[Al Anon - Alateen Family Groups](#)**
- **[Alcoholics Anonymous Kingston](#)**
- **[Hotel Dieu Detoxification Centre](#)**
- **[Change Health Care](#)**
- **Kingston CHC:** [Thrive](#), [Street Health Centre](#)
- **[Salvation Army Harbour Light Centre](#)**
- **[Queen's FHT:](#)** Smoking Cessation Clinic, One-on-one counselling provided

Websites, Phone and Online Supports

- **Addiction & Mental Health Services Crisis Line Kingston Frontenac :** 613-544-4229 or 1-866-616-6005
- **Addiction & Mental Health Services Crisis Line Lennox & Addington:** 613-354-738 or 1-800-267-7877
- **Alcoholics Anonymous Help Line** (Kingston): 613-549-9380
- **[Centre for Addiction and Mental Health](#)**
- **[Connex Ontario Health Services Information](#)**
- **[Drug and Alcohol Treatment Info Line](#) :** 1-800-565-8603
- **[Motherisk](#)** (Alcohol and Substance): 1-877-4636
- **[Canadian Cancer Society Ontario Division Smokers Helpline:](#)** 1-877-513-5333
- **[KFL&A Public Health Tobacco Information Line:](#)** 613-549-1232 or 1-800-267-7875 x 1333
- **[Pregnets](#)**
- **[The Lung Association](#)**

Perinatal Mental Health Issues

- **KFL&A Public Health:** Child and Babytalk Phone Line: 613-549-1154 or 1-800-267-7875 x 155
- **[Addiction and Mental Health Services](#)**
- **Psychotherapists:** Private Practices
- **Psychiatrist:** Private Practices
- **Psychologist:** Private Practices
- **Individual, Couple and Family Therapist:** Private Practices
- **Hotel Dieu Hospital:** Women's Reproductive Psychiatry Clinic: 613 544-3400 x 255
- **[Limestone Advisory for Child Care Program](#)** (Kingston and the Islands): No Parent Left Behind

In Home Postpartum and Parenting Support

- **Kingston Community Health Centres:** [Better Beginnings for Kingston Children](#), [THRIVE](#)
- **[KFL&A Pubic Health HBHC](#)**
- **[Metis Nation of Ontario Aboriginal HBHC](#)** (Kingston)
- **[Ontario Native Women's Association Aboriginal HBHC](#)** (Napanee)

Websites, Phone and Online Supports

- **[Canadian Mental Health Association](#)**
- **[Life with a New Baby](#)**
- **Mental Health Helpline:** 1-8660531-2600 or www.mentalhealthhelplin.ca
- **Telehealth Ontario:** 1-866-797-0000 or TTY 1-866-797-0007
- **[Pacific Postpartum Support Society \(BC\)](#)**
- **[Peel Postpartum Mood Disorder Program](#)**
- **[Postpartum Progress](#)**
- **[New Dad Manual](#)**