

Service Pathway - Maternal-Newborn Care Spectrum

(Pregnancy to Postnatal)

~ Eastern Ontario Region ~

(Stormont, Dundas, Glengarry, Prescott/Russell & Akwesasne)

Pregnancy Confirmation/Test

- Pharmacy
- Walk-in Clinic
- Family Medicine: Private Practices
- Family Health Teams: [Lower Outaouais FHT](#) (Hawkesbury); [Plantagenet FHT](#) (Plantagenet); [Clarence-Rockland FHT](#) (Rockland)
- Community Health Centres: [Centre de santé communautaire de l'Estrie](#) (Alexandria, Bourget, Cornwall, Crysler, Embrun); [Seaway Valley Community Centre](#) (Cornwall)
- Aboriginal Health Access Centres: Akwesasne Medical Clinic, Kawehnoke Medical Clinic
- Diagnostic Imaging Clinics (hospital or community)
- Medical Laboratories (hospital or community)
- Eastern Ontario Health Unit: [Young Adult Centre](#) (Alexandria, Casselman, Cornwall, Hawkesbury, Vankleek Hill, Rockland, Winchester)

Prenatal Care

- OB/GYN: Private Practices
- Family Medicine: Private Practices
- Midwifery Practices: [Gentle Beginnings Midwifery](#) (Cornwall, Winchester, Embrun); [East Ottawa Midwives](#) (Ottawa)
- Family Health Teams: [Lower Outaouais FHT](#) (Hawkesbury); [Plantagenet FHT](#) (Plantagenet); [Clarence-Rockland FHT](#) (Rockland)
- Community Health Centres: [Centre de santé communautaire de l'Estrie](#) (Alexandria, Bourget, Cornwall, Crysler, Embrun); [Seaway Valley Community Centre](#) (Cornwall)
- Aboriginal Health Access Centre: Akwesasne Medical Clinic (Kanatakon), primary care physician
- Hospital Outpatient Clinics: Hawkesbury General Hospital – [Obstetric Clinic](#)
- Diagnostic Imaging Clinics (hospital or community)
- Medical Laboratories (hospital or community)
- [Children's Aid Society – Stormont, Dundas & Glengarry](#) (Cornwall)
- [Valoris for Children and Adults of Prescott-Russell](#) (Plantagenet)

Prenatal/Nutrition/Parenting/Breastfeeding Education

- Eastern Ontario Health Unit:
 - [Prenatal Classes](#): Rockland, Hawkesbury, Cornwall, Casselman, Alexandria, Winchester
 - Online Prenatal Course "[A New Life](#)"
 - [Baby's Best Start](#) – Canadian Prenatal Nutrition Program (CPNP): Rockland, Hawkesbury, Cornwall, Casselman, Alexandria, Winchester) * offers food vouchers (eggs, orange juice, milk and prenatal supplements)
 - [Feeding your Baby – Information Session](#): Rockland, Hawkesbury, Cornwall, Casselman, Alexandria, Winchester
 - [Green Food Box](#): Casselman, Clarence-Rockland, Cornwall, Hawkesbury/Alfred, North Dundas, South Dundas, North Glengarry and North Stormont
 - [Nutri-Basket](#) (guided supermarket tours): Rockland, Hawkesbury, Cornwall, Casselman, Alexandria, Winchester

- [Healthy Babies, Healthy Children](#)
- Health Line: 613-933-1375 or 1-800-267-7120
- Baby's Best Start Pregnancy Support Group (Cornwall)
- La Leche League Eastern Ontario: [Cornwall](#), [Winchester/Kemptville](#), [Ottawa East](#)
- Community Health Centres: [Centre de santé communautaire de l'Estrie](#) (Alexandria, Bourget, Cornwall, Crysler, Embrun)
- Ontario Early Years Centres: Casselman, Embrun, Hawkesbury, Rockland, Alexandria, Cornwall, Long Sault, Morrisburg, Iroquois, Williamstown, Winchester
- Prenatal Tours: [Hawkesbury General Hospital](#); [Cornwall Community Hospital](#)
- [Mohawk Council of Akwesasne](#): Kanonhkwat'sheri:io Health and Social Facility
 - Community Health Program
 - One-to-one or group prenatal circles
 - One-to-one or group childbirth circles
 - One-to-one breastfeeding session(s)
 - Tahonata'karita'kie Healthy Arrivals Prenatal Food Vouchers
 - Ronatákaritenion Owiráshon:'a Ronatákaritenion Ratiksáokon: a Healthy Babies Healthy Children
 - Tetewatska:hon Green Food Box
 - Maternal Child & Nutrition Services: prenatal nutrition; postnatal nutrition; baby/infant/toddler/family nutrition services
 - Tekanikonrahwa:kon Wholistic Health and Wellness Program
 - Traditional Medicines
 - Traditional Birthing Classes
 - Traditional Parenting for young families
- [Groupe Action for the children, family and community of Prescott-Russell](#): Embrun, Hawkesbury, Rockland, Alfred-Bourget
- [Ottawa Birth and Wellness Centre](#) (Ottawa)
- [Children's Aid Society –Stormont, Dundas & Glengarry](#) (Cornwall)
- [Valoris for Children and Adults of Prescott-Russell](#) (Plantagenet)
- [OMama](#) (app/website)
- [The Canadian Association of Family Resource Programs](#) (FRP Canada)
- [Dad Central Ontario - 24hr Cribside Assistance](#) (online resource for fathers)
- [EatRight Ontario](#) – Nutrition information and telephone line to speak with a Registered Dietitian

Childbirth

- Hospitals: [Hawkesbury General Hospital](#); [Cornwall Community Hospital](#); [Winchester District Memorial Hospital](#)
- [Ottawa Birth and Wellness Centre](#) (Ottawa)
- Midwifery practices: [Gentle Beginnings Midwifery](#) (Cornwall, Winchester, Embrun); [East Ottawa Midwives](#) (Ottawa)

Post-Partum/Post-Birth

- Family Medicine: Private practices
- OB/GYN: Private Practices
- Pediatricians : Private Practices
- Midwifery Practices: [Gentle Beginnings Midwifery](#) (Cornwall, Winchester, Embrun); [East Ottawa Midwives](#) (Ottawa)
- Family health teams: [Lower Outaouais FHT](#) (Hawkesbury); [Plantagenet FHT](#) (Plantagenet); [Clarence-Rockland FHT](#) (Rockland)
- Hospital outpatient clinics: Hawkesbury General Hospital – [Newborn Follow-up Clinic](#)

- Eastern Ontario Health Unit:
 - [Healthy Babies, Healthy Children](#)
 - [Watch Me Grow Drop-In Centres](#): Alexandria, Alfred, Casselman, Cornwall, Embrun, Hawkesbury, Morrisburg, Rockland, Winchester
 - [Immunization Clinics](#): Cornwall, Alexandria, Hawkesbury, Casselman, Winchester, Rockland
- Community Health Centres: [Centre de santé communautaire de l'Estrie](#) (Alexandria, Bourget, Cornwall, Crysler, Embrun); [Seaway Valley Community Centre](#) (Cornwall)
- Ontario Early Years Centres – Casselman, Embrun, Hawkesbury, Rockland, Alexandria, Winchester, Cornwall, Long Sault, Morrisburg, Cornwall, Iroquois, Williamstown
- [Period of Purple Crying Program](#) (Partnership with EOHU and 3 Eastern Ontario birthing hospitals)
- [Mohawk Council of Akwesasne](#): Kanonhkwat'sheri:io Health & Social Facility
Community Health Program
 - Ronatákaritenion Owiráshon:'a Ronatákaritenion Ratiksáokon:'a Healthy Babies Healthy Children Home visiting services
 - Community Health Nurse home visiting services
 - Community Health RepresentativeTekanikonrahwa:kon Wholistic Health and Wellness Program
 - Aboriginal Health Access Centres: Akwesasne Medical Clinic, Kawehnoke Medical Clinic (primary care providers/nurse practitioners/ pediatrician/ well child clinics)
- Mohawk Council of Akwesasne
Home Care Program
 - Home care nursing services
 - Home support: personal support workers
- [Nipissing District Developmental Screen](#)



Breastfeeding Support

- Eastern Ontario Health Unit:
 - [Healthy Babies, Healthy Children](#)
 - [Watch me Grow Drop-In Centres](#): Alexandria, Alfred, Casselman, Cornwall, Embrun, Hawkesbury, Morrisburg, Rockland, Winchester
 - Health Line: 1-800-267-7120
- Midwifery Practices: [Gentle Beginnings Midwifery](#) (Cornwall, Winchester, Embrun); [East Ottawa Midwives](#) (Ottawa)
- La Leche League Eastern Ontario: [Cornwall](#), [Winchester/Kemptville](#),
- Community Health Centres: [Centre de santé communautaire de l'Estrie](#) (Alexandria, Bourget, Cornwall, Crysler, Embrun); [Seaway Valley Community Centre](#) (Cornwall)
- [Mohawk Council of Akwesasne](#): Kanonhkwat'sheri:io Health & Social Facility
Community Health Program
 - Certified Lactation Counsellors (CLC) Monday-Friday, 8:00 a.m. to 4 p.m. (Except holidays)
 - IBCLC: After hours, Evening & Weekends by Referral Only. Call CLC.
- Lactation Consultants - Private Practices: Lyne Lacroix: 613-361-7441 (Prescott-Russell, Stormont, Dundas and Glengarry); Carol Branchaud: 613-360-2197 (Cornwall)
- Telehealth Ontario 24/7 Breastfeeding Support: 1-866-797-0000 or TTY 1-866-797-0007
- Breast pump rental services: [Medela](#), Jean Coutu (Cornwall, Hawkesbury, Rockland), [Ontario Medical Supply](#) (Ottawa), Shoppers Home Health Care (Ottawa)
- [Best Start Resource Centre](#) (Free, Bilingual Online Breastfeeding Course)
- [Motherisk](#): Medication and Breastfeeding: 1-877-439-2744; Alcohol and Substance: 1-877-327-4636 or
- [Breastfeeding Inc-Jack Newman](#)

Additional Services Accessed by Women/Families

Fetal Anomalies or Life Limiting Diagnosis

- The Ottawa Hospital: [Maternal Fetal Medicine Clinic](#), [Ultrasound Unit: Obstetrics and Gynaecology](#) *offers diagnostic and therapeutic services (ultrasound, amniocentesis, chorionic villi sampling, cordocentesis, fetal echocardiography, Doppler studies)
- [CHEO Regional Genetics Program](#)
- [Roger Neilson House](#) *offer perinatal hospice, end of life care, respite care, grief support and bereavement care

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
- Bereaved Families of Ontario – [Cornwall region](#)
- Mohawk Council of Akwesasne: Kanonhkwat'sheri:io Health & Social Facility
[Tekanikonrahwa:kon Wholistic Health and Wellness Program](#)
 - Traditional Medicines
 - Mental Health Services
- [Pregnancy and Infant Loss Network](#) (PAIL Network)

Preterm Birth

- CHEO: [Neonatal Follow-up clinic](#)
- [Ottawa Children's Treatment Centre](#) (Cornwall)
- Hawkesbury & District Hospital: [Children's Rehabilitation Program of Eastern Ontario](#)
- Mohawk Council of Akwesasne: Kanonhkwat'sheri:io Health & Social Facility
[Department of Health: Non-Insured Health Benefits](#)
 - Financial support for lodging, transportation costs of families with high-risk pregnancies and pre-term birth

High Risk Pregnancies

- The Ottawa Hospital: [Maternal Fetal Medicine/High Risk Pregnancy Unit](#); [Placenta Health Clinic](#); [Special Pregnancy Unit](#) *Type 1 & 2 diabetes, gestational diabetes, thyroid disease, hypertension and other medical conditions; [Division of Neonatology](#) * antenatal consultation clinic (provide counseling, education and support to families and formulate postnatal management plans)
- Mohawk Council of Akwesasne: Kanonhkwat'sheri:io Health & Social Facility
[Department of Health: Non-Insured Health Benefits](#)
 - Financial support for lodging, transportation costs of families with high-risk pregnancies and pre-term birth.

Adoption and Foster Care

- [Valoris for Children and Adults of Prescott-Russell](#) (Plantagenet)
- [Children's Aid Society –Stormont, Dundas & Glengarry](#) (Cornwall)
- [Adoption Council of Canada](#) (Ottawa)
- [Adoption Council of Ontario](#) (Toronto)
- [Ministry of Community and Social Services](#) (Toronto)
- Mohawk Council of Akwesasne: Kanonhkwat'sheri:io Health & Social Facility
- Department of Community and Social Services: Akwesasne Child and Family Services Program
 - S.A.F.E structured analysis family evaluation
 - P.R.I.D.E Training
- Mohawk Council of Akwesasne: Justice Department
 - Legal Counsel for preparation of Custody and Control Documents

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

- [Naomi's Family Resource Centre](#) (Winchester)
- Assaulted Women's Helpline: 1-866-863-0511 or TTY 1-866-863-7868
- Maison Interlude House (Hawkesbury, Alexandria)
- [Maison Baldwin House](#) (Cornwall)
- Cornwall Community Hospital: [Assault and Sexual Abuse Program](#)
- [Hawkesbury General Hospital](#) – Counselling Service of Prescott-Russell for Women Victims/Survivors of Sexual Assault (Hawkesbury)
- [Counselling and Support Services of Stormont, Dundas and Glengarry](#) (Cornwall)
- [Centre Novas](#) –CALACS francophone de Prescott-Russell (Casselman)
- [Sexual Assault Support services for Women of SDG&A](#) (Cornwall)
- Mohawk Council of Akwesasne: Kanonhkwat'sheri:io Health & Social Facility
Department of Community and Social Services
 - [Akwesasne Child and Family Services](#) Program
- Department of Community and Social Services: Iethinisten:ha Akwesasne Family Wellness Program
Residential Program for Women & Children who have been Victims of or Exposed to Abuse
 - 24 hour Crisis Line 1-800-480-4208
 - Referrals, Advocacy, Support and Education
 - Domestic Violence Education: Individual or Group
 - Cultural and Traditional Teachings
 - Outreach Programming
 - Men for Change Program
- [Children's Aid Society –Stormont, Dundas & Glengarry](#) (Cornwall)
- [Valoris for Children and Adults of Prescott-Russell](#) (Plantagenet)
- [Femaidé](#) – Ligne de Soutien pour Femmes touchées par la Violence
- Assaulted Women's Helpline: 1-866-863-0511 or TTY 1-866-863-7868

Shelter and Transitional Housing

- [Maison Interlude House](#) (Hawkesbury, Alexandria)
- [Naomi's Family Resource Centre](#) (Winchester)
- [Maison Baldwin House](#) (Cornwall)
- Mohawk Council of Akwesasne: [Iethinisten:ha Akwesasne Family Wellness Program](#)

Drug, Alcohol and Smoking

- [Addiction Services of Eastern Ontario](#)
- Cornwall Community Hospital: [Community Addiction and Mental Health Centre](#)
- Drug and Alcohol Helpline: 1-800-565-8603
- [Centre for Addiction and Mental Health](#) (CAMH)
- The Ottawa Hospital: [Maternal Fetal Medicine/High Risk Pregnancy Unit](#)
- Eastern Ontario Health Unit: [MyQuit.ca](#); [Quit Smoking Online](#)
- [Motherisk](#) (Alcohol and Substance): 1-877-4636
- [Al-Anon/Alateen Family Groups](#) – Stormont, Dundas and Glengarry, Prescott-Russell (Ottawa)
- [Alcoholics Anonymous](#) (Hawkesbury, Cornwall, Williamstown, Lancaster, Winchester, Moose Creek, Casselman, Russell, Metcalfe)
- [Canadian Mental Health Association](#)
- [Change for Health Care](#) (Cornwall)
- Cornwall Community Hospital: [Addiction Services, Community Withdrawal Management Services](#)
- [Seaway Valley Community Centre](#) (Cornwall)
- Hawkesbury General Hospital: [Community Mental Health and Addiction Services](#) (Rockland, Hawkesbury, Casselman)
- Mohawk Council of Akwesasne: Kanonhkwat'sheri:io Health & Social Facility
Department of Health: Community Health Program
 - Tobacco Cessation Services

Department of Health: Tekanikonrahwa:kon Wholistic Health and Wellness Program

- Drug and Alcohol Assessment
- One-to-One Counselling
- Out-Patient Program
- In-Patient Referrals
- Aftercare Services
- Co-dependency Services
- Smoking Addiction Services
- Relapse Prevention
- Youth Alcohol and Drug Preventative Education

Perinatal Mental Health Issues

- Psychotherapists: Private Practices
- Psychologists: Private Practices
- Individual, Couple and Family Therapists: Private Practices
- Psychiatrists: Private Practices
- [Centre de santé communautaire de l'Estrie](#) (Alexandria, Bourget, Cornwall, Crysler, Embrun)
- [Canadian Mental Health Association – Champlain East](#) (Hawkesbury, Cornwall)
- Cornwall Community Hospital: [Mental Health Services](#)
- [Children's Aid Society –Stormont, Dundas & Glengarry](#) (Cornwall)
- [Valoris for Children and Adults of Prescott-Russell](#) (Plantagenet)
- [Prescott-Russell Community Mental Health Centre – Hôpital Montfort](#) (Rockland)
- [Centre Royal-Comtois](#) (Hawkesbury)
- Child, Youth and Family Crisis Line for Eastern Ontario: 613-260-2360 or 1-877-377-7775
- Mohawk Council of Akwesasne: Kanonhkwat'sher:io Health & Social Facility
- Department of Health: Tekanikonrahwa:kon Wholistic Health and Wellness Program
 - Aboriginal Health Access Centres: Akwesasne Medical Clinic, Kawehnoke Medical Clinic (Primary Care Providers/Nurse Practitioners/ Pediatrician/ Well Child Clinics)
 - Mental Health and Addiction Services
 - Traditional Medicines
- Distress Centre: 613-238-3311