

# Service Pathway - Maternal-Newborn Care Spectrum

(Pregnancy to Postnatal)

## ~ Leeds, Grenville and 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 (FHT):** [Leeds & Grenville Community FHT](#) (Gananoque, Brockville), [Prescott FHT](#) (Prescott), [Upper Canada FHT](#) (Brockville), [Ottawa Valley FHT](#) (Almonte); [Athens and District FHT](#) (Athens)
- **Community Health Centres (CHC):** [Rideau Community Health Services](#) (Merrickville District CHC; Smiths Falls CHC); [Country Roads CHC](#); [North Lanark CHC](#); [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 & District Memorial Hospital](#), [Almonte General Hospital](#), [Ottawa Valley FHT](#) (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 (FHT):** [Leeds & Grenville Community FHT](#) (Gananoque, Brockville); [Prescott FHT](#) (Prescott); [Upper Canada FHT](#) (Brockville); [Athens and District FHT](#) (Athens); [Community Primary Health Care \(CPHC\) FHT Mobile Unit](#) (Brockville), [Ottawa Valley FHT](#) (Almonte)
- **Community Health Centres (CHC):** [Rideau Community Health Services](#) (Merrickville District CHC; Smiths Falls CHC); [Country Roads CHC](#); North Lanark CHC: [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 Centre (CHC):**
  - [Rideau Community Health Services](#) (Merrickville District CHC; Smith Falls CHC): Early Years Nurse Practitioner

- Country Roads CHC: [Early Years Program](#) (Parenting and Support Groups), [Good Food Box](#), Breastfeeding Education, Depression Education
- North Lanark CHC: [Healthy Young Family Program](#)
- **Connections:** [Good Food for a Healthy Baby](#) (Lanark, Leeds & Grenville), [Birth Companion Program](#) (Lanark)
- **Ontario Early Years Centres (OEYC):**
  - [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](#)
- [Breastfeeding Inc](#) - Dr. Jack Newman
- [Health Before Pregnancy Website](#) (Best Start Nexus)
- 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 (FHT):** [Athens and District FHT](#) (Athens); [Leeds & Grenville Community FHT](#) (Gananoque, Brockville); [Prescott FHT](#) (Prescott); [Upper Canada FHT](#) (Brockville), [Ottawa Valley FHT](#) (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 (CHC):**
  - [Rideau Community Health Services](#) (Merrickville District CHC; Smiths Falls CHC) – Early Years Nurse Practitioner: Well Baby/Child Assessments, Nutrition Counselling, Immunizations
  - [Country Roads CHC](#): Breastfeeding Buddies, Parent Education and Support
  - North Lanark CHC: [Healthy Young Family Program](#)
- **Connections:** [Good Food for a Healthy Baby](#), [Home Visiting](#) (Lanark), Parent and Children’s Groups (Lanark)
- **Ontario Early Years Centres (OEYC):**
  - [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 (CHC):**
  - [Rideau Community Health Services](#) (Merrickville District CHC, Smith Falls CHC) – Early Years Nurse Practitioner: Well-Baby and Breastfeeding Support Group (Breastfeeding Counselling and Support, Breastfeeding Education)
  - [Country Roads CHC](#)
  - North Lanark CHC: [Healthy Young Family Program](#)
- **Leeds, Grenville and Lanark District Health Unit:** [Breastfeeding Clinic](#); [Healthy Babies, 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 CHC:** Breastfeeding Buddies

**Websites, Phone and Online Supports**

- [Healthy Mothers, Healthy Babies Breastfeeding](#) (Best Start Resource Centre) \*Free, Bilingual Online Course on Breastfeeding)
- [Motherisk](#): Medication and Breastfeeding: 1-877-439-2744; Alcohol and Substance: 1-877-327-4636
- [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**

### **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

- **Alcohol 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 CHC:** Lung Health Services
- **Rideau Community Health Services** (Merrickville District CHC and Smiths Falls CHC): 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 CHC; Smith Falls CHC) – 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