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’šer:i:o 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)
- Tathomata’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, Crrysler, 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:** Kanonhkat’a:sher:i:io Health & Social Facility

**Community Health Program**
- Ronatâkaritenion Owirâshon:’a Ronatâkaritenion Ratiksáokon:’a Healthy Babies Healthy Children Home visiting services
- Community Health Nurse home visiting services
- Community Health Representative

**Tekanikonra:ka 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**

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### 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, Crrysler, Embrun); Seaway Valley Community Centre (Cornwall)

**Mohawk Council of Akwesasne:** Kanonhkat’a:sher:i: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)
- Haïkhesby General Hospital – Counselling Service of Prescott-Russell for Women Victims/Survivors of Sexual Assault (Hawkesbury)
- Assaulted Women’s Helpline: 1-866-863-0511 or TTY 1-866-863-7868
- Maison Interlude House (Hawkesbury, Alexandria)
- Naomi’s Family Resource Centre (Winchester)
- Maison Baldwin House (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)
- Femaid – 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: Kanonhkwa’tsherio 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