



CHAMPLAIN MATERNAL NEWBORN REGIONAL PROGRAM  
PROGRAMME RÉGIONAL DES SOINS À LA MÈRE  
ET AU NOUVEAU-NÉ DE CHAMPLAIN

# **Focus Group on Maternal-Newborn Health Services and Programs**

**LEEDS, GRENVILLE & LANARK**

Prepared by

France Morin and Debbie Aylward, Perinatal Consultants

Champlain Maternal Newborn Regional Program

## INTRODUCTION

The Champlain Maternal Newborn Regional Program (CMNRP) conducted focus groups as part of one of its strategic priorities focused on enhancing the transition of maternal-newborn care from hospital to the community. The focus groups were one of the activities of the CMNRP *Mapping Maternal Newborn Services Workgroup*.

CMNRP is pleased to present a summary report of key findings and recommendations from the focus group that was conducted at the Leeds, Grenville & Lanark District Health Unit in Smiths Falls on April 25<sup>th</sup>, 2017 from 13:00 to 15:30. **Two family members** and **14 health care providers** from various organizations that provide maternal-newborn health services and/or programs<sup>1</sup> in the Leeds, Grenville & Lanark area participated. Those included: Almonte, Carleton Place, Lanark, Perth, Smiths Falls, Merrickville, Kemptville, Brockville, Prescott and Gananoque.

The purpose of this focus group was to:

- 1) confirm and identify additional maternal-newborn health services and/or programs currently available in this community;
- 2) explore the views of participants about the strengths, challenges and gaps of existing services and programs in relation to access, navigation and continuity of supports; and
- 3) identify opportunities for improvement and make recommendations to improve the current system.

The focus group was divided into four parts. Notes were taken and the session was audio-recorded in order to accurately capture participants' contributions. Information from the notes and the recording were reviewed, collated and presented in this report.

### **PART 1 – Document Current Maternal-Newborn Health Services & Programs**

Prior to attending the focus group, participants received a list of maternal-newborn health services and programs that were identified by CMNRP *Mapping Maternal Newborn Services Workgroup* members through searches of portals ([thehealthline.ca](http://thehealthline.ca); [211.ontario](http://211.ontario)) and websites of organizations as well as telephone calls with key informants. Copies of this list were available at the session to use as a reference.

In the first part of the session, participants were asked to identify services and programs that were missing from the list and those that were no longer available. Participants were encouraged to submit any additions or modifications to the list in writing to the facilitator following the session.

---

<sup>1</sup> For the purposes of this focus group, “maternal-newborn health services and programs” included services and programs offered during pregnancy, birth and the first few months after birth (up to 3 months).

An updated copy of the list of maternal-newborn health services and programs can be found in Appendix A.

## PART 2 – Identify Strengths, Challenges and Gaps in Maternal-Newborn Health Services & Programs

Participants were tasked to identify strengths, challenges and gaps in current maternal-newborn health services and programs in their community. Participants were asked to consider how easy it is to access these services and programs, how people navigate in and between the various services and how the services are meeting the needs of childbearing families. Key findings from this exercise are presented below in Table 1.

**TABLE 1 - STRENGTHS, CHALLENGES AND GAPS IN MATERNAL-NEWBORN HEALTH SERVICES AND PROGRAMS**

Participants identified the **bolded areas** as applicable to all perinatal periods (prenatal, labour & birth and postnatal).

	PRENATAL	BIRTHING SERVICES	POSTNATAL
<b>Strengths</b>	<ul style="list-style-type: none"> <li>• <b>Partnerships between Perth &amp; Smiths Falls District Hospital (PSFDH) and community health service/programs</b> <i>(e.g. Leeds, Grenville &amp; Lanark District Health Unit [LGLDHU], CAS)</i> <i>*Strong communication between services (specific needs of families identified; referrals made based on the family's needs)</i></li> <li>• Prenatal classes:               <ul style="list-style-type: none"> <li>○ Availability/access to in-person and online classes</li> <li>○ Free of charge</li> <li>○ Content re: preparing for baby, newborn care, newborn safety, transition to parenthood, breastfeeding</li> </ul> </li> <li>• Access to health services/programs               <ul style="list-style-type: none"> <li>○ Services/programs are available close to home</li> <li>○ Merrickville and Smiths Falls CHCs will take on pregnant clients if they don't have a primary care provider <i>*Prioritization of prenatal/postnatal clients (Lanark)</i></li> <li>○ Perinatal care offered by nurse practitioners in FHTs and CHCs</li> </ul> </li> <li>• Breastfeeding clinics <i>(offered by LGLDHU)</i> - parents are encouraged to attend prenatally</li> <li>• Breastfeeding screening tool <i>(developed by OB clinic at PSFDH)</i> - assessment re: intention to breastfeeding and provision of early support</li> <li>• <b>PSFDH and LGLDHU are both working towards BFI designation</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Partnerships between Perth &amp; Smiths Falls District Hospital (PSFDH) and community health service/programs</b></li> <li>• <b>PSFDH and LGLDHU are both working towards BFI designation</b></li> <li>• Public health nurse liaison – families are seen prior to hospital discharge <i>(Monday to Friday)</i> <i>*Relationship established between families and LGLDHU</i></li> <li>• Interprofessional collaboration – team members work well together <i>(Almonte General Hospital)</i></li> <li>• Access to standardized training <i>(e.g. MORE<sup>OB</sup>)</i> <i>*Standardization of care</i></li> <li>• LDRP model – ‘small hospital’ feel – lots of positive feedback from families</li> <li>• Access to health services/programs               <ul style="list-style-type: none"> <li>○ 3 community hospitals offering birthing services in the sub-region</li> <li>○ Hospitals offer a range of services</li> </ul> </li> <li>• Options for pain management <i>(e.g. epidurals)</i></li> <li>• Provision of patient and family centred care               <ul style="list-style-type: none"> <li>○ Wishes/choices of families are respected re: birth plan</li> <li>○ Family members are involved in decision-making; considered a member of the team</li> <li>○ Increased communication between health care providers and families</li> </ul> </li> <li>• <b>Follow-up by LGLDHU re: breastfeeding and parenting issues;</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Partnerships between Perth &amp; Smiths Falls District Hospital (PSFDH) and community health service/programs</b></li> <li>• <b>PSFDH and LGLDHU are both working towards BFI designation</b></li> <li>• All families get postnatal follow-up visit within 7 days (some within 2-3 days if close follow-up is required)               <ul style="list-style-type: none"> <li>○ Parents are well informed about need to book appointment</li> <li>○ Call made by health educator at FHT to remind families to book appointment</li> <li>○ Discharge summary is very helpful</li> </ul> </li> <li>• Access to infant mental health services through Children's Mental Health Services (attachment issues, parenting issues, adoption) <i>*No referral needed; *No wait list</i> <i>* If a women is in crisis, she is seen within 24 hours; if not, usually seen within 2-3 weeks</i></li> <li>• <b>Follow-up by LGLDHU re: breastfeeding and parenting issues; service coordination with interprofessional team and family</b></li> <li>• Availability/access to breastfeeding support               <ul style="list-style-type: none"> <li>○ Free breastfeeding clinics in the various communities</li> <li>○ Breastfeeding support from lactation consultants at Smiths Falls and Merrickville CHCs</li> </ul> </li> <li>• Postnatal follow-up call provided within 48 hours by LGLDHU's HBHC Program <i>*All families who consent receive a call</i></li> </ul>

	PRENATAL	BIRTHING SERVICES	POSTNATAL
	<ul style="list-style-type: none"> <li>• Access to outpatient OB clinic (PSFDH)</li> <li>• <b>Follow-up by LGLDHU re: breastfeeding and parenting issues; service coordination with interprofessional team and family</b></li> </ul>	<p><b>service coordination with interprofessional team and family</b></p>	<ul style="list-style-type: none"> <li>• Bilirubin Testing Services – agreement between some hospitals and midwives (e.g. Almonte General Hospital and QCH) <i>*Midwives have the ability to drop off bilirubin samples</i></li> </ul>
<b>Challenges</b>	<ul style="list-style-type: none"> <li>• <b>Lack of awareness about doula services</b> <i>*Health care providers and families are unaware of the benefits of having a support person</i></li> <li>• Lack of public transportation <i>*Difficult for some families to access health services/programs as they have no way to get there; no resources for transportation/gas</i> <i>*Transportation for medical appointments may be available through Ontario Works; won't transport baby</i></li> <li>• Access to some health services/ programs (e.g. Canadian Prenatal Nutrition Program [CPNP]) <i>*Limitation in terms of transportation and timing (i.e. Monday to Friday, 9:00 to 17:00)</i></li> <li>• <b>Lack of awareness of existing maternal-newborn health services and programs</b> (Health care providers and families) <i>*No central service hub or common database</i></li> <li>• Prenatal classes – limited content re: labour support (e.g. relaxation techniques/ breathing exercises) <i>*In-person and online classes offered by LGLDHU</i> <i>*Revision is underway</i></li> <li>• Limited access to midwives and doulas in some communities <i>*Limitations re: transportation, hospital privileges for midwives (e.g. PSFDH), cost of services and lack of awareness of services (health care providers and families)</i></li> <li>• <b>Limited access to Children's Aid Society (CAS) apprehension list</b> (especially for midwives and NPs)</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Lack of awareness about doula services</b></li> <li>• <b>Lack of awareness of existing maternal-newborn health services and programs</b></li> <li>• Hospital privileges for midwives <ul style="list-style-type: none"> <li>○ Midwives don't have privileges in PSFDH <i>*Some families will choose to have a home birth or will travel out of the community to have a hospital birth with a midwife</i></li> </ul> </li> <li>• Women with high risk pregnancies or births may need to travel out of community to obtain care (e.g. twin pregnancy, breech delivery) <i>*Limitations related to level of care provided by the hospital, available resources, skills and comfort level of health care providers</i></li> <li>• <b>Limited access to CAS apprehension list (esp. midwives and NPs)</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Lack of awareness about doula services</b> (e.g. postpartum services)</li> <li>• <b>Lack of awareness of existing maternal-newborn health services and programs</b></li> <li>• Hospital discharge summary report and/or Parent Information Sheet - not always available for the first postnatal visit</li> <li>• Access/awareness/navigation of services for foster/kinship /adoptive families <i>*Limited health services/programs geared towards adoptive parents</i></li> <li>• Lack of transportation to services</li> <li>• Fragmentation of care – Families who give birth out of the sub-region may not receive postnatal follow-up call from HBHC program if the consent wasn't signed and/or HBHC screen is not faxed by other public health unit. <i>* Approximately 1/3 of women from Smiths Falls give birth elsewhere</i></li> <li>• Infant and Child Development Program (Brockville General Hospital) – referrals not made from Maternal-Child Program in their organization</li> <li>• Communication and coordination of health services/programs for infants with developmental needs <ul style="list-style-type: none"> <li>○ No clear coordinated pathway - leads to duplication and multiple phone calls <i>*very confusing for health care providers and families</i></li> <li>○ Families often don't understand which services they have been referred to <i>*there should only be one access point/case worker assigned to coordinate health services/programs</i></li> <li>○ Limited access to some health services (e.g. infant physiotherapy services – access to only 4 visits post-discharge)</li> </ul> </li> <li>• <b>Limited access to Children's Aid Society (CAS) apprehension list</b> (especially for midwives and NPs)</li> </ul>
<b>Gaps</b>	<ul style="list-style-type: none"> <li>• <b>Lack of a central hub for all health services/programs</b> <i>*Regardless of funding; social or health related</i></li> <li>• <b>Perinatal mental health services/ programs</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Lack of a central hub for all health services/programs</b></li> <li>• <b>Perinatal mental health services/ programs</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Lack of a central hub for all health services/programs</b></li> <li>• <b>Perinatal mental health services/programs</b></li> <li>• Access to after hour/outpatient</li> </ul>

	PRENATAL	BIRTHING SERVICES	POSTNATAL
	<ul style="list-style-type: none"> <li>Difficult to access help <i>* Health care providers are not aware of the Champlain BASE eConsult Service</i></li> <li>No outpatient clinics available <i>*Families need to travel outside of community (e.g. Kingston)</i></li> <li>Lack of services/programs for diabetic pregnant women. <i>*No diabetes clinic. Families need to travel out of community to obtain care</i></li> </ul>		bilirubin testing services in some communities <i>* Limitations due to lack of hospital privileges of midwives, transportation, lack of process in place (samples taken in ER)</i>

### PART 3 – Recommendations to Improve Maternal-Newborn Health Services & Programs

Participants were then divided into groups and tasked with identifying 3 ways to improve services and programs for one of following time periods: prenatal, birth and postnatal. Participants were asked to think about services/programs that could be created, enhanced or improved. A representative from each table shared the recommendations generated by their group. Ideas and suggestions are presented below in Table 2.

**TABLE 2 - OPPORTUNITIES FOR IMPROVEMENT OF MATERNAL-NEWBORN HEALTH SERVICES AND PROGRAMS**

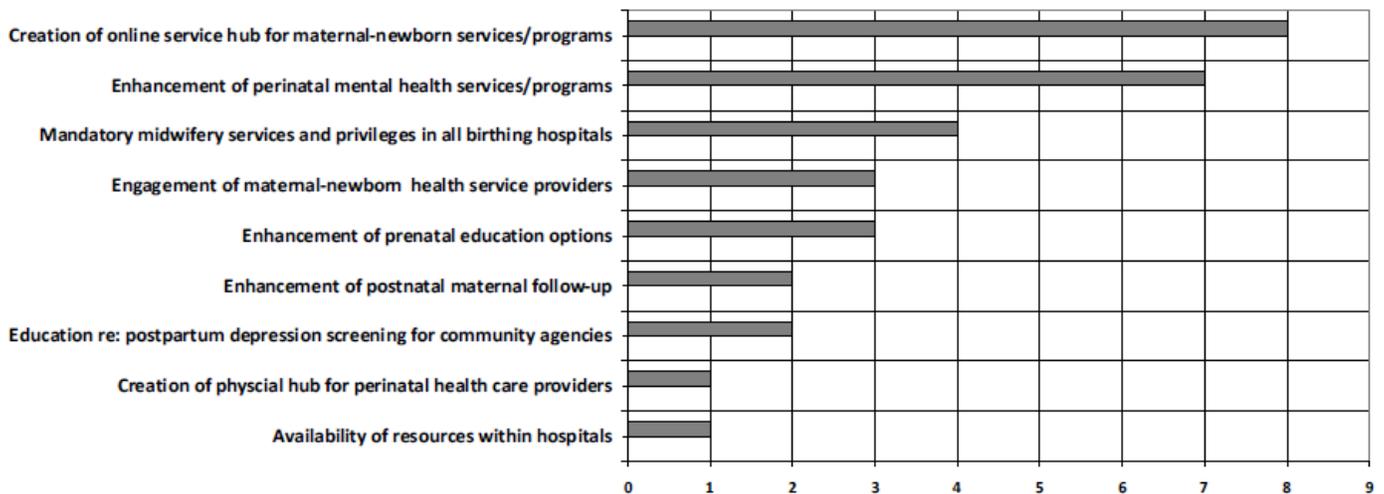
PRENATAL	BIRTHING SERVICES	POSTNATAL
<ul style="list-style-type: none"> <li>Creation of an online service hub with information from existing maternal-newborn health services/programs within the area <i>(from pregnancy to postpartum)</i></li> <li>Creation of a physical hub for perinatal health care providers <i>*Place where health care providers from various organizations can meet and network</i> <i>*This would help build connections between health care providers and improve access to services (referrals)</i></li> <li>Provide more options for prenatal education <u>Suggestions</u> <ul style="list-style-type: none"> <li>Instead of offering a full program of prenatal classes, provide individual classes on the following topics: early pregnancy, breastfeeding, labour/birth preparation and postpartum)</li> </ul> </li> <li>Improve engagement of maternal-newborn service providers within the community (hospital and community agencies) <u>Suggestions:</u></li> </ul>	<ul style="list-style-type: none"> <li>Mandate midwifery services and privileges in all birthing hospitals across Ontario</li> <li>Ensure that families are provided options and are empowered to make informed decisions related to their care. <i>*Parents' wishes should be respected. It is their right to choose/refuse care!</i></li> <li>Ensure that hospitals have adequate resources in place in order for women to give birth closer to home (e.g. breech and twin deliveries)</li> </ul>	<ul style="list-style-type: none"> <li>Improve postnatal maternal follow-up <u>Suggestion:</u> <ul style="list-style-type: none"> <li>Designated scheduled appointments at 2 weeks, 6-8 weeks and then later postpartum in order to identify possible physical and/or mental health concerns <i>*Great opportunity to increase postpartum depression screening</i></li> </ul> </li> <li>Provide education re: use of Edinburgh Postnatal Depression Scale (EPDS) to care providers from community agencies <u>Suggestion:</u> <ul style="list-style-type: none"> <li>Education could be provided by public health</li> <li>Raise awareness re: perinatal mental health issues <i>(e.g. EPDS and referrals options)</i> at the Best Start table <i>(EYC, libraries, etc.)</i></li> </ul> </li> <li>Increase perinatal mental health services/programs within the area</li> </ul>

PRENATAL	BIRTHING SERVICES	POSTNATAL
<ul style="list-style-type: none"> <li>Organize “Lunch and Learn” sessions</li> <li>Organize “Meet &amp; Greet” events for all perinatal health care providers from hospital and community agencies (e.g. FHTs, CHCs, public health unit, private practices and non-for-profit organizations )]</li> <li>Creation of a community network of health services/programs to increase awareness of existing services/programs and improve referral between health services/programs</li> <li>Creation of a document that would include description of exiting health services/programs within the community, contact information, hours of operation, referral process, etc.</li> </ul>		

## PART 4 – Identify Top 3 Priority Recommendations for System Improvement

Participants were asked to vote for the top 3 priority recommendations that were presented in Table 2. The results are presented below in Table 3.

**TABLE 3 - VOTING RESULTS FOR PRIORITY RECOMMENDATIONS FOR SYSTEM IMPROVEMENT**



**The top priority recommendations to address in order to improve maternal-newborn health services and programs in the Leeds, Grenville and Lanark area:**

- Create an online service hub with information from existing maternal-newborn health services/programs within the area
- Enhance perinatal mental health services/programs within the area
- Mandate midwifery services and privileges in all birthing hospitals across Ontario

## **CONCLUSION**

The findings and recommendations identified by this focus group will be included in the final regional report that will be produced when all focus groups from across the Champlain and South East LHINs have been completed, as part of this project's deliverables.

This valuable information will be key to the CMNRP network and partner organizations as we all work together to ensure appropriate maternal-newborn health services are available and explore opportunities to enhance awareness about them.

## **ACKNOWLEDGMENTS**

CMNRP would like to sincerely thank the participants for their time, participation and contributions in the focus group. Thank you also to the **Leeds, Grenville and Lanark District Public Health** for its assistance in planning and for hosting the session.

## APPENDIX A

### LIST OF MATERNAL-NEWBORN HEALTH SERVICES AND PROGRAMS

(FROM PREGNANCY TO POSTNATAL PERIOD)

#### - Leeds, Grenville & Lanark-

(Almonte, Carleton Place, Lanark, Perth, Smiths Falls, Merrickville, Kemptville, Brockville, Prescott, Gananoque)

#### Pregnancy Confirmation/Tests:

- **Pharmacies**
- **Walk-in Clinics**
- **Family Medicine:** Private Practices
- **Family Health Teams:** [Leeds & Grenville Community Family Health Team](#) (Gananoque, Brockville), [Prescott Family Health Team](#) (Prescott), [Upper Canada Family Health Team](#) (Brockville), [Ottawa Valley Family Health Team](#) (Almonte); [Athens and District Family Health Team](#) (Athens)
- **Community Health Centers:** [Rideau Community Health Services](#) (Merrickville District Community Health Centre; Smiths Falls Community Health Centre); [Country Roads Community Health Center](#); [North Lanark Community Health Centre](#); [Community Primary Health Care \(CPHC\) FHT Mobile Unit](#) (Brockville);
- **Diagnostic Imaging Clinics** (Hospital or Community): [Brockville General Hospital](#), [Perth and Smiths Falls District Hospital](#) (Perth, Smiths Falls), [Carleton Place and District Memorial Hospital](#), [Almonte General Hospital](#), [Ottawa Valley Family Health Team](#) (Almonte)
- **Medical Laboratories** (Hospital or Community): [Lifelabs](#) (Brockville, Perth, Smiths Falls, Almonte), [Perth and Smiths Falls District Hospital](#) (Perth, Smiths Falls), [Kemptville District Hospital](#), [Almonte General Hospital](#), [Community Primary Health Care \(CPHC\) FHT Mobile Unit](#)
- **Leeds, Grenville and Lanark District Health Unit:** [Sexual Health Clinic](#)



#### Prenatal Care/Services

- **OB/GYN:** Private Practices
- **Family Medicine:** Private Practices
- **Midwifery Practices:** [Generations Midwifery Care](#) (Brockville, Kemptville, Smiths Falls); [Ottawa Valley Midwives](#) (Carleton Place)
- **Family Health Teams:** [Leeds & Grenville Community Family Health Team](#) (Gananoque, Brockville); [Prescott Family Health Team](#) (Prescott); [Upper Canada Family Health Team](#) (Brockville); [Athens and District Family Health Team](#) (Athens); [Community Primary Health Care \(CPHC\) FHT Mobile Unit](#) (Brockville), [Ottawa Valley Family Health Team](#) (Almonte)
- **Community Health Centres:** [Rideau Community Health Services](#) (Merrickville District Community Health Centre; Smiths Falls Community Health Centre); [Country Roads Community Health Centre](#); North Lanark Community Health Centre: [Healthy Young Family Program](#)
- **Leeds, Grenville & Lanark District Health Unit:** [Healthy Babies, Healthy Children](#), Health Action Line: 1-800-660-5853



#### Prenatal/Nutrition/Parenting/Breastfeeding Education

- **Leeds, Grenville & Lanark District Health Unit:** [Online Prenatal Course](#) (Gift of Motherhood Online prenatal program), [In-Person Prenatal Classes](#), [Young Parent Prenatal Class](#), [Triple P \(Positive Parenting Program\)](#), [Healthy Babies, Healthy Children](#) (Home Visiting Program); Good Food for a Healthy Baby, [Breastfeeding Support](#), Health Action Line: 1-800-660-5853
- **La Leche League:** [Brockville](#)
- **Prenatal Tours:** Brockville General Hospital, Almonte General Hospital, Perth and Smiths Falls District Hospital

- **Community Health Centres:**
  - [Rideau Community Health Services](#) (Merrickville District Community Health Centre; Smiths Falls Community Health Centre): Early Years Nurse Practitioner
  - Country Roads Community Health Centre: [Early Years Program](#) (Parenting and Support Groups), [Good Food Box](#), Breastfeeding Education, Depression Education
  - North Lanark Community Health Centre: [Healthy Young Family Program](#)
- **Connections:** [Good food for a Healthy Baby](#) (Lanark, Leeds & Grenville), [Birth Companion Program](#) (Lanark)
- **Ontario Early Years Centres:**
  - [Children's Resources on Wheels](#) (Almonte, Carleton Place, Lanark, Perth, Smiths Falls)
  - [The United Counties of Leeds and Grenville](#) (Brockville, Kemptville, Gananoque, Prescott): Good Food for a Healthy Baby

**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](#)
- **Exercise and Pregnancy Helpline:** 1-866-937-7678
- [OMama](#) (app/website)
- **Public Health Agency of Canada:** [Breastfeeding & Infant Nutrition](#), [Healthy Canadians: Healthy Pregnancy](#)
- **Dr. Jack Newman – Breastfeeding Inc**
- [Health Before Pregnancy Website](#) (Best Start Nexus)
- [pregnancy.sogc.org](#) (Society of Obstetricians and Gynaecologists of Canada)
- [Motherisk](#)
- [Period of PURPLE Crying](#)
- [Love Me. Play with me. Help me be the best I can be.](#)
- **Ontario 211:** Call 211
- [Ontario Early Years Centres](#)
- [Pregnets](#)
- [The MoTHERS Program](#)



**Childbirth**

- **Hospitals:** [Brockville General Hospital](#); [Perth and Smiths Falls District Hospital](#), [Almonte General Hospital](#)
- **Midwifery Practices:** [Generations Midwifery Care](#) (Brockville, Kemptville, Smiths Falls); [Ottawa Valley Midwives](#) (Carleton Place)
- **Connections Program:** [Birth Companion Program](#)
- **Doulas:** [Kimberly Kent](#), [Stephanie St. Pierre](#),
- [Association of Ontario Doulas](#)



**Post-Partum/Post-Birth**

- **Family Medicine:** Private Practices
- **OB/GYN:** Private Practices
- **Pediatricians:** Private Practices
- **Midwifery Practices:** [Generations Midwifery Care](#) (Brockville, Kemptville, Smiths Falls); [Ottawa Valley Midwives](#) (Carleton Place)
- **Family Health Teams:** [Athens and District Family Health Team](#) (Athens); [Leeds & Grenville Community Family Health Team](#) (Gananoque, Brockville); [Prescott Family Health Team](#) (Prescott); [Upper Canada Family Health Team](#) (Brockville), [Ottawa Valley Family Health Team](#) (Almonte)
- **Leeds, Grenville & Lanark District Health Unit:** [Healthy Babies](#), [Healthy Children](#); Health Action Line: 1-800-660-5853; [Baby Talk](#); Positive Parenting Café; First Year, First Visit

- **Community Health Centres:**
  - [Rideau Community Health Services](#) (Merrickville District Community Health Centre; Smiths Falls Community Health Centre) – Early Years Nurse Practitioner: Well Baby/Child Assessments, Nutrition Counseling, Immunizations
  - [Country Roads Community Health Centre](#): Breastfeeding Buddies, Parent Education and Support
  - North Lanark Community Health Centre: [Healthy Young Family Program](#)
- **Connections:** [Good food for a Healthy Baby](#), [Home visiting](#) (Lanark), Parent and Children’s Groups (Lanark)
- **Ontario Early Years Centres:**
  - [The United Counties of Leeds and Grenville](#) (Brockville, Kemptville, Gananoque, Prescott): Variety of Programs Available Including: Telephone Support for Parents, Triple P Positive Parenting Program, Kids Have Stress Too!, Feeding Your Baby Solid Food, Make the Connection, Infant CPR, Infant Programs: Baby Rhyme Time, Twinkle Little Stars, Baby Time, Sign Language With Baby, Play & Learn Drop-In
  - [Children’s Resources on Wheels](#) (Almonte, Carleton Place, Lanark, Perth, Smiths Falls): Variety of Programs Available Including: Baby Time, Seeing the Learning in Play, Kids Have Stress Too!, Baby Talk, Infant Massage, Early Infant Hearing Testing
- **Brockville General Hospital:** [Infant and Child Development Program of Leeds and Grenville](#)
- **Lanark Community Programs:** [Infant and Child Development Program](#)

**Websites, Phone and Online Supports:**

- [Nipissing District Developmental Screen](#)
- [Healthy Canadians: Infant Care](#)
- **Public Health Agency of Canada:** [Infancy](#)
- [MotHERS Program Website](#)
- **Canadian Paediatric Society:** [Caring for Kids](#)
- [EatRight Ontario](#)
- [Telehealth Ontario](#)
- [Health Care Connect](#)
- **Peer Support:** [Village Mommy](#)



**Breastfeeding Support**

- **La Leche League:** Breastfeeding Support Drop-In (Brockville OEYC, Kemptville OEYC)
- **Community Health Centres:**
  - [Rideau Community Health Services](#) (Merrickville District Community Health Centre, Smiths Falls Community Health Centre) – Early Years Nurse Practitioner: Well-Baby and Breastfeeding Support Group (breastfeeding counselling and support, breastfeeding education)
  - [Country Roads Community Health Centre](#)
  - North Lanark Community Health Centre: [Healthy Young Family Program](#)
- **Leeds, Grenville and Lanark District Health Unit:** [Breastfeeding Clinic](#); [Healthy Baby, Healthy Children](#) (Home Visiting Program \* Loan of Breast Pump)
- **Midwifery Practices:** [Generations Midwifery Care](#) (Brockville, Kemptville, Smiths Falls); [Ottawa Valley Midwives](#) (Carleton Place)
- **Country Roads Community Health Centre:** Breastfeeding Buddies

**Websites, Phone and Online Supports**

- [Healthy Mothers, Healthy Babies Breastfeeding](#) (Best Start Resource Centre) \*Free, Bilingual On-line Course on Breastfeeding)
- [Motherisk](#): Medication and breastfeeding: 1-877-439-2744; Alcohol and Substance: 1-877-327-4636 or
- [Breastfeeding Inc-Jack Newman](#)
- [Bilingual Ontario Online Breastfeeding Services](#)
- **Telehealth Ontario 24/7 Breastfeeding Support:** 1-866-797-0000 or TTY 1-866-797-0007
- [International Lactation Consultant Association](#): \**“Find a Lactation Consultant” at Bottom of Webpage*
- [La Leche League Canada](#)

## Additional Services Accessed By Women/Families For:

### Fetal Anomalies or Life Limiting Diagnosis

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

- The Ottawa Hospital: [Maternal Fetal Medicine Clinic](#)
- CHEO: [CHEO Regional Genetics Program](#)
- Kingston General Hospital: [Neonatal Care Unit](#), [Women's Clinic](#)
- [Roger Neilson House](#) \* Grief Support and Bereavement Care
- [Pregnancy and Infant Loss Network](#) (PAIL Network): 1-888-301-7276
- Bereaved Families of Ontario: [Ottawa Region](#), [Kingston Region](#)

### Preterm Birth

- CHEO: [Neonatal Intensive Care Unit](#), [Neonatal Follow-up clinic](#)
- TOH: [Neonatal Intensive Care Unit](#), [Special Care Nursery](#)
- [Ottawa Children's Treatment Centre](#)
- Kingston General Hospital: [Neonatal Intensive Care Unit](#)
- Hotel Dieu Hospital: [Children's Outpatient Clinic](#) (COPC)
- Hotel Dieu Hospital Kids Inclusive: [Special Infant Clinic](#), [Infant and Child Development Program](#)

### High Risk Pregnancies

- The Ottawa Hospital: [Maternal Fetal Medicine/High Risk Pregnancy Unit](#), [Placenta Health Clinic](#), [Special Pregnancy Unit](#), [Division of Neonatology](#)
- Fertility Concerns: [Ottawa Fertility Centre](#); [Kingston Infertility Unit](#)
- Champlain BASE eConsult Service: [econsultsupport@lhinworks.on.ca](mailto:econsultsupport@lhinworks.on.ca)

### Children with Disabilities

- [Developmental Services of Leeds & Grenville](#): 1-866-544-5614 or 613-345-1290
- [Lanark Community Programs](#): 613-257-7121

### Adoption and Foster Care

- [Family and Children's Services of Lanark, Leeds and Grenville](#)
- [Adoption Council of Ontario](#)
- [Adoption Council of Canada](#)
- [Ministry of Community and Social Services](#)

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

- [Assault Response & Care Centre](#) (Brockville)
- Perth and Smiths Falls District Hospital: [Lanark County Sexual Assault Support and Domestic Violence Program](#)
- Almonte General Hospital: Sexual Assault Program
- [Leeds and Grenville Interval House](#)
- [Lanark County Interval House](#)
- [Family and Children's Services of Lanark, Leeds and Grenville](#)
- [Open Doors for Lanark Children and Youth](#)
- [Victim Services Leeds & Grenville](#)

## Shelter and Transitional housing

- Interval Houses: [Leeds and Grenville](#), [Lanark County](#)

## Drug, Alcohol and Smoking

- Alcoholics Anonymous: [Lanark/Leeds](#)
- [Share and Care Al-Anon Family Group](#) (Smiths Falls)
- [Lanark, Leeds and Grenville Addictions and Mental Health](#) (Brockville)
- [Newgate 180 Addiction Solutions](#): Residential Treatment Program (Merrickville)
- [Drug and Alcohol Helpline](#): 1-800-565-8603
- [Peer Support South East Ontario](#): Outreach Support (Prescott)
- [Centre for Addiction and Mental Health](#)
- [Narcotics Anonymous](#)
- [Country Roads Community Health Centre](#): Lung Health Services
- [Rideau Community Health Services](#) (Merrickville District Community Health Centre and Smiths Falls Community Health Centre): Smoking Cessation Counselling
- [Leeds, Grenville and Lanark District Health Unit](#): Tobacco Use Prevention, Health Action Line: 1-800-660-5853
- [Canadian Cancer Society's Smokers' Helpline](#): 1-877-513-5333
- [The Lung Association Stop Smoking Program](#)

## Perinatal Mental Health Issues

- [Leeds, Grenville & Lanark District Health Unit](#): [Healthy Babies, Healthy Children](#) (Home Visiting Program)
- [Brockville General Hospital](#): [Mental Health Services](#)
- [Brockville Mental Health Centre](#): Crisis Line: 613-345-4600
- [North Lanark Community Health Centre](#): Handling Difficult Emotions, Mindfulness Meditation
- [Rideau Community Health Services](#) (Merrickville District Community Health Centre; Smiths Falls Community Health Centre) – Early Years Nurse Practitioner: Screening for postpartum depression
- [Mental Health Helpline](#)
- [Mental Health Crisis Line](#)
- [Royal Ottawa Mental Health Centre \(Brockville\)](#)
- [Lanark County Mental Health](#): Crisis Line: 1-866-281-2911
- [Leeds Grenville Mental Health](#)
- [Lanark, Leeds, and Grenville Addictions and Mental Health](#) (Brockville)
- [Peer Support South East Ontario](#): Outreach Support (Prescott)
- [Family Counselling: Leeds and Grenville](#): 613-498-2300