

# Service Pathway – Maternal-Newborn Care Spectrum

(Pregnancy to Postnatal)

## ~ Renfrew County & District ~

(Deep River, Chalk River, Petawawa, Pembroke, Barry's Bay, Killaloe, Piwakanagan, Eganville, Renfrew & Arnprior)

### Pregnancy Confirmation/Test

- Pharmacy
- Walk-in Clinic
- Family Medicine: Private Practices
- Family Health Teams (FHT): [Algonquins of Piwakanagan First Nation – Health Service](#) (Piwakanagan) [Arnprior and District FHT](#) (Arnprior), [North Renfrew FHT](#) (Deep River), [Petawawa Centennial Family Health Centre FHT](#) (Petawawa); [West Champlain FHT – Ottawa Valley Health and Wellness Center](#) (Pembroke)
- Renfrew County & District Public Health: [Sexual Health Clinics](#)
- Diagnostic Imaging Clinics: [Arnprior & District Memorial Hospital](#), [Deep River & District Hospital](#), [Pembroke Regional Hospital](#), [St. Francis Memorial Hospital](#), [Renfrew Victoria Hospital](#)
- Medical Laboratories (Hospital or Community): LifeLabs (Pembroke, Petawawa); St. Francis Memorial Hospital Gamma Dynacare; [Rainbow Valley CHC](#)



### Prenatal Care

- OB/GYN: Private Practices
- Family Medicine: Private Practices
- Midwifery Practices: [Madawaska Valley Midwives](#) (Killaloe, Petawawa); [Ottawa Valley Midwives](#) (Carleton Place)
- Family Health Teams (FHT): [Algonquins of Piwakanagan First Nation – Health Service](#) (Piwakanagan) [Arnprior and District FHT](#) (Arnprior), [North Renfrew FHT](#) (Deep River) [Petawawa Centennial Family Health Centre FHT](#) (Petawawa); [West Champlain FHT – Ottawa Valley Health and Wellness Center](#) (Pembroke)
- Pembroke Regional Hospital: [Obstetrical and Newborn Assessment Clinic](#)
- [Rainbow Valley Community Health Centre](#)
- Diagnostic Imaging Clinics: [Arnprior & District Memorial Hospital](#), [Deep River & District Hospital](#), [Pembroke Regional Hospital](#), [St. Francis Memorial Hospital](#)
- Medical Laboratories (Hospital or Community): LifeLabs (Pembroke, Petawawa); St. Francis Memorial Hospital Gamma Dynacare, [Rainbow Valley CHC](#)



### Prenatal/Nutrition/Parenting/Breastfeeding Education

- Renfrew County & District Health Unit: [Online Prenatal Education](#) “The Gifts of Motherhood”, [In person Prenatal Education](#); [Breastfeeding ABC's](#) (Prenatal Breastfeeding Workshop); [Healthy Babies Health Children Program](#) (Home Visiting Program); [Make Your Own Baby Food](#); Health Info Line: 613-735-8666
- Ontario Early Years Centres (OEYC):
  - [Jubilee Place](#) (Pembroke): Prenatal Classes, Canada Prenatal Nutrition Program
  - [Winning Kids Centre](#) (Pembroke): Car seat inspection and information
  - [Arnprior Family Preschool Resource Centre](#): Canada Prenatal Nutrition Program
  - [Community Resource Centre](#) (Killaloe) : Canada Prenatal Nutrition Program
  - [Deep River and Area Family Enrichment Network](#): Canada Prenatal Nutrition Program
- [Columbus House](#): Young Parent Support Program: Canada Prenatal Nutrition Program

- **Phoenix Centre for Children and Families:** [Welcome to Parenting Online Program](#), [Parenting Partnership](#) (Prenatal and Parent Education Program), [www.Parents2Parents.ca](http://www.Parents2Parents.ca)
- **Petawawa Military Family Resource Centre:** Prenatal & Postnatal Nutrition Programs (Canada Prenatal Nutrition Program) and Collective Kitchen, Preparation for Labour, Prenatal Education Workshop
- **Renfrew County Doulas**
- **Private Breastfeeding Education Sessions** offered by Lois O'Brien: 613-735-8049

**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**
- **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)
- 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



**Childbirth**

- **Pembroke Regional Hospital**
- **Midwifery Practices:** [Madawaska Valley Midwives](#) (Killaloe, Petawawa); [Ottawa Valley Midwives](#) (Carleton Place)
- **Renfrew County Doulas**



**Post-Partum/Post-Birth Care**

- **Pembroke Regional Hospital:** [Obstetrical and Newborn Assessment Clinic](#)
- **Renfrew County & District Health Unit:** [Healthy Babies Healthy Children Program](#) (Home Visiting Program), [Well-Baby Drop-Ins](#), [Child Health Clinics](#), [Immunization Clinics](#), [Make Your Own Baby Food](#), Health Info Line: 613-735-8666
- **Midwifery Practices:** [Madawaska Valley Midwives](#) (Killaloe, Petawawa); [Ottawa Valley Midwives](#) (Carleton Place)
- **Family Health Teams (FHT):** [Algonquins of Piwakanagan First Nation – Health Service](#) (Piwakanagan), [Arnprior and District FHT](#) (Arnprior), [North Renfrew FHT](#) (Deep River), [Petawawa Centennial Family Health Centre FHT](#) (Petawawa); [West Champlain FHT – Ottawa Valley Health and Wellness Center](#) (Pembroke)
- **Rainbow Valley Community Health Centre**
- **Family Medicine:** Private Practices
- **OB/GYN:** Private Practices
- **Pediatricians:** Private Practices
- **Petawawa Military Family Resource Centre** : Postnatal Nutrition programs and Collective Kitchen; Postnatal groups
- **Ontario Early Years Centres (OEYC):** Variety of programs available including: Baby Cupboard, Baby and Me Group, Play & Learn Drop-In, Under One Club, Baby Circle Time, “Sing to Me”, Make the Connection (birth-1 year), Infant Massage, Parent/Child Mother Goose, Car Seat Inspection and Information,

Dads Group *\*Contact your Local OEYC for More Information*

- [Jubilee Place](#) (Pembroke)
- [Winning Kids Centre](#) (Pembroke)
- [Arnprior Family Preschool Resource Centre](#)
- [Deep River and Area Family Enrichment Network](#)
- [Kids Corporation](#) (Renfrew)
- [Community Resource Centre](#) (Killaloe): Toy Bus (Cobben to Whitney)
- [Renfrew County Doulas](#)
- [Phoenix Centre For Children and Family](#)
- [Columbus House](#): Young Parent Support Program
- [Physio in the Valley](#): Pregnancy and post-partum physiotherapy and pelvic floor rehabilitation
- [Ottawa Valley Physiotherapy & Sports Medicine](#): Pelvic Floor and Pediatric Physiotherapy Services

#### **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](#)
- [Dad Central Ontario](#) - [24hr Cribside Assistance](#) (online resource for fathers)
- [EatRight Ontario](#)
- [Ontario 211](#): call 211
- Telehealth Ontario: 1-866-797-0000
- Ministry of Health and Long-Term Care: [Vaccination programs and immunization schedule](#)
- Ministry of Children and Youth Services: [Child development](#)
- Ministry of Education: [Childcare](#)
- [Safe Kids Canada](#)



#### **Breastfeeding Support**

- [Pembroke Regional Hospital](#): Labour & Delivery Unit
- **Breastfeeding Mothers Groups** (Petawawa, Pembroke, Arnprior)
- **Lactation Consultants**: private practices
  - Lois O'Brien (Pembroke/Petawawa): 613-325-2569
  - Tania Leclerc (Douglas/Cobden, Eganville, Renfrew, Pembroke, Petawawa): 613-325-2569
- **Midwifery Practices**: [Madawaska Valley Midwives](#) (Killaloe, Petawawa); [Ottawa Valley Midwives](#) (Carleton Place)
- **Renfrew County & District Health Unit**: [Healthy Babies Healthy Children Program](#) (Home Visiting Program), [Breastfeeding Drop-Ins](#), [Well Baby Drop-Ins](#), Health Info Line: 1-800-267-1097 x 666 or 613-735-8666, Lactation Consultants: Christine Adam (Pembroke): 613-735-8651 and Heather Yolkowskie (Renfrew): 613-432-5853
- [Renfrew County Breastfeeds](#)
- [Renfrew County Breastfeeding Buddies](#) (OEYC-Pembroke): 613-735-6866 x4129
- **Metis Nation of Ontario**: Healthy Babies Healthy Children (Renfrew)
- **La Leche League Canada**: [Arnprior](#)
- [Ontario Early Years Centres \(OEYC\)](#):
  - [Arnprior Family Preschool Resource Centre](#): La Leche Breastfeeding Support Group, Baby Café Drop-In,
  - [Winning Kids Centre](#) (Pembroke): Breastfeeding drop-in
  - [Deep River and Area Family Enrichment Network](#): Well baby Drop-In

- **Breast Pumps for Purchase, Rent and Loan:**
  - Shoppers Drug mart (Arnprior, Pembroke, Petawawa)
  - Community Resource Centre (Killaloe) *\*Please call for availability*
  - Gisele Gobeil – ABC Soutien Perinatal Support (Renfrew/Arnprior)
  - Aikenhead’s Drug Store (Renfrew)
  - Mulvihill Drug Mart (Pembroke)
  - Ontario Early Years Centre – Pembroke
  - Petawawa Military Resource Centre

**Websites, Phone and Online Supports**

- **Healthy Mothers, Healthy Babies Breastfeeding** (Best Start Resource Centre) \*Free, Bilingual Online Breastfeeding Course
- **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**

**Adolescent Pregnancy**

- **Columbus House:** Young Parent Support Program

**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** *\*Offers 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:** [CHEO Regional Genetics Program](#)
- **Roger Neilson House** *\*Grief Support and Bereavement Care*
- **Pregnancy and Infant Loss Network** (PAIL Network): 1-888-301-7276
- **Petawawa Military Family Resource Centre**
- **Bereaved Families of Ontario:** [Ottawa Region](#)

**Preterm Birth**

- **CHEO:** [Neonatal Follow-up clinic](#)
- **Ottawa Children’s Treatment Centre**

**High Risk Pregnancies**

- **The Ottawa Hospital:** [Maternal Fetal Medicine/High Risk Pregnancy Unit](#), [Placenta Health Clinic](#), [Special Pregnancy Unit Division of Neonatology](#)

## Adoption and Foster Care

- [Family and Children's Services of Renfrew County](#)
- [Adoption Council of Canada](#)
- [Adoption Council of Ontario](#)
- [Ministry of Community and Social Services](#)

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

- [Women's Sexual Assault Centre of Renfrew County](#): 1-800-663-3060
- [Assaulted Women's Helpline](#) (Ontario): 1-866-863-0511
- [Bernadette McCann House for Women](#) (Pembroke): 613-732-3131 or Women's Helpline: 1-800-267-4930
- [Centre culturel francophone de Pembroke](#)
- [Pembroke Regional Hospital](#) : [Mental Health Services of Renfrew County](#)
- [Renfrew Victoria Hospital](#): [Regional Assault Care program](#) : 1-800-363-7222 or 613-432-4851 x224
- [End Violence Against Women Renfrew County](#)
- [North Renfrew Family Services](#): Violence Against Women Program (Deep River)
- [Family and Children's Services of Renfrew County](#)
- [Emergency Medical Services, Police: 911](#)
- [Ligne de Soutien pour Femmes Victims de Violence](#): 1-877-FEMAIDE (336-2433) ATC 1-933-860-7082

## Shelters, Transitional Housing and Drop-in for Women

- [Centre culturel francophone de Pembroke](#)
- [North Renfrew Family Services](#): Violence Against Women Program (Deep River)

## Drug, Alcohol and Smoking

- [Algonquins of Pikwàkanagàn First Nation Health Services](#): Native Alcohol and Drug Abuse Program
- [Rainbow Valley Community Health Centre](#) (Killaloe)
- [Addiction Treatment Services](#) (Arnprior, Barry's Bay, Deep River, Pembroke, Renfrew)
- [Alcoholics Anonymous](#): [Madawaska Valley](#), [Pembroke](#), Renfrew County
- [Phoenix Centre For Children and Family](#)
- [Robbie Dean Family Counselling Centre](#)
- [Ontario Addiction Treatment Centres](#): Methadone Maintenance Treatment Program (Pembroke, Renfrew)
- [Renfrew County Addition Treatment System](#): Additions Treatment Services, Mackay Manor, Pathways Alcohol & Drug Treatment Services, Renfrew County Community Withdrawal Management Services, Renfrew County Addition Supportive Housing Program
- [Narcotics Anonymous](#) (Pembroke): 1-888-922-7822
- [My Quit Program](#): 1-877-376-1701

## Perinatal Mental Health Issues

- [Psychotherapists](#): Private Practices
- [Psychologists](#): Private Practices
- [Individual, Couple and Family Therapists](#) : Private Practices
- [Psychiatrists](#): Private Practices
- [24 Hour Mental Health Crisis Line](#): 1-866-996-0991
- [Ontario Mental Health Help Line](#): 1-866-531-2600
- [Pembroke Regional Hospital](#): [Mental Health Services of Renfrew County](#)
- [Renfrew County and District Health Unit](#): Information Line: 613-735-8666
- [The Robbie Dean Family Counselling Centre](#): Crisis Clinic: 1-613-433-4231, Crisis Line: 1-866-996-0991
- [Child, Youth and Family Crisis Line for Eastern Ontario](#): 1-877-377-7775
- [Hospital Emergency Departments](#): Arnprior & District Memorial Hospital, St. Francis Memorial Hospital (Barry's Bay), Deep River & District Hospital, Pembroke Regional Hospital, Renfrew Victoria Hospital)

- [Algonquins of Pikwàkanagàn First Nation Health Services](#)
- [Phoenix Centre For Children and Family](#) : Family and Child Treatment, Phoenix Centre Crisis Line: 1-877-377-7775
- [North Renfrew Family Services](#): Walk in Counselling: 613-584-3358
- **Medical Centre Killaloe**: Living Well Counselling Services (Dr. Blair Voyvodic)
- [Mental Health Helpline](#): 1-866-531-2600
- [Life with a New Baby](#)