

# Service Pathway – Maternal-Newborn Care Spectrum

(Pregnancy to Postnatal)

## ~ Hasting & Prince Edward Counties ~

(Belleville, Picton, Bancroft, Trenton)

### Pregnancy Confirmation/Test

- **Pharmacy**
- **Walk-in Clinics**
- **Family Medicine:** Private Practices
- **Family Health Teams (FHT):** [Prince Edward FHT](#); [Bancroft FHT](#); [Brighton Quinte West FHT](#); [Central Hastings FHT](#); [North Hastings FHT](#); [Queen's FHT](#)
- **NP-Led Clinics:** [Belleville Nurse Practitioner-Led Clinic](#)
- **Community Health Centres (CHC):** [Belleville and Quinte West CHC](#), [Gateway CHC](#)
- **Diagnostic Imaging Clinics:** [Belleville X Ray and Ultrasound](#); [Bluewater Imaging](#) (Belleville); [Kente X-Ray and Ultrasound](#) (Belleville); [Quinte Health Care](#) (Belleville); [Trenton Diagnostics](#)
- **Medical Laboratories:** [Quinte Health Care](#) (Belleville, Trenton, Picton); [LifeLabs](#) (Bancroft, Belleville, Trenton, Picton); The Medical Clinic (Bancroft)
- **Hastings Prince Edward Public Health:** [Sexual Health Clinics](#)
- [Bancroft Pregnancy Care Centre](#)
- [Belleville Pregnancy & Family Care Centre](#): Free Pregnancy Tests, Information on Pregnancy Options, Post Abortion Care Program
- [Birthright of Belleville](#): Free Pregnancy Tests



### Prenatal Care

- **OB/GYN:** Private Practices
- **Family Medicine:** Private Practices
- **Midwifery Practices:** [Quinte Midwives](#), [Midwifery Services of Haliburton-Bancroft](#)
- **Family Health Teams (FHT):** [Prince Edward FHT](#); [Bancroft FHT](#); [Brighton Quinte West FHT](#); [Central Hastings FHT](#); [North Hastings FHT](#); [Queen's FHT](#)
- **NP-Led Clinics:** [Belleville Nurse Practitioner-Led Clinic](#)
- **Community Health Centres (CHC):** [Belleville and Quinte West CHC](#), [Gateway CHC](#)
- **Diagnostic Imaging Clinics:** [Belleville X Ray and Ultrasound](#); [Bluewater Imaging](#) (Belleville); [Kente X-Ray and Ultrasound](#) (Belleville); [Quinte Health Care](#) (Belleville, Picton, Bancroft); [Trenton Diagnostics](#); The Medical Clinic (Bancroft)
- **Medical Laboratories:** [Quinte Health Care](#) (Belleville, Trenton, Picton, Bancroft); [LifeLabs](#) (Bancroft, Belleville, Trenton, Picton); The Medical Clinic (Bancroft)
- **Hastings Prince Edward Public Health:** Healthy Babies, Healthy Children
- [Mohawks of the Bay of Quinte - Community Wellbeing Centre](#): Family Health and Child Development Program



### Prenatal/Nutrition/Parenting/Breastfeeding Education

- **Hastings Prince Edward Public Health** : Online Prenatal Course (Gift of Motherhood), In-Person Prenatal Classes, Prenatal Breastfeeding Education, Prenatal Smoking Cessation Program, Food for You: Food for Two (Canadian Prenatal Nutrition Program), Healthy Babies, Healthy Children,

Raising Healthy Kids (Facebook Page), Infant Feeding Classes, Reproductive Health Infoline: 613-966-5500 x675, Child Health CARELine: 613-966-5500 x223

- **Family Health Teams (FHT):**
  - **Central Hasting FHT:** Diabetes Program
  - **Prince Edward FHT:** Mom-2-Be Prenatal Consultations; Baby and Beyond Group (Teen Group), Individual Prenatal and Breastfeeding Consultations, Birthing Classes, Breastfeeding Information/Support, Home Visits
- **Community Health Centres (CHC):**
  - **Belleville and Quinte West CHC** (Belleville and Trenton): Prenatal Education, Car Seat Clinics, THRIVE Program, Triple P Parenting Program, Healthy Cooking on a Budget
  - **Gateway CHC:** Prenatal Education With Early Years Nurse (Early Pregnancy Education for Expectant Parents and Support Persons, Post-Delivery Health and Lifestyle Education, Individual Consultation in 1<sup>st</sup> Trimester, Prenatal Classes During Third Trimester, Cradling Arms, Car Seat Clinics
- **Mohawks of the Bay of Quinte - Community Wellbeing Centre:** Prenatal Classes, Canadian Prenatal Nutrition Program, [Diabetes Education Program](#), [Maternal Child Health & Healthy Babies](#), [Healthy Children](#), Family Health and Child Development Program
- **The Hub – Prince Edward Child Care Services:** Prenatal Education, Triple P Parenting Program, Infant Massage, Babies & Beyond, Bears & Cubs, Good Food Box
- **Ontario Early Years Northumberland:** Prenatal Classes (Brighton, Trenton, Hastings), Positive Parenting Discussion Group (Brighton, Trenton), Food for You, Food for Two (Trenton)
- **Métis Nation of Ontario** (Bancroft): Aboriginal Healthy Babies, Healthy Children; Canadian Prenatal/Postnatal Nutrition Program
- **Community Development Council Of Quinte:** Good Food Box
- **Bancroft Pregnancy Care Centre:** Pregnancy Support, Preparing for Baby
- **Family Space Quinte** (Belleville): Triple P Parenting Program, New Parent Group, Early Learning Playgroups, Early Literacy Program, Grandparents Group, Daddy 'n Me, Live Love Latch
- **Belleville Pregnancy & Family Care Centre:** Prenatal Program, Parent Program, Men's Program, Women's LEAD Program, Clothing and Equipment Support
- **Birthright of Belleville:** Maternity and Baby Clothes; Referrals to Various Services (Medical, Financial, Employment, Housing, Education, Social Assistance, Professional Counselling), Information on Pregnancy and Childbirth, Prenatal Development and Care, Parenting Skills, Child Care, and Child Safety, Career Development and/or Continuing Education, Community Programs and/or Social Assistance, Adoption
- **North Hastings Children's Services:** Food for You, Food For Two Program, Triple P Parenting Program
- **Lennox & Addington Resources for Children** (LARC): Aboriginal Healthy Babies, Healthy Children
- **Community Partners for Success:** Parenting Education (e.g. Budgeting, Food Preparation, Menu Planning), Parent Support Groups
- **Trenton Military Resource Centre:** Babies and Beyond, Family Services
- **Birth Smarts:** Enhanced Prenatal and Newborn Education
- **Carrie Taylor:** Hypnobirthing Childbirth Educator
- **Highland Shores Children's Aid:** [Parenting Programs](#) (Parenting for Success, Triple P Positive Parenting Program, Helping Hands), [Parenting Resources](#)
- **Doulas:** [Joanna Howard](#), [Barb Matteucci](#) (Bereavement Support), [Melissa Skinkle](#) (Birth Pool Rental), [Lesley Lavender](#), [Michelle Stroud](#) (Reflexology, Reiki Master, Prenatal Yoga Classes, Birth Pool Rental, Bereavement Support), [Ashley Turgeon](#) (Reflexology, Placenta Encapsulation, Birth Pool Rental) Amanda Lazarski, [Sarah Stogryn](#), [Heather Neville](#) (Pregnancy Fitness), [Melissa Anthony](#) (Childbirth Education), [Ashley Mitchell](#) (Lactation Educator, Fertility and Pregnancy Reiki), [Monika Gerritsen](#), Natalie Blower (Placenta Encapsulation), [Sarah Gardner-Stavroff](#) (Prenatal Yoga, Reflexologist, Prenatal Education)

- **Mary Joan Brinson MSW** (Certified Emotionally Focused Therapist): Prenatal/Postnatal Support, Perinatal Mood Disorders, Pregnancy Loss

#### **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)
- [The Mother's 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](#)
- [Health Before Pregnancy Website](#) (Best Start Nexus)
- **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
- **Best Start Health Nexus**: Prenatal Key Messages
- **Institut national de santé public**: [From Tiny Tot to Toddler](#)
- **SickKids**: [AboutKidsHealth](#)



#### **Childbirth**

- **Hospitals**: [Quinte Health Care](#): Neonatal Abstinence Syndrome Program (Support, Rooming In)
- **Midwifery Practices**: [Quinte Midwives](#), [Midwifery Services of Haliburton-Bancroft](#)
- **Doulas**: [Kim Belanger-Mills](#) (Postpartum Doula Services), [Joanna Howard](#), [Barb Matteucci](#) (Bereavement Support), [Melissa Skinkle](#) (Birth Pool Rental), [Lesley Lavender](#), [Michelle Stroud](#) (Reflexology, Reiki Master, Prenatal Yoga Classes, Birth Pool Rental, Bereavement Support), [Ashley Turgeon](#) (Reflexology, Placenta Encapsulation, Birth Pool Rental), Amanda Lazarski, [Sarah Stogryn](#), [Heather Neville](#) (Pregnancy Fitness), [Melissa Anthony](#) (Childbirth Education), [Monika Gerritsen](#), Natalie Blower (Placenta Encapsulation), [Sarah Gardner-Stavroff](#) (Prenatal Yoga, Reflexologist, Prenatal Education), [Ashley Mitchell](#)
- **Belleville and Quinte West CHC**: THRIVE Program



#### **Post-Partum/Post-Birth**

- **Family Medicine**: Private Practices
- **OB/GYN**: Private Practices
- **Pediatricians**: Private Practices
- **Doulas**: [Kim Belanger-Mills](#) (Postpartum Doula Services), [Joanna Howard](#), [Barb Matteucci](#) (Bereavement Support), [Melissa Skinkle](#), [Lesley Lavender](#), [Michelle Stroud](#) (Bereavement Support), [Ashley Turgeon](#) (Placenta Encapsulation), Amanda Lazarski, [Sarah Stogryn](#), [Heather Neville](#), [Melissa Anthony](#), [Monika Gerritsen](#), Natalie Blower (Placenta Encapsulation), [Sarah Gardner-Stavroff](#), [Ashley Mitchell](#)
- **Quinte Pediatrics and Adolescent Health**: Pediatric Services at Quinte Health Care, Regional Consulting Group

- **Midwifery Practices:** [Quinte Midwives](#), [Midwifery Services of Haliburton-Bancroft](#)
- **Hastings Prince Edward Public Health:** Healthy Babies, Healthy Children (Home Visiting), Raising Healthy Kids (Facebook Page), Child Health CARELine: 613-966-5500 or 1-800-267-2803 x223, [Immunization Clinics](#), [Baby Feeding Drop-In](#), Breastfeeding Consultations, Canadian Prenatal Nutrition Program
- **Community Health Centers (CHC):**
  - [Belleville and Quinte West CHC](#): THRIVE Program
  - [Gateway CHC](#): Well Baby/Child Visits, Cradling Arms
- **Community Development Council Of Quinte (CDC Quinte):** Good Food Box, Good Baby Box
- **Family Space:** Baby's First Class, Baby Club, Infant Feeding Club, Playgroups
- **The Hub Child & Family Centre:** Infant Massage, Playgroups, Prenatal and Infant Wellbeing
- **Trenton Military Resource Centre:** Babies and Beyond, Family Services
- **Mohawks of the Bay of Quinte - Community Wellbeing Centre:** [Maternal Child Health & Healthy Babies/Healthy Children](#) (Home Visits, Good Baby Box, Postpartum Doula Care)
- **Métis Nation of Ontario** (Bancroft): Aboriginal Healthy Babies, Healthy Children; Canadian Prenatal/Postnatal Nutrition Program
- **Family Health Teams (FHT):** Bancroft FHT: Well Baby Program; Prince Edward FHT: Individualized Support From Family Outreach Nurse, Babeez 'n' Arms (Mom/Baby/Peer Support)
- **NP-led Clinics:** [Belleville Nurse Practitioner-Led Clinic](#)
- **Bancroft Pregnancy Care Centre:** Care Cupboard, Support
- **Mary Joan Brinson MSW** (Certified Emotionally Focused Therapist): Postpartum Support
- **We Share Baby:** Clothing and Baby Items

**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 national de santé public:** [From Tiny Tot to Toddler](#)
- **SickKids:** [AboutKidsHealth](#)



**Prenatal and Postnatal Wellness**

- [Sprout Massage Therapy](#): Prenatal Massage
- [Belleville Integrative Health Centre](#) : Chiropractor, Medical Acupuncture, Pelvic Floor Physiotherapy
- [Forever Young Chiropractic & Massage](#): Prenatal and Pediatric Services
- [The Physio Centre](#): Joanna Kirby, Registered Massage Therapist
- [Quinte Naturopathic Centre](#)
- [Scott Allin](#) (RMT): Massage Therapy
- [Stephanie Postma](#) (RMT): Massage Therapy
- [Heron House Pilates and Yoga](#): Pilates, Yoga, Rebounding and Personal Training



## Breastfeeding Support

- **Hastings Prince Edward Public Health:** Healthy Babies, Healthy Children (Home Visiting), Baby Feeding Drop-Ins, Breastfeeding Consultations, Raising Healthy Kids (Facebook Page), Child Health CARELine: 613-966-5500 x223
- **Midwifery Practices:** [Quinte Midwives](#), [Midwifery Services of Haliburton-Bancroft](#)
- **Family Health Teams (FHT):**
  - **Bancroft FHT:** Baby Feeding Drop-In, Breastfeeding Support
  - **Queen's FHT** (Belleville site): Dr. Rebecca Holmes (Breastfeeding Support, Frenotomy)
  - **Prince Edward FHT:** Lending of Breast Pumps, Individualized Support from Family Outreach Nurse, Babez 'n' Arms (Mom/Baby/Peer Support)
- **Community Health Centres (CHC):** [Gateway CHC](#): Home Visits; [Belleville and Quinte West CHC](#)
- **Mohawks of the Bay of Quinte - Community Wellbeing Centre:** [Maternal Child Health & Healthy Babies/Healthy Children](#), Nursing Mother Support Group, Sara Maracle: Lactation Consultant
- [Belleville Nurse Practitioner-Led Clinic](#)
- [Family Space Quinte:](#) Infant Feeding Club, Playgroups
- [North Hastings Children's Services](#)
- [The Hub Child & Family Centre:](#) Breastfeeding Support, Mom/Baby Drop-In
- **Breast Pump Rentals:** Kelly's Home Health (Belleville, Trenton), Shopper's Drug Mart (2 locations in Belleville)
- **La Leche League:** [Belleville](#)
- **Doula:** [Ashley Mitchell](#) (Lactation Educator/Breastfeeding Support)

### *Websites, Phone and Online Supports*

- **Best Start Resource Centre:** [Healthy Mothers, Healthy Babies Breastfeeding](#) \*Free, Bilingual Online Breastfeeding Course
- [Motherisk](#): Medication and Breastfeeding: 1-877-439-2744; Alcohol and Substance: 1-877-327-4636
- [Breastfeeding Inc-Jack Newman](#)
- [INFACT Canada](#)
- [Bilingual Online Ontario Breastfeeding Services](#)
- [Infant Risk Centre](#)
- **Telehealth Ontario 24/7 Breastfeeding Support:** 1-866-797-0000 or TTY 1-866-797-0007
- **Breastfeeding Protocols for Healthcare Providers:**
  - [Baby Friendly Initiative Ontario](#)
  - [Breastfeeding Committee for Canada](#)
  - [BFI Strategy for Ontario](#)

## Additional Services Accessed by Women/Families

### Adolescent Pregnancy

- **Prince Edward FHT:** [Babies and Beyond](#)
- [Belleville Pregnancy & Family Care Centre:](#) Prenatal Program, Clothing and Equipment Support

### Fetal Anomalies or Life Limiting Diagnosis

- **Kingston General Hospital:** [Fetal Assessment Unit Ultrasound](#), [Kingston General Hospital Prenatal Genetics](#), [Kingston General Hospital Neonatal Care Unit](#)

## Children with Disabilities

- [Quinte Children's Treatment Centre](#)
- **Hotel Dieu Hospital Kids Inclusive:** [Special Infant Clinic](#), [Infant and Child Development Program](#)
- [Highland Shores Children's Aid](#): Families First
- **Counselling Services of Belleville and District:** [Infant and Child Development Program](#)

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

- **Kingston General Hospital:** [Neonatal Care Unit](#), [Women's Clinic](#)
- [Bereaved Families of Ontario – Kingston Region](#)
- [Edith Fox Life and Loss Centre](#)
- [Hospice Quinte](#): Bereaved Mothers Group
- [The Heart of Hastings Hospice](#)
- [Bancroft Pregnancy Care Centre](#)
- [Belleville Pregnancy & Family Care Centre](#): Post Abortion Care Program (Individual Peer Counseling and Support Groups)
- **Butterfly Girls:** Quinte Butterfly Run
- **Mary Joan Brinson MSW** (Certified Emotionally Focused Therapist): Postpartum Support
- [Pregnancy and Infant Loss Network](#) (PAIL Network): 1-888-301-7276

## 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](#), [Infant and Child Development Program](#)
- [Quinte Children's Treatment Centre](#)
- **Counselling Services Belleville & District:** Infant and Child Development Program
- **Hotel Dieu Hospital Kids Inclusive:** [Infant and Child Development Program](#)

## High Risk Pregnancies

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

## Adoption and Foster care

- [Adoption Council of Ontario](#)
- [Highland Shores Children's Aid](#)
- [Belleville Pregnancy & Family Care Centre](#)
- **Mohawks of the Bay of Quinte - Community Wellbeing Centre:** [Mohawk Family Services](#)
- **Private Adoption Practitioners:** Josefina Campbell (Belleville)

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

- [Conflict Resolution Counselling Services - Partner Assault Response Program \(PAR Program\)](#)
- **Quinte Health Care:** [Domestic Violence Sexual Assault Response Program](#)
- [Sexual Assault Centre for Quinte and District](#): 1-800-909-7007
- **Sexual Assault/Domestic Violence Response Program:** 1-877-477-8617
- [Alternatives for Women](#)
- [Highland Shores Children's Aid](#)
- **Mohawks of the Bay of Quinte - Community Wellbeing Centre:** [Mohawk Family Services](#)
- **Trenton Military Family Resource Centre:** [Family Violence Crisis Team](#)
- [Three Oaks Shelter for Women and Children](#): 1-800-267-0533
- [Prince Edward – Lennox & Addington Social Services](#)
- [Maggie's Resource Centre](#)

### ***Websites, Phone and Online Supports***

- Sexual Assault Helpline (24 hr): 1-877-544-6424
- The Assaulted Women's Helpline: 1-866-863-0511
- Tyendinaga Mohawk Family & Children Services Crisis Line: 613-967-2003
- Quinte Health Care: Open Line Open Mind: 613-310-613-310-6736 (OPEN)
- [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**

- Mohawks of the Bay of Quinte - Community Wellbeing Centre: [Red Cedars Shelter](#)
- [Three Oaks Shelter for Women and Children](#): 1-800-267-0533
- [Alternatives for Women](#)

### **Drug, Alcohol and Smoking**

- Hastings Prince Edward Public Health: We Can Quit Smoking Clinics, Tobacco Talk Line
- Alcoholics Anonymous (Belleville): 613-962-8700
- North Hastings Alcoholics Anonymous, Alateen, Al-Anon: 1-888-214-0473
- Centre for Addictions and Mental Health (Trenton): 613-546-4266
- Family Health Teams (FHT): [Bancroft FHT](#): Mental Health & Addiction Program; [Central Hastings FHT](#): Addictions Counselling; [Queen's FHT](#): Smoking Cessation; [North Hastings FHT](#): Smoking Cessation; [Prince Edward FHT](#): Smoking Cessation
- Community Health Centres (CHC): [Belleville and Quinte West CHC](#): THRIVE Program; [Gateway CHC](#): Smoking Cessation, Mental Health & Addictions Counselling.
- [Belleville Nurse Practitioner-Led Clinic](#): Smoking Cessation
- [Change Health Care](#)
- [Peer Support South East Ontario](#)
- [Addictions and Mental Health Services Hastings Prince Edward](#)
- [National Native Alcohol Drug Abuse Program](#)
- [Drug and Alcohol Helpline](#): 1-800-565-8603

### ***Websites, Phone and Online Supports***

- [Centre for Addiction and Mental Health](#)
- [Connex Ontario Health Services Information](#)
- [Drug and Alcohol Helpline](#) : 1-800-565-8603
- Openline Openmind: 613-310-6736
- [Motherisk](#) (Alcohol and Substance): 1-877-4636
- [Canadian Cancer Society Ontario Division Smokers Helpline](#): 1-877-513-5333
- [Pregnets](#)

### **Mental Health**

- Quinte Health Care: [Crisis Intervention Centre](#), [Open Line/Open Mind](#): 613-310-6736
- [Trenton Military Family Resource Centre](#): Mental Health Services, Counselling Services
- [Counselling Services of Belleville & District](#)
- Family Health Teams (FHT): [Prince Edward FHT](#) ; [Bancroft FHT](#); [Brighton Quinte West FHT](#)
- Community Health Centres (CHC): [Belleville and Quinte West CHC](#), [Gateway CHC](#): Counselling
- Children's Mental Health Services
- Mary Joan Brinson MSW (Certified Emotionally Focused Therapist): Advanced Clinical Training in the Treatment of Pregnancy & Postpartum Mood Disorders, Individual and Couple Therapy, Free Telephone Consultations: 613-848-3683
- Mohawk Family Services: Maternal Child Health Program
- Hasting and Prince Edward Counties Assertive Community Treatment Team

- [Addictions and Mental Health Services Hastings Prince Edward](#)
- **Providence Care Mental Health Services**
- **CONNECT Counselling Services**
- **Belleville Support Centre:** Peer Support Programs, Access to Resources, Educational Programming and Social/Recreational Activities
- **Picton Support Centre:** Mobile Intentional Peer Support
- **Canadian Mental Health Association:** 613-969-8874
- [Mental Health Helpline:](#) 1-866-531-2600