

Service Pathway – Maternal-Newborn Care Spectrum

(Pregnancy to Postnatal)

~ Ottawa Region ~

(Cumberland, Orleans, Navan, Metcalfe, Osgoode, Manotick, Richmond, Barrhaven, Riverside South, Central Ottawa, Vanier, Nepean, Bayshore, Kanata, Stittsville, Carp and Kinburn)

Pregnancy Confirmation/Tests

- **Pharmacies**
- **Walk-in Clinics**
- **Family Medicine:** Private Practices
- **Family Health Teams (FHT):** [Bruyère Academic FHT](#), [Connexion FHT](#); [Eastern Ottawa Community FHT](#) (Orleans, Overbrook Forbes); [Montfort Academic FHT](#); [Family First FHT](#); [Greenbelt FHT](#); [Ottawa Hospital Academic FHT](#); [Rideau FHT](#) (Lancaster Medical Clinic, Riverside Court Clinic); [Akausivik Inuit FHT](#); [University of Ottawa Health Services FHT](#); [West Carleton FHT](#); [Westend Family Care Clinic FHT](#)
- **Community Health Centres (CHC):** [Carlington CHC](#) (HIV Testing, Birth Control Counselling); [Centretown CHC](#) (Options Counselling; HIV Testing); [Ottawa Inner City Health](#) (HIV Testing); [Pinecrest-Queensway CHC](#) (Sexual Health Services, Pregnancy Counselling); [Sandy Hill CHC](#) (HIV Testing); [Somerset West CHC](#) (HIV Testing); [South-East Ottawa CHC](#) (HIV Testing); [South Nepean CHC](#) (Youth Sexual Clinic); [Wabano Centre for Aboriginal Health](#)
- **Community Resource Centres (CRC):** [Orleans-Cumberland CRC](#) (Youth Sexual Clinic)
- **Ottawa Public Health:** [Sexual Health Centre](#)
- **Diagnostic Imaging Clinics:** [Bio-Test Radiology Services](#) (Nepean); [Canadian Medical Alliance](#) (Kanata, Orleans x 2, Ottawa x 6); [Merivale Medical Imaging](#); [Premier Imaging](#) (Orleans); [Élisabeth Bruyère Hospital](#), [Rideau Valley Health Centre](#) (Ottawa); Sound Diagnosis OB-GYN Ultrasound (Ottawa); [Sound Care Medical and Imaging Centre](#) (Ottawa); [West Carleton Diagnostic Services](#) (Carp); [Women’s Ultrasound Clinic](#) (Nepean and Ottawa); The Ottawa Hospital: [Ultrasound Unit - Obstetrics, Gynaecology and Newborn Care and Women’s Health Program](#); [Hôpital Montfort](#); [Queensway Carleton Hospital](#)
- **Medical Laboratories:** [Bio-Test Laboratory](#) (Ottawa x 3); [Gamma-Dynacare Medical Laboratories](#) (Kanata x 2, Orleans x 1, Ottawa x 11); [LifeLabs](#) (Orleans, Ottawa x 4); [The Ottawa Hospital](#) (Civic, General & Riverside Campuses); [Hôpital Montfort](#); [Queensway Carleton Hospital](#)
- **Birthright of Ottawa:** Pregnancy Tests
- **Miriam Centre:** Pregnancy Tests, Post Abortion and Miscarriage Support
- **First Place Options:** Pregnancy Tests, Decision aid Coaching, Post Abortion Support
- **Planned Parenthood Ottawa:** Information and Referral Services, Sexual Health, Education, Professional Training, Options Support Services
- **Bethany Hope:** Youth Sexual Health Outreach Clinic
- **Operation Come Home:** Youth Sexual Health Outreach Clinic
- **Youth Services Bureau – Downtown Services:** Youth Sexual Health Outreach Clinic



Prenatal Care/Services

- **Family Medicine:** Private Practices, [TOH-General and Civic \(Physician Directory\)](#), [Queensway Carleton Hospital](#), [Hôpital Montfort](#)
- **Obstetrics:** Private Practices, [TOH-General and Civic \(Physician Directory\)](#), [Queensway Carleton Hospital](#), [Hôpital Montfort](#)
- **Midwifery Practices:** [Community Midwives of Ottawa](#); [East Ottawa Midwives](#); [Ottawa Valley Midwives](#), [Midwifery Group of Ottawa](#); [Midwifery Collective of Ottawa](#); [Ottawa South Midwives](#)

- **Ottawa Birth and Wellness Centre:** [Community Midwives of Ottawa](#), Pain Management, Integrative Healthcare, Classes and Special Events
- **Hospital Outpatient Clinics:**
 - **The Ottawa Hospital:** Low Risk Pregnancy Unit, Placenta Health Clinic, St Mary's Teen Pregnancy Unit, Maternal Fetal Medicine/High Risk Pregnancy Unit
 - **Hôpital Montfort:** Obstetrical Clinic
 - **Queensway Carleton Hospital:** [Maternity Assessment Clinic](#)
- **Family Health Teams (FHT):** [Bruyère Academic FHT](#); [Connexion FHT](#); [Eastern Ottawa Community FHT](#) (Orleans, Overbrook-Forbes, Orleans); [Montfort Academic FHT](#); [Family First FHT](#), [Greenbelt FHT](#), [Ottawa Hospital Academic FHT](#), [Rideau FHT](#) (Lancaster Medical Clinic, Riverside Court Clinic); [Akausivik Inuit FHT](#); [University of Ottawa Health Services FHT](#); [West Carleton FHT](#); [Westend Family Care Clinic FHT](#)
- **Community Health Centres (CHC):** [Carlington CHC](#); [Centretown CHC](#); [Ottawa Inner City Health](#); [Pinecrest-Queensway CHC](#); [Sandy Hill CHC](#); [Somerset West CHC](#); [South-East Ottawa CHC](#); [South Nepean CHC](#); Wabano Centre for Aboriginal Health; [Vanier Community Service Centre](#)
- **Salvation Army Bethany Hope Centre**
- **Youville Centre**
- **Diagnostic Imaging Clinics:** [Bio-Test Radiology Services](#) (Nepean); [Canadian Medical Alliance](#) (Kanata, Orleans x 2, Ottawa x 6); [Merivale Medical Imaging](#); [Premier Imaging](#) (Orleans); [Élizabeth Bruyère Hospital](#); [Rideau Valley Health Centre](#) (Ottawa); Sound Diagnosis OB-GYN Ultrasound (Ottawa); [Sound Care Medical and Imaging Centre](#) (Ottawa); [West Carleton Diagnostic Services](#) (Carp); [Women's Ultrasound Clinic](#) (Nepean and Ottawa); The Ottawa Hospital: [Ultrasound Unit - Obstetrics, Gynaecology and Newborn Care and Women's Health Program](#); [Hôpital Montfort](#); [Queensway Carleton Hospital](#)
- **Medical Laboratories:** [Bio-Test Laboratory](#) (Ottawa x 3); [Gamma-Dynacare Medical Laboratories](#) (Kanata x 2, Orleans x 1, Ottawa x 11); [LifeLabs](#) (Orleans, Ottawa x 4); [The Ottawa Hospital](#) (Civic, General & Riverside Campuses); [Hôpital Montfort](#), [Queensway Carleton Hospital](#)



Prenatal/Nutrition/Parenting/Breastfeeding Education

- **Ottawa Public Health:** [Healthy Babies, Healthy Children Program](#), [In Person Prenatal Classes](#), [Pregnancy Circles](#), [Parenting in Ottawa](#): Website, Facebook Page, Online Support: 613-Parents (613-727-3687), [Parenting in Ottawa Drop-Ins](#), Ottawa Public Health Information Line: 613-580-6744 (TTY: 613-580-9656) or 311, [Baby-Friendly Initiative](#)
- **Hospitals:**
 - **The Ottawa Hospital:** Prenatal Information Sessions, Prenatal Breastfeeding Information Sessions
 - **Hôpital Montfort:** Virtual Tour, Prenatal Breastfeeding Information Sessions
 - **Queensway Carleton Hospital:** [Virtual Tour](#); Prenatal Breastfeeding Information Sessions
- **Community Health Centres (CHC) and Community Resource Centres (CRC):**
*OEYC – Ontario Early Years Centre
 - **Andrew Fleck Child Care Services** (OEYC - Ottawa South): Information and Referral, Resource Library, Workshops/Programs (e.g. Car Seat Information Session); Parenting Workshops and Programs
 - **Canadian Mothercraft of Ottawa** (OEYC - Ottawa-Centre): Prenatal Education Program, First Aid and CPR Classes, Birth and Parent Companion Program
 - **Carlington CHC:** Pregnancy Circle, Prenatal Breastfeeding Information Sessions, Buns in the Oven Prenatal Support, Good Food Box, Beyond the Basics Mandated Parenting Program, Spanish Parenting Program, One-on-One Family Support, Family Marketplace, Debra Dynes International Kitchen
 - **Centretown CHC:** Pregnancy Circle, Emergency First Aid & CPR, Welcome Baby Prenatal Nutrition Drop-In, Nutrition Counselling, Good Food Box, Make Your Own Baby Food, Promoting Family Health and Wellness, Home Visits for Families
 - **City View Centre for Child and Family Services (OEYC - Nepean-Carleton):** Prenatal Breastfeeding Information Sessions, Resource Library
 - **Eastern Ottawa CRC:** Emergency Food Cupboard, Good Food Box

- [Lowertown CRC](#): Parent Baby Playgroup (Prenatal Group), Parenting Workshops/Meetings, Good Food Box
- [Nepean, Rideau and Osgoode CRC](#): Good Food Box
- [Orleans-Cumberland CRC](#) (OEYC Ottawa-Orleans): Food Bank, Healthy Babies, Healthy Children Program
- [Pinecrest-Queensway CHC](#) (OEYC - Ottawa-West Nepean): Healthy Start Parent Support Program; Canadian Prenatal Nutrition Program; Parent/Caregiver Workshops (e.g. Prenatal Breastfeeding Information Sessions, Making the Connection, Parenting in a Canadian Context (English/Arabic), Introduction to Solids and Making Your own Baby Food); Healthy Babies, Healthy Children Home Visiting; Prenatal, Postpartum & Breastfeeding Support Drop-In; Children and Family System Navigator
- [Rideau-Rockcliffe CRC](#): ABC123 Parent-Child Resource Program, Emergency Food Program, Healthy Babies, Healthy Children Home Visits Program, Parental Skills Workshops
- [Sandy Hill CHC](#): Good Food Box
- [Somerset West CHC](#): Chinese Pregnancy Circle, Prenatal Classes (English/Chinese), Prenatal Breastfeeding Class, First Steps - Prenatal Nutrition Program, Making Baby Food Workshop, Parenting in the Canadian Context, Parenting Support Services (Referrals, Home Visits, Toy Library, Information on Child Development), Good Food Box
- [South-East Ottawa CHC](#): Baby and Me Group (Canadian Prenatal Nutrition Program), Prenatal Breastfeeding Education Session Snack and Chat, Individual Nutrition Counselling, Parent/Caregiver Training and Workshops, Better Beginnings Better Futures (Community Nurse, Home Visiting, Playgroup, Nutritional Supplement, Community Connections, Clothing Bank), Baby Food and Toddler Nutrition Workshops, Good Food Box, Food Cupboard
- [Vanier Community Service Centre](#) (OEYC- Ottawa-Vanier): Buns in the Oven, Parenting Skills Workshops, Healthy Babies, Healthy Children Program, Food Bank
- [West Ottawa CRC](#) (OEYC - Carleton): Prenatal Breastfeeding Education Sessions
- [Wabano Center for Aboriginal Health](#): Pregnancy Circle, Community Kitchen, Biindahgen, Good Food Box
- [The Diabetes Central Ottawa – Intake & Referral Program](#)
- [Bethany Hope Centre](#): Pregnancy Circle, Buns in the Oven, Nourish Family Food Centre, Nutritional Assessment and Support, Emergency Food and Clothing
- [Birthright of Ottawa](#): Maternity and Baby Clothes, Referral to Medical Care, Community Resource Information
- [Bonapace Childbirth Training Program](#): Birth Coaching, Birth Methods, Birth School
- [Connexion FHT](#): Healthy Transition to Solid Foods Workshop
- [Debra Dynes Family House](#): Debra Dynes Perinatal Program – Starting Strong & Collective Kitchen, Food Bank, Good Food Box, Referrals and Personnel Help
- [Family Services Ottawa](#): Parenting Edge Courses, Parenting Courses for Families Involved with CAS
- [La Leche League Canada](#): Ottawa Centre, Nepean, Manotick/Barrhaven, Orleans (Bilingual), Rockland (Bilingual), Ottawa Byward Market, Ottawa South East, Saturday Couples, Little Nursing Persons, Kemptville/Winchester, Gatineau and Aylmer
- [Milkface Lactation Services](#): Breastfeeding Classes
- [Monarch Centre: Maternal and Newborn Health](#): Baby's First Weeks: Parenting and Breastfeeding Workshop
- [Multiple Birth Families Association](#): Prenatal Classes for Multiples
- [Miriam Centre](#): Maternity and Baby Clothes, Community Resource Information
- [Ottawa Birth and Wellness Centre](#): Offers a Wide Range of Classes/Workshops (e.g. Choice of Birthplace Information Session, Prenatal Education, Fundamental Baby Developmental Movement, Hypnobirthing, First Aid for Parents, Multiples 101: What to Expect When You're Bringing Home Multiples) and Special Events, Nutritional Counselling, Parenting and Breastfeeding Drop-In, Birth Centre Tour
- [Ottawa Childbirth Education Association](#): Prenatal Classes, Comfort Measures, Multiple Births Classes, Family Centred Caesarean Birth Class, Bringing Baby Home Classes, Infant Sleep Classes, Infant Massage, Private Tutoring, CPR
- [Ottawa Young Parents](#): Buns in the Oven, Brighter Futures Programs (Healthy Lifestyles, Life Skills and Personal Growth, Parenting, For Dads, For Children)
- [Ottawa Parent Resource Centre](#): Interactive Family Services Map, The Incredible Directory, Parent Education Calendar
- [Rural Family Connections: Prenatal Plus Classes](#)
- [St. Joe's Women's Centre](#): Clothing Programming, Emergency Grocery Program, Referrals

- **[St. Mary's Home - Young Parent Outreach Centre](#)**: Pregnancy Circle, Buns in the Oven, Choice & Change, Life Skills & Personal Growth, Food Bank
- **Doula Services**: [New Arrivals Doula Services](#) (Specialized Antepartum Doula Services); [Ottawa Birth Doula](#) (Hypnobirthing Classes); [National Capital Doulas](#) (Childbirth Education, Comfort Measures, Lactation Education Before Birth); [Nurturing Nomad](#) (Massage Therapy, Consult, Prenatal Classes); [Jordan Alexander Doula Services](#); [Lilly Bianchi Doula Services](#) (Prenatal Classes); [Doula Source Ottawa](#) (Prenatal Classes, Acupressure Workshops); [MotherWit Doula Care](#) (Prenatal Classes, In-home Consults); [Kneaded Touch](#); [Victoria Kellet Birth Doula](#) (Prenatal Classes); [Amy Owen Doula Services](#); [Gertrude Wilkes](#) (Prenatal Education); [Ashely Kyle Doula](#); [Sunshine Doula](#); [Maternity Matters](#); Jamie McCallum; Michelle Murray; [Birthing With Serenity](#); [Ottawa Bliss Doula](#); [Helping Hands Doula](#); [Richelle Ludwick Birth Services](#); [Chickadee Childbirth Services](#); [Family Doulas of Ottawa](#); [Tara McCadden](#); [The Domestic Doula](#); [Tiny Feet Doula Services](#); [Kimberly Arcand](#); [Diana L. Brayshaw](#); [Anna Belanger & Associates Registered Massage Therapy](#); [Birth, Baby & Beyond](#) (Childbirth Education, Labour Pool Rentals); [Birth & Beginnings](#); [4Elements](#); [Courtney Holmes Holistic Services](#); [Natalis Doula Services](#); [Vis Tree](#); [Perfect Harmony Massage Doula](#); [Ottawa RMT Doulas](#); [Tania My Doula](#); [Bells Babies](#); [Susan Wheat Lactation Consulting and Doula Services](#); [Ingrid Coupland and Photographer](#); [Healing House](#); [Ottawa Labour Support](#) (Birthing Pool Rentals); [Ottawa Doula Services](#) (Prenatal Classes, Comfort Measures Birthing after a Cesarean, Birth Plan Workshop, Newborn Care); Jessica Creehman; Ashleigh White

Websites, Phone and Online Support:

- [The Canadian Association of Family Resource Programs](#) (FRP Canada)
- [Dad Central Ontario - 24hr Cribside Assistance](#) (online resource for fathers)
- [Eat Right Ontario](#): 1-877-510-5102
- [Telehealth Ontario](#): 1-866-797-0000
- [OMama](#) (App/Website)
- **La Leche League (LLL)**:
 - Telephone: Ottawa area: 613-238-5919 or 1-800-665-4324
 - Email: llcottawa@gmail.com (EN), laliguelaleche@gmail.com (FR)
 - Website: www.lllc.ca
- [The MoTHERS Program](#)
- **Public Health Agency of Canada**: [Breastfeeding & Infant Nutrition](#), [Healthy Canadians: Healthy Pregnancy](#)
- **Health Canada**: [Prenatal Nutrition](#)
- **Transport Canada**: [Car Seat Safety](#)
- **Dr. Jack Newman** – [Breastfeeding Inc](#)
- [International Breastfeeding Centre](#)
- **Best Start Resource Centre – Health Nexus**: [Health Before Pregnancy Website](#), Prenatal Key Messages
- [Society of Obstetricians and Gynaecologists of Canada](#)
- [Motherisk](#): Motherisk Helpline: 1-877-439-2744, Alcohol & Substance: 1-877-327-4636, Morning Sickness: 1-800-436-8477, Exercise in Pregnancy: 1-866-937-7678
- **Institut nationale de santé public**: [From Tiny Tot to Toddler](#)
- **SickKids**: [AboutKidsHealth](#)
- [Parent Resource Centre](#): Parent Support Line



Childbirth

- **Hospitals**: [The Ottawa Hospital](#) (General and Civic Campuses); [Hôpital Montfort](#); [Queensway Carleton Hospital](#)
- **Midwifery Practices**: [Community Midwives of Ottawa](#); [East Ottawa Midwives](#); [Ottawa Valley Midwives](#), [Midwifery Group of Ottawa](#); [Midwifery Collective of Ottawa](#); [Ottawa South Midwives](#)
- [Ottawa Birth and Wellness Centre](#)
- [Canadian Mothercraft of Ottawa](#): Birth and Parent Companion Program
- **Doula Services**: [New Arrivals Doula Services](#); [Ottawa Birth Doula](#); [National Capital Doulas](#); [Nurturing Nomad](#); [Jordan Alexander Doula Services](#); [Lilly Bianchi Doula Services](#); [Doula Source Ottawa](#); [MotherWit Doula Care](#);

[Kneaded Touch](#); [Victoria Kellet Birth Doula](#); [Amy Owen Doula Services](#); [Gertrude Wilkes](#); [Ashely Kyle Doula](#); [Sunshine Doula](#); [Maternity Matters](#); Jamie McCallum; Michelle Murray; [Birthing With Serenity](#); [Ottawa Bliss Doula](#); [Helping Hands Doula](#); [Richelle Ludwick Birth Services](#); [Chickadee Childbirth Services](#); [Family Doulas of Ottawa](#); Tara McCadden; [The Domestic Doula](#); [Tiny Feet Doula Services](#); [Kimberly Arcand](#); [Diana L. Brayshaw](#); [Anna Belanger & Associates Registered Massage Therapy](#); [Birth, Baby & Beyond](#) (Labour Pool Rentals, Placenta Encapsulation); [Birth & Beginnings](#); [4Elements](#); [Courtney Holmes Holistic Services](#); [Natalis Doula Services](#); [Vis Tree](#); [Perfect Harmony Massage Doula](#); [Ottawa RMT Doulas](#) (Prenatal Massage); [Tania My Doula](#); [Bells Babies](#); [Susan Wheat Lactation Consulting and Doula Services](#); [Ingrid Coupland and Photographer](#); [Healing House](#); [Ottawa Labour Support](#) (Birthing Pool Rentals); [Ottawa Doula Services](#) (TENS Rentals); Jessica Creehman; Ashleigh White



Post-Partum/Postnatal Care

- **Family Medicine:** Private Practices, [TOH-General and Civic \(Physician Directory\)](#), [Queensway Carleton Hospital](#), [Hôpital Montfort](#)
- **Obstetrics:** Private Practices, [TOH-General and Civic \(Physician Directory\)](#), [Queensway Carleton Hospital](#), [Hôpital Montfort](#)
- **Pediatricians:** Private Practices, [TOH-General and Civic \(Physician Directory\)](#), [Queensway Carleton Hospital](#), [Hôpital Montfort](#)
- **Hospitals:** [Children’s Hospital of Eastern Ontario \(CHEO\) NICU](#); [TOH – General NICU and Civic SCN](#); [Hôpital Montfort SCN](#), [Queensway Carleton Hospital SCN](#)
- **Midwifery Practices:** [Community Midwives of Ottawa](#); [East Ottawa Midwives](#); [Ottawa Valley Midwives](#), [Midwifery Group of Ottawa](#); [Midwifery Collective of Ottawa](#); [Ottawa South Midwives](#)
- **Family Health Teams (FHT):** [Bruyère Academic FHT](#); [Connexion FHT](#); [Eastern Ottawa Community FHT](#) (Orleans, Overbrook Forbes, Orleans); [Montfort Academic FHT](#) (IUD Program); [Family First FHT](#), Greenbelt FHT; [Ottawa Hospital Academic FHT](#), [Rideau FHT](#) (Lancaster Medical Clinic, Riverside Court Clinic); [Akausivik Inuit FHT](#); [University of Ottawa Health Services FHT](#); [West Carleton FHT](#); [Westend Family Care Clinic FHT](#)
- **Monarch Centre: Maternal and Newborn Health:** Mother and Baby Assessment, Jaundice/Bilirubin Evaluations, Special Procedures (e.g. Wound Care, Staple Removal, Frenotomies, Circumcision)
- **Ottawa Public Health:** Health Promotion and Disease Prevention; [Healthy Babies](#), [Healthy Children Program](#), [Parenting in Ottawa](#): Website, Facebook Page, Online Support: 613-Parents (613-727-3687); [Parenting in Ottawa Drop-Ins](#); Ottawa Public Health Information Line: 613-580-6744 (TTY: 613-580-9656) or 311; [Baby-Friendly Initiative](#); Growing Healthy Screening Clinic
- **Hospital Outpatient Clinics:**
 - **The Ottawa Hospital:** Low Risk Pregnancy Unit, Placenta Health Clinic, St Mary’s Teen Pregnancy Unit, Maternal Fetal Medicine/High Risk Pregnancy Unit, Youville Centre’s Women’s Health Clinic
 - **Hôpital Montfort:** Obstetrical Clinic
 - **Queensway Carleton Hospital:** [Maternity Assessment Clinic](#)
- **Ottawa Birth and Wellness Centre:** [Community Midwives of Ottawa](#), Pain Management, Integrative Healthcare, Offers a Wide Range of Classes/Workshops (e.g. Infant Massage) and Special Events, Parenting and Breastfeeding Drop-In
- **Community Health Centres (CHC) and Community Resource Centres (CRC)**
 - *OEYC – Ontario Early Years Centre
 - **Andrew Fleck Child Care Services** (OEYC - Ottawa South): Information and Referral, Drop-In Playgroups (Baby and Me Playgroup, French Playgroup, Hanging Out With Dad Playgroup), Resource Library, Toy and Resource Library, Workshops/Programs (e.g. Infant Massage), Parenting in Ottawa Drop-In, Short Term Child Care
 - **Canadian Mothercraft of Ottawa** (OEYC – Ottawa Centre): Birth and Parent Companion Program, Postpartum Support Drop-In Program, Parenting in Ottawa Drop-In, Workshops (Infant Massage, New Dads: Providing Postpartum Support), Baby Equipment Rental Program, Drop-In Playgroups, Toy/Resource Lending
 - **City View Centre for Child and Family Services** (OEYC - Nepean-Carleton): Drop-In Playgroups, Workshops/Parenting Groups, Resource Library

- [Carlington CHC](#): Baby Friendly Initiative, Emergency Baby Cupboard, Well Baby Drop-In, Bellevue Play Group (EN/FR), Debra Dynes Support Group, Teddy's Playgroup One-on-One Family Support, Family Market Place, Good Food Box, Immunization
- [Centretown CHC](#): Early Years Playgroups (birth to 6 years), Well-Baby and Breastfeeding Support Drop-in; Tiny Toes Playgroup, Parenting in Ottawa Drop-in, Bill Goodwin Toy Library, In-Home Visits, Emergency Baby Cupboard, Ottawa Good Food Box, Home Visits for Families
- [Eastern Ottawa CRC](#): Emergency Food Cupboard, Good Food Box, Baby Food Cupboard
- [Lowertown CRC](#): Parent-Baby Playgroup (EN/FR/Hispanic), Good Food Box
- [Nepean, Rideau and Osgoode CRC](#): Emergency Baby Cupboard, Playgroups (0 to 6 years), Good Food Box, Toy Mountain
- [Orleans-Cumberland CRC](#) (OEYC Ottawa-Orleans): Baby Express – Breastfeeding Support Drop-Ins, Baby Cupboard, Playgroups (0-12 months), Toy Lending Library, Food Bank
- [Pinecrest-Queensway CHC](#) (OEYC - Ottawa-West Nepean): Healthy Start Parent Support Program; Well Baby Drop-In; Canada Prenatal Nutrition Program; Healthy Start Parent Support Program; Healthy Babies Healthy Children Home Visits; Parenting in Ottawa Drop-Ins; Toy Lending Library; Drop-in Playgroups; Infant/Crawlers Drop-In; Prenatal, Postpartum & Breastfeeding Support Drop-In; Circle of Support; Children and Family System Navigator, Infant Hearing Program
- [Rideau-Rockcliffe CRC](#): Emergency Baby Cupboard, Emergency Food Program, Healthy Babies Healthy Children Home Visiting Program, ABC123 Parent-Child Resource Program (Playgroups)
- [Sandy Hill CHC](#): Playgroup, Toy Library, Good Food Box
- [Somerset West CHC](#): Baby-Friendly Initiative, Well Baby Drop-In, Clothing Cupboard, Playgroups, Good Food Box, Parenting Support Services (Referrals, Home Visits, Toy Library, Information on Child Development), Parenting Support (EN/FR/Chinese), Parenting Information (EN/FR), Parent-Child Mother Goose (EN/FR), Chinese Parenting Group
- [South-East Ottawa CHC](#): Baby-Friendly Initiative, Baby and Me Group (Canadian Prenatal Nutrition Program), Playgroups, Emergency Baby Cupboard, Food Cupboard, Good Food Box, Better Beginnings Better Futures (Community Nurse, Home Visiting, Playgroup, Nutritional Supplement, Community Connections, Clothing Bank)
- [Vanier Community Service Centre](#) (OEYC - Ottawa-Vanier): Healthy Babies Healthy Children Program, Playgroups (Babies, 0-6 years), Food Bank, Toy Library
- [Wabano Centre for Aboriginal Health](#): Postnatal Group, Watch Me Grow! Watch Me Go!, Traditional Parenting Program, Strong Connections: Strong Families, Circle of Care, Good Food Box
- [Western Ottawa CRC](#) (OEYC - Carleton): Open Drop-In Playgroups, Outreach Drop-In, Baby and Me Groups
- [Ottawa Parent Resource Centre](#): Interactive Family Services Map, The Incredible Directory, Parent Education Calendar, PRC Playgroups, Community Playgroups, In-Home Parent Support, Parenting Program (Making Parenting Connections), Infant Program (Baby Group; Massage, Music and Movement), Parent Support Group, Parent Support and Community Resource Phonenumber: 613-565-2467 x222
- [Miriam Centre](#): Baby Clothes up to 3 Years, Community Resource Information
- [Chez Mère Bruyère](#): Free Clothing for Children (Newborn to 12 years)
- [Rural Family Connections](#): Live and Learn Playgroups for Parents/Guardians and Providers, "Lullabies" Playgroup for Babies and Toddlers, Bonding with Baby
- [Ottawa Young Parents](#): Brighter Futures Programs (Healthy Lifestyles, Life Skills and Personal Growth, Parenting, For Dads, For Children)
- [Youville Centre](#): Parenting Programs, Child Development Program
- [St. Mary's Home - Young Parent Outreach Centre](#): Well Baby Drop-In, Parenting Programs (Baby Basics, Parenting Readiness, Infant Massage, Right From the Start, RAPP (Reading and Parents Program, It's My Child Too, Baby and Me, Watch Me Grow, Mother Goose), Toy Lending and Literacy, Food Bank
- [Bethany Hope Centre](#): Infant and Child Assessments, Playgroups, Fathering Program, Group Parenting Classes, Emergency Food and Clothing
- [Debra Dynes Family House](#): Debra Dynes Perinatal Program – Starting Strong & Collective Kitchen, Emergency Baby Cupboard, Baby Bundles, Emergency Food Bank, Good Food Box, Free-Bee Friday (Free Store, Clothes Cupboard), Referrals and Personnel Help
- [St. Joe's Women's Centre](#): Clothing Programming, Emergency Grocery Program, Baby Cupboard

- **[Odawa Native Friendship Centre](#)**: Family Support, Healthy Babies Healthy Children Program, Support/Information Referral
- **Doula Services**: [New Arrivals Doula Services](#); [Ottawa Birth Doula](#); [National Capital Doulas](#); [Nurturing Nomad](#); [Jordan Alexander Doula Services](#); [Lilly Bianchi Doula Services](#); [Doula Source Ottawa](#); [MotherWit Doula Care](#); [Kneaded Touch](#); [Victoria Kellet Birth Doula](#); [Amy Owen Doula Services](#); [Gertrude Wilkes](#); [Ashely Kyle Doula](#); [Sunshine Doula](#); [Maternity Matters](#); Jamie McCallum; Michelle Murray; [Birthing With Serenity](#); [Ottawa Bliss Doula](#); [Helping Hands Doula](#); [Richelle Ludwick Birth Services](#); [Chickadee Childbirth Services](#); [Family Doulas of Ottawa](#); [Tara McCadden](#); [The Domestic Doula](#); [Tiny Feet Doula Services](#); [Kimberly Arcand](#); [Diana L. Brayshaw](#); [Anna Belanger & Associates Registered Massage Therapy](#); [Birth, Baby & Beyond](#); [Birth & Beginnings](#); [4Elements](#); [Courtney Holmes Holistic Services](#); [Natalis Doula Services](#); [Vis Tree](#); [Perfect Harmony Massage Doula](#); [Ottawa RMT Doulas](#); [Tania My Doula](#); [Bells Babies](#); [Susan Wheat Lactation Consulting and Doula Services](#); [Ingrid Coupland and Photographer](#); [Healing House](#); [Ottawa Labour Support](#); [Ottawa Doula Services](#); Jessica Creehman; Ashleigh White
- **[Ottawa Catholic School Board](#)**: Parenting and Family Literacy Centres, Information and Referral Services

Websites, Phone and Online Supports:

- [Nipissing District Developmental Screen](#)
- [Healthy Canadians: Infant Care](#)
- **Public Health Agency of Canada**: [Infancy](#)
- [MotHERS Program Website](#)
- [CPS Caring for Kids](#)
- [EatRight Ontario](#)
- [Immunize Canada](#)
- **Institut nationale de santé public**: [From Tiny Tot to Toddler](#)
- **SickKids**: [AboutKidsHealth](#)



Breastfeeding Support

- **Ottawa Public Health**: [Parenting in Ottawa](#): Website, Facebook Page, Online Support: 613-Parents (613-727-3687); [Parenting in Ottawa Drop-Ins](#); [Healthy Babies Healthy Children Program](#); [Baby-Friendly Initiative](#)
- **Monarch Centre: Maternal and Newborn Health**: Lactation Support, Breast Pump Rental Service
- **Community Health Centres (CHC) and Community Resource Centres (CRC)**:
 - *OEYC – Ontario Early Years Centre
 - [Andrew Fleck Child Care Services](#) (OEYC – Ottawa South): Parenting in Ottawa Drop-In, Prenatal Breastfeeding Information Sessions
 - [Canadian Mothercraft of Ottawa](#) (OEYC – Ottawa Centre): Parenting in Ottawa Drop-In
 - [Carlington CHC](#): Prenatal Breastfeeding Information Sessions, Well Baby Drop-In, Mothers of Multiples Breastfeeding Group, One-on-one Breastfeeding Support);
 - [Centretown CHC](#): Well-Baby & Breastfeeding Drop-In, Parenting in Ottawa Drop-in
 - [Orleans-Cumberland CRC](#): Baby Express – Breastfeeding Support Drop-Ins, Breastfeeding Support Drop-Ins
 - [Pinecrest-Queensway CHC](#) (OEYC – Ottawa-West Nepean): Prenatal, Postpartum & Breastfeeding Support Drop-In, Breastfeeding Support
 - [Somerset West CHC](#): Baby-Friendly Initiative, Well Baby Drop-In
 - [South- East Ottawa CHC](#): Baby-Friendly Initiative, Breastfeeding Drop-In
 - [Vanier Community Service Centre](#) (OEYC – Ottawa-Vanier): Breastfeeding Support Drop-In
 - [Wabano Centre for Aboriginal Health](#): Postnatal Group
- **La Leche League Canada**: Ottawa Centre, Nepean, Manotick/Barrhaven, Orleans (Bilingual), Rockland (Bilingual), Ottawa Byward Market, Ottawa South East, Saturday Couples, Little Nursing Persons, Kemptville/Winchester, Gatineau and Aylmer

- [Milkface Lactation Services](#): Clinics, Consultations, Classes and Workshops, Breast Pump Rentals, Nursing Wear, Breastfeeding Equipment, Books/DVDs, Body Care, Carrier Accessories
- [Ottawa Birth and Wellness Centre](#): Parenting and Breastfeeding Drop-In, Breastfeeding Lounge
- [St. Mary's Home - Young Parent Outreach Centre](#): [Breastfeeding Support Services](#), Little Milk Miracle
- [Ottawa Valley Lactation Consultants](#)
- **Private Lactation Consultants**: Ginette Bertrand, Susan Nolan, Jo-Ann Sexton, Beth McMillan, Rawya Abdalla, Tobi-Lynn Bayarova, Lyne Lacroix, Janet Allingham, Sue Theriault Valin, Trish Toompuu, Allison Ponesse, Fleur Bickford, Jan Chan, Susan Wheat, Sheryl Hamilton, Sonya Boersma, Britt Pegan
- **Ottawa Breastfeeding Buddies**

Websites, Phone and Online Supports

- **Best Start Resource Centre – Health Nexus**: [Healthy Mothers Healthy Babies Breastfeeding](#) *Free, Bilingual On-line Course on Breastfeeding
- [Motherisk](#): Medication and Breastfeeding: 1-877-439-2744; Alcohol and Substance: 1-877-327-4636
- [Parenting in Ottawa](#): Breastfeeding
- [Breastfeeding Inc-Jack Newman](#)
- [INFACT Canada](#)
- **La Leche League (LLL)**:
 - Telephone: Ottawa area: 613-238-5919 or 1-800-665-4324
 - Email: llcottawa@gmail.com (EN), laliguelaleche@gmail.com (FR)
 - Website: www.lllc.ca
- [La Leche League International](#): Breastfeeding Resources
- [Bilingual Online Ontario Breastfeeding Services](#)
- [Infant Risk Centre](#)
- [Parent Resource Centre](#): **Interactive** Family Services Map, Parent Education Calendar, List of Programs and Services for Parents, Resources for Professionals
- **Telehealth Ontario 24/7 Breastfeeding Support**: 1-866-797-0000 or TTY 1-866-797-0007
- [Ottawa Breastfeeds](#): Breast Pumps (Rentals and Sales), Resources, Drop-Ins, Support (Breastfeeding Clinic Calendar, Parent-to-Parent Support), Professional Help
- [Human Milk Banking Association of North America](#)
- [Really? Really. Breastfeeding. Know the Facts](#)
- [Breastfeeding in Combat Boots](#)
- [Breastfeeding After Breast and Nipple Surgeries \(BFAR\)](#)
- [Low Milk Supply](#)
- [Normalfed](#)
- [Breastfeeding Made Simple](#)
- [Kelly Mom](#)

Breastfeeding Protocols for Healthcare Providers

- [Baby Friendly Initiative Ontario](#)
- [Breastfeeding Committee for Canada](#)
- [BFI Strategy for Ontario](#)
- [Breastfeeding Resources Ontario](#): Breastfeeding Videos, Booklets, Brochures



Prenatal and Postnatal Wellness

- [Anna Belanger & Associates Registered Massage Therapy](#): Pregnancy Massage
- [Back in Balance](#): Prenatal Chiropractic Care, Pelvic Floor Physiotherapy, Naturopathic Medicine, Holistic Nutrition
- [Barre Fitness](#)

- [Canadian Mothercraft of Ottawa](#): Salsa Babies
- [Centretown CHC](#): Physical Activity Library, Meditation and Movement, Tai Chi for Beginners
- [Core Elements Registered Massage Therapy](#)
- [Diana L. Brayshaw](#): Massage Therapy
- [Fitness with Jules](#)
- [FITMOM](#): FITMOM 2B, FITMOM & Baby, FITMOM Stroller Strength, FITWOMAN
- [Healing House](#)
- [Healthy Mumma](#)
- [In Balance Pilates](#)
- [Life Therapies](#): Osteopathy, Physiotherapy, Massage Therapy, Acupuncture, Acupressure, Nutrition
- [Little Lotus Yoga](#)
- [Live Aligned](#): Restorative Exercise
- [Maternity Matters](#): Prenatal Yoga, Couples Yoga
- [Motion Matters](#): Prenatal Exercise Sessions
- [Nurturing Nomad Massage Therapy and Labour Support](#)
- [Dovercourt Recreation](#): Pre and Postnatal Fitness, Mom & Baby Programs
- [Kneaded Touch: Pregnancy Massage, Infant Craniosacral, Breast Massage, Lymphatic Drainage](#)
- [Kangaroo Fitness](#)
- [Ottawa Birth and Wellness Centre](#): Little Lotus: Prenatal Yoga Classes; Kangaroo Fitness: Painfree Pregnancy; Massage Therapy; Pelvic Floor Physiotherapy; Naturopathic Medicine
- [Ottawa Integrative Health Centre](#): Naturopathic Medicine (Nutrition, Acupuncture, Botanic Medicine, Homeopathy, Counselling, Well-Baby and Child Check-Ups and Perinatal Care), Pelvic Floor Physiotherapy
- [Ottawa RMT Doulas](#): Prenatal Massage
- [Perfect Harmony Massage Doula](#)
- [Pinecrest-Queensway CHC](#): Salsa Babies
- [Sage Wellness](#): Prenatal and Postnatal Swedish
- [Wabano Centre for Aboriginal Health](#): Yoga, Nature in Motion Fitness Classes, Zumba
- **Family Health Teams (FHT):**
 - [Eastern Ottawa FHT](#): Yoga, Medication
 - [Akausivik Inuit FHT](#): Traditional Complimentary Medicine, Acupuncture
- **Pelvic Floor Physiotherapists:** [University of Ottawa – Motor Function Measurement lab](#), [Pelvic Support Physiotherapy](#), Bodywork Physiotherapy, Parkway Sports Therapy Clinic, Yolates Pelvic Floor Physiotherapy, Core Connections Physiotherapy, Ottawa Integrative Health Centre, [Killens-Reid Physiotherapy Clinic](#), [Back in Balance Chiropractic and Massage](#), [Andrea Plitz, PT & RYT Home Clinic](#), PSI Nepean, Lifemark Health, Manotick PhysioWorks, Summers Physiotherapy, NeuroGym Rehabilitation, Elham Gazali
- **Pregnancy/Pediatric Chiropractic Clinics:** : [Byward Chiropractic Clinic](#), [Glebe Chiropractic Clinic](#), [Back in Balance](#), [Infinity Chiropractic & Wellness](#), [ChiroActive](#), [Moore Chiropractic](#), [Family Chiropractic Centre](#)

Additional Services Accessed By Women/Families

Adolescent Pregnancy

- [Ottawa Public Health](#): Parenting in Ottawa, Breastfeeding support, Baby-Friendly Initiative, Healthy Baby Healthy Children, Developmental and Nutritional Screening for Young Children
- [St. Mary's Home: Young Parent Outreach Centre](#): [Residential Program](#), [Parenting Readiness](#), [Watch Me Grow](#), [For Young Dads](#)
- [Ottawa Young Parents](#)
- [The Ottawa Hospital](#): Teen Obstetrics Clinic, Contraception Clinic (Partnership with St. Mary's Home); Women's Health Clinic (Partnership with Youville Centre)
- [CHEO](#): Adolescent Health Clinic

- [Youville Centre](#): Parenting Programs, Child Development Program, Medical Clinic, Ottawa Hospital Women's Health Clinic
- [Salvation Army Bethany Hope Centre](#)
- [Emily Murphy Non-Profit Housing Corporation](#)
- [Youth Services Bureau of Ottawa](#)
- [Young Single Parent Support Network](#)

Fetal Anomalies or Life Limiting Diagnosis

- [The Ottawa Hospital](#): Maternal Fetal Medicine Clinic , Ultrasound Unit: Obstetrics and Gynaecology
- [CHEO Regional Genetics Program](#)
- [Roger Neilson House](#): Perinatal Hospice, End of Life Care, Respite Care, Grief Support & Bereavement Care

Children with Disabilities

- [Ottawa Children's Treatment Centre](#): Early Childhood Program, Respite Services
- [Andrew Fleck Child Care Services](#): Children's Integration Support Services
- [City View Centre for Child and Family Services](#): Ottawa Children's Treatment Centre Drop-In
- [Pinecrest-Queensway CHC](#): Specialized Child Development Programs
- [Somerset West CHC](#): Chinese Little Angel Group (Parent Support Group for Children With Special Needs)
- [Wabano Centre for Aboriginal Health](#): Fetal Alcohol Spectrum Disorder Program - Awashishak Project, FASD Support Group
- [Western Ottawa CRC](#): Special Needs Programming

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

- [The Ottawa Hospital](#): [Maternal Fetal Medicine Clinic](#)
- [CHEO Regional Genetics Program](#)
- [Roger Neilson House](#): Grief Support and Bereavement Care
- [Miriam Centre](#): Grief Support
- [Bereaved Families of Ontario \(BFO\)](#) – Ottawa Region
- [Pregnancy and Infant Loss Network](#): Ottawa Circle of Support **Joint Support With BFO Ottawa*
- [Compassionate Friends Canada](#) – Ottawa Valley/ Outaouais Chapter
- [First Place Options](#): Post-Abortion Support and Pregnancy Loss Support
- [Jewish Family Services](#)
- Laurie-Anne Muldoon - Clinical Social Work/Therapist, MSW, RSW, BScN

Preterm Birth

- [CHEO](#): [Neonatal Follow-up clinic](#)
- [Ottawa Children's Treatment Centre](#): Early Childhood Program

High Risk Pregnancies

- [The Ottawa Hospital](#): Maternal Fetal Medicine/High Risk Pregnancy Unit, Special Pregnancy Unit, Division of Neonatology (Antenatal Consultation Clinic)
- [Diabetes Central Ottawa Intake and Referral Program](#)

Adoption and Foster Care

- [Children's Aid Society of Ottawa](#)
- [Destiny Adoption Services](#): Decision Aid Counselling, Birth Parent Counselling, Consultations for Adoptive Parents
- [Adoption Council of Ontario](#)

- [Adoption Council of Canada](#)
- [Private Adoption Practitioners](#)

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

- **Community Health Centres (CHC) and Community Resource Centres (CRC):**
 - [Carlington CHC](#): Violence Against Women, Tree of Life
 - [Eastern Ottawa CRC](#): Femaide, Support for Children Who Witness Violence, Violence Against Women (Transitional Support, Counselling)
 - [Lowertown CRC](#): Support Group for Women Victims of Violence
 - [Nepean, Rideau and Osgoode CRC](#): Violence Against Women Counselling
 - [Orleans-Cumberland CRC](#): Violence Against Women
 - [Pinecrest-Queensway CHC](#): Violence Against Women Program, Support for Children Who Witness Violence
 - [Somerset West CHC](#)
 - [Western Ottawa CRC](#): Violence Against Women Counselling Program, Child Witness Program (Individual and Group Support), Peer Support Program
 - [Wabano Centre for Aboriginal Health](#): Circle of Care
- [Family Services Ottawa](#): Alternative Dispute Resolution Program, Supervised Access Program, Programs for Child Witnesses of Woman Abuse (Children's Group, Mother's Group)
- [Jewish Family Services](#): Counselling Group (Children, Individuals, Couples and Families), Walk-In Counselling Clinic
- [Catholic Family Services of Ottawa](#): Program for Victims of Family Violence, Program for Victims of Sexual Abuse, Program for Victims of Abuse Relationships (Program for Women Who Experience Partner Abuse, Transitional Support Program), New Directions (Program for Individuals Who Have Been Abusive to Their Partners), Program for Children and Youth Who Need Support)
- [Immigrant Women Services Ottawa](#): Women Support Group, Children Who Witness Violence Program
- [Minwaashin Lodge](#) (Aboriginal Women's Support Centre)
- [National Capital YMCA-YWCA](#)
- [Ottawa Rape Crisis Centre](#)
- [Ottawa Victim Services](#): Supportlink, Victim Quick Response Program
- [Youth Services Bureau](#)
- [Women's Initiative For Safer Environments](#)

Websites, Phone and Online Supports

- **Sexual Assault Helpline** (24 hrs): 1-877-544-6424
- **Assaulted Women's Helpline** (Ottawa): 613-745-4818
- **Assaulted Women's Helpline** (Ontario): 1-866-863-0511
- **Distress Centre of Ottawa**: 613-238-3311
- **Ligne d'Aide 24 Heures pour Femmes Abusées**: 613-745-3665
- **FemmAide**: 1-877-336-2433
- **Tel Aide Outaouais** : 613-741-6433
- [Ontario Association of Children's Aid Societies](#)
- [Ontario Ministry of Children and Youth Services](#)
- [Ontario Ministry of Community and Social Services](#)

Shelter and Transitional Housing

- [Cornerstone Housing for Women](#)
- [La Présence](#)
- [Maison d'Amitié](#)
- [Shepherds of Good Hope](#)
- [Chrysalis House](#)
- [Harmony House](#)

- [Interval House](#)
- [Nelson House](#)
- [Oshki Kizis Lodge](#) (Aboriginal Women)
- [Youth Services Bureau of Ottawa: Community and Housing Services](#) (Emergency Shelter, Transitional Housing Program, Long-Term Housing Program)
- [Evelyn Horne Emergency and Transitional Housing](#) (Young Women)
- **Agencies Providing Transitional Support and Housing Programs:**
 - [Carlington CHC](#): 613-722-400 x307
 - [Catholic Family Service Ottawa](#): 613-233-1866
 - [Eastern Ottawa Resource Centre](#): 613-741-6025
 - [Family Services of Ottawa](#): 613-725-3601
 - [Immigrant Women Services Ottawa](#): 613-729-3145
 - [Minwaashin Lodge](#) (Aboriginal Women): 613-741-5590 x233 or x226
 - [Pinecrest-Queensway CHC](#): Carling Family Shelter Services
 - [Western Ottawa CRC](#): Transitional and Housing Support Programs

Drugs, Alcohol and Smoking

- [Amethyst Women's Addiction Centre](#)
- [Al-Anon /Alateen Family Groups - Ottawa - District 28](#)
- [Alcoholics Anonymous](#)
- [Centre for Addiction and Mental Health](#)
- [Centretown Community Health Centre](#)
- [Dave Smith Youth Treatment Centre - Carp Campus](#)
- [Empathy House](#)
- [House of Hope and Healing](#)
- [Maison Fraternité](#)
- [Montfort Renaissance](#)
- [Nar-Anon Family Groups](#)
- [Narcotics Anonymous](#)
- [Ottawa Addictions Access & Referral Services](#)
- [Rideauwood Addiction and Family Services](#)
- [Right Direction Medical Centre](#)
- [Parents' Lifelines of Eastern Ontario](#): Confidential Telephone Helpline, Parent Support Groups, Young Adult Support – The Source
- **Community Health Centres (CHC) and Community Resource Centres (CRC) :**
 - [Carlington CHC](#): Smoking Cessation, Free Nicotine Replacement Therapy and Individual Support, Harm Reduction Services
 - [Centretown CHC](#): Harm Reduction Services, Needle Exchange and Safer Inhalation, Stop Smoking Workshops
 - [Orleans-Cumberland CRC](#): Addiction Recovery Program, Smoking Cessation Workshop, 4-Week Program
 - [Pinecrest-Queensway CHC](#): Needle Exchange and Safe Inhalation, Smoking Cessation
 - [South-East Ottawa CHC](#): Smoking Cessation (Individual Counselling & Nicotine Replacement Therapy)
 - [Sandy Hill CHC](#): Smoking Cessation Services, Drug and Alcohol Education Group, Opiate Substitution Therapy (Methadone and Suboxone)
 - [Somerset West CHC](#): Smoking Cessation Program (Individual Counselling and Nicotine Replacement Therapy), Harm Reduction/ Needle Exchange
 - [Wabano Centre for Aboriginal Health](#): Quite Smoking Support: Tobacco as Medicine
- **Family Health Team (FHT):**
 - [Bruyère Academic FHT](#): Smoking Cessation
 - [Connexion FHT](#): Quit Smoking Program
 - [Eastern Ottawa FHT](#): Smoking Cessation Program
 - [Montfort Academic FHT](#): Smoking Cessation Program

- [Ottawa Hospital FHT](#): Smoking Cessation Program
- [University of Ottawa FHT](#): Addiction Medicine, Smoking Cessation
- [Westend Family Care Clinic FHT](#): Smoking Cessation
- [Youville Centre](#): Intensive Treatment Support Program
- [St. Mary's Home - Young Parent Outreach Centre](#): Kick Butt 'n' Craft
- [Bethany Hope Centre](#): Smoking Cessation
- [Serenity Renewal for Families](#)
- [Sobriety House](#)
- [Royal Ottawa Mental Health Centre](#)
- [Vesta Recovery Program for Women](#)

Websites, Phone and Online Supports

- [Centre for Addiction and Mental Health](#)
- [Connex Ontario Health Services Information](#)
- [Drug and Alcohol Helpline](#): 1-800-565-8603
- [Motherisk](#) (Alcohol and Substance): 1-877-327-4636
- [Canadian Cancer Society Ontario Division Smokers Helpline](#): 1-877-513-5333
- [Pregnets](#)

Mental Health

- **Psychotherapists:** [Stephanie Irwin](#); [Michele Glover](#); [Tina Strutt](#); [Rekha Chagarlamudi](#); [Phaedra Gryz](#); [Kyli Robertson](#); [Mandie Robertson](#); [Barbara Mills](#); [Kerry Ainger Counselling and Psychotherapy](#); [Julie Desjardins](#); [Zsuzsa Grandpierre](#); [Robin Harnden](#); [Dana Truelove](#); [Amanda Carver](#); [Laura England](#); [April Boyd](#); [Lakeridge Counselling & Consulting Services](#); [Kara Morris](#)
- **Psychologists:** [Stephanie Tompkins](#); [Marie-Pierre Fontaine-Paquette](#); [Adam Heenan](#); [Allyson Smith](#); [Susana Ratowiecki](#); [Danielle Leduc](#); [Laura A. Nichols](#); [Iryny Youssef](#); [Tracy Thomson Counselling & Psychotherapy](#); [Rachel L. Brown](#)
- **Psychiatrists:** Dr. Radka Lenz; Dr. Sandhaya Norris; Dr. Jasmine Gandhi; Dr. Valérie Giroux
- **Individual, Couple and Family Therapists/Counsellors:** Judy Kiar; [Signy Fridriksson](#); [Laurie-Anne Muldoon](#); [Pam Green](#); [Sogol Kafi](#); [Nathalie Dickinson](#); [Jim Weiler](#); [Mahsan Maz](#); [Anna Earle Green](#); [Terri Biggs](#); [Jennifer Gaudreau](#); [Cintia Garcia Block](#); [Olga Salgado-Lacroix](#); [Heidi Piotrowski](#)
- **Ottawa Public Health:** Healthy Babies Healthy Children Program (Home Visiting Program), Parenting in Ottawa Drop-Ins
- **Canadian Mothercraft of Ottawa:** Postpartum Support Group, Birth and Parent Companion Program
- **Family Services Ottawa:** Assessment, Counselling Support Services (Individual, Family, Supporters), MOMS Program (Therapy Support Group, Perinatal Support Drop-In), Walk-In Counselling Clinic,
- **Jewish Family Services:** [The Counselling Group](#) (Children, Individuals, Couples and Families), Walk-In Counselling Clinic
- **Immigrant Women Services Ottawa:** Crisis Intervention and Short Term Counselling, Therapeutic Counselling, Women Support Groups
- [Ottawa Counselling and Psychotherapy Centre](#)
- [Centre for Interpersonal Relationships](#)
- [Kanata Psychology and Counselling Centre](#)
- **Hospitals:**
 - [CHEO](#): Assessment, Crisis Support, Counselling Services (Individual, Family)
 - [The Ottawa Hospital](#): Assessment, Crisis Support, Individual Counselling, Perinatal Mental Health Program
 - [Hôpital Montfort](#): Assessment, Crisis Support, Individual Counselling, [Mental Health Clinic](#), [Postpartum Group Therapy](#)
 - [Royal Ottawa Hospital](#): Assessment, Individual Counselling, The Joys and Challenges of Mothering

- **Community Health Centres (CHC) and Community Resource Centres (CRC):**
 - [Carlington CHC](#): Counselling (Individual, Couples, Families, Group), Crisis Counselling & Support, Mindfulness Based Stress Reduction Program, Mindfulness Movement & Relaxation Drop-in, Stress and Wellness Group for Women, Wednesday Women Drop-in
 - [Centretown CHC](#): Assessment, Overcoming Depression, Coping With Stress, Counselling Services (Individual and Couple)
 - [Eastern Ottawa CRC](#): Counselling Services, Crisis Intervention and Support
 - [Lowertown CRC](#): Assessment, Crisis Support, Counselling Services (Individual, Family), Support/Activity Group
 - [Nepean, Rideau and Osgoode CRC](#): Assessment, Counselling Services
 - [Orleans-Cumberland CRC](#): Counselling Services (Individual and Family), Crisis Intervention (Short Term Counselling)
 - [Pinecrest-Queensway CHC](#): Mental Health Case Management
 - [Rideau-Rockcliffe CRC](#): Counselling Services (Individual, Family), Crisis Support
 - [Sandy Hill CHC](#): Coping With Anxiety, Counselling Services (Individual, Family), Crisis Support
 - [Somerset West CHC](#): Counselling Services (Individual, Short-Term), Walk-In Counselling Clinic, Women's Counselling, Wellness Workshops
 - [South-East Ottawa CHC](#): Counselling Support (Individual, Couple and Family), Crisis Support, AcuDestress, Walk-In Counselling
 - [Vanier Community Service Centre](#): Counselling Services (Individual, Family)
 - [Wabano Centre for Aboriginal Health](#): Individual and Group Counselling Sessions, Educational and Cultural Workshops, Post Natal Support Group
 - [Western Ottawa CRC](#): Short-term Counselling (Individual, Family), Crisis Walk-in and Phone Support
- **Family Health Teams (FHT):**
 - [Akausivik Inuit FHT](#): Psychotherapy, Counselling
 - [Bruyère Academic FHT](#): Mental Health Team
 - [Connexion FHT](#): Stress Management Workshop
 - [Eastern Ottawa FHT](#): Mental Health: Wellness Recovery Action Plan (WRAP)
 - [Montfort Academic FHT](#): Mental Health Program: Evaluation, Psychotherapy, Navigation of Community Resources
 - [Greenbelt FHT](#): Mental Health: Pediatric Mental Health Program, Adult Mental Health Program
 - [Ottawa Hospital FHT](#): Mental Health and Counselling: Individual Therapy or Counselling, Group Therapy, Treatment and Recommendations, Social Work Services
 - [University of Ottawa FHT](#): Mental Health Counselling, Psychiatry, Mood Disorder Centre of Ottawa
 - [Westend Family Care Clinic FHT](#): Mindful Self-Compassion Course
- [Youville Centre](#): Intensive Treatment Support Program, Parent-Child Attachment Counselling, Infant Mental Health Promotion
- [St. Mary's Home - Young Parent Outreach Centre](#): Counselling, Attachment Counselling
- [Bethany Hope Centre](#): Individual Counselling Support, Attachment Counselling
- [Catholic Family Services Ottawa](#): Counselling Services
- [Birthright of Ottawa](#): Referral to Professional Counselling
- [Eastern Ontario Counselling Services](#)
- [St. Joe's Women's Centre](#): Supportive Counselling
- [CMHA Ottawa](#): Assessment, Individual Counselling Services
- [Centre Psychosocial](#): Assessment, Crisis Support, Counselling (Individual, Family), Support/Activity Group
- [Pathways Psychosocial and Counselling Services](#)
- [Parents' Lifelines of Eastern Ontario](#): Confidential Telephone Helpline, Parent Support Groups
- [Young Adult Support – The Source](#)
- [The Walk-In Counselling Clinic](#) (8 locations)
- [Gesa Harmston](#) (Certified Life Transitions Coach)
- [Ottawa Institute of Cognitive Behavioural Therapy](#)
- [Ottawa Attachment Parenting Meetup](#)
- [Mama Coach](#)
- [Your Birth Coach](#)

- [Ottawa Parent Resource Centre](#)
- [Hopewell](#) (Eating Disorder Support Centre)
- Youth Services Bureau of Ottawa: [Youth Mental Health Walk-in Clinic](#)

Websites, Phone and Online Supports

- Centre D'Aide: 819-595-9999
- Distress Centre Ottawa: 613-238-3311
- 24 hour Mental Health Crisis Line: 613-122-6914
- Child, Youth and Family Crisis Line of Eastern Ontario: 613-260-2360 (Ottawa)
- [Capital Choice Counselling](#)
- [icanada.ca](#) (Support for Mothers Healing from Caesareans and Planning VBAC)
- [Ottawa Mommy Club](#)
- [PSI: Postpartum Support International](#)
- [The Postpartum Stress Centre](#)
- [Pacific Post Partum Support Society](#): 1-855-255-7999
- [Postpartum Progress](#)
- [Women's College Hospital – Mother Matters Program](#) (Toronto)
- [www.ementalhealth.ca](#)
- [Best Start Health Nexus](#): Mental Health Resources
- [www.postpartumdads.org](#)
- [www.dadsca.ca](#)
- [Healthy Minds \(App\)](#)
- Youth Services Bureau of Ottawa: [24/7 Crisis Line and Crisis Chat Service](#): 613-260-2360 or 1-877-377-7775