



CHAMPLAIN MATERNAL NEWBORN REGIONAL PROGRAM
PROGRAMME RÉGIONAL DES SOINS À LA MÈRE
ET AU NOUVEAU-NÉ DE CHAMPLAIN

MAPPING THE MATERNAL-NEWBORN CARE SPECTRUM IN THE CHAMPLAIN AND SOUTH EAST LHINS

Mental Health Services and Programs

Compiled by the CMNRP Care Mapping Workgroup 2017

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http://www.cmnrp.ca/en/cmnrp/Mapping_of_MaternalNewborn_Services_p4874.html

EASTERN ONTARIO REGION

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

- **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
- **24 Hour [Crisis Line](#):** 1-866-996-0991
- **24 Hour Ontario [Mental Health Helpline](#):** 1-866-531-2600

HASTING & PRINCE EDWARD COUNTIES

(Belleville, Picton, Bancroft, Trenton)

- **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
- **24 Hour Ontario [Mental Health Helpline](#):** 1-866-531-2600

KINGSTON, FRONTENAC AND LENNOX & ADDINGTON

- **KFL&A Public Health:** Child and Babytalk Phone Line: 613-549-1154 or 1-800-267-7875 x 155
- [Addiction and Mental Health Services](#)
- **Psychotherapists:** Private Practices
- **Psychiatrist:** Private Practices
- **Psychologist:** Private Practices
- **Individual, Couple and Family Therapist:** Private Practices
- Hotel Dieu Hospital: Women's Reproductive Psychiatry Clinic: 613 544-3400 x 255
- [Limestone Advisory for Child Care Program](#) (Kingston and the Islands): No Parent Left Behind

In Home Postpartum and Parenting Support

- **Kingston Community Health Centres:** [Better Beginnings for Kingston Children](#), [THRIVE](#)
- [KFL&A Pubic Health HBHC](#)
- [Metis Nation of Ontario Aboriginal HBHC](#) (Kingston)
- [Ontario Native Women's Association Aboriginal HBHC](#) (Napanee)

Websites, Phone and Online Supports

- [Canadian Mental Health Association](#)
- [Life with a New Baby](#)
- 24 Hour Ontario [Mental Health Helpline](#): 1-866-531-2600
- Telehealth Ontario: 1-866-797-0000 or TTY 1-866-797-0007
- [Pacific Postpartum Support Society \(BC\)](#)
- [Peel Postpartum Mood Disorder Program](#)
- [Postpartum Progress](#)
- [New Dad Manual](#)

LEEDS, GRENVILLE AND LANARK

(Almonte, Carleton Place, Lanark, Perth, Smiths Falls, Merrickville, Kemptville, Brockville, Prescott, Gananoque)

- **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
- 24 Hour Ontario [Mental Health Helpline](#): 1-866-531-2600
- [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

OTTAWA REGION

(Cumberland, Orleans, Navan, Metcalfe, Osgoode, Manotick, Richmond, Barrhaven, Riverside South, Central Ottawa, Vanier, Nepean, Bayshore, Kanata, Stittsville, Carp and Kinburn)

- **Psychotherapists:** [Stephanie Irwin](#); [Michele Glover](#); [Tina Strutt](#); [Rekha Chagarlamudi](#); [Phaedra Gryz](#); [Kyli Robertson](#); [Mandie Robertson](#); [Barbara Mills](#); [Kerry Ainger Counselling and Psychotherapy](#); [Julie Desjardins](#); [Zsuzsa Grandpierre](#); [Robin Harnden](#); [Dana Truelove](#); [Amanda Carver](#); [Laura England](#); [April Boyd](#); [Lakeridge Counselling & Consulting Services](#); [Kara Morris](#)
- **Psychologists:** [Stephanie Tompkins](#); [Marie-Pierre Fontaine-Paquette](#); [Adam Heenan](#); [Allyson Smith](#); [Susana Ratowiecki](#); [Danielle Leduc](#); [Laura A. Nichols](#); [Irina Youssef](#); [Tracy Thomson Counselling & Psychotherapy](#); [Rachel L. Brown](#)
- **Psychiatrists:** Dr. Radka Lenz; Dr. Sandhaya Norris; Dr. Jasmine Gandhi; Dr. Valérie Giroux
- **Individual, Couple and Family Therapists/Counsellors:** Judy Kiar; [Signy Fridriksson](#); [Laurie-Anne Muldoon](#); [Pam Green](#); [Sogol Kafi](#); [Nathalie Dickinson](#); [Jim Weiler](#); [Mahsan Maz](#); [Anna Earle Green](#); [Terri Biggs](#); [Jennifer Gaudreau](#); [Cintia Garcia Block](#); [Olga Salgado-Lacroix](#); [Heidi Piotrowski](#)
- **Ottawa Public Health:** Healthy Babies Healthy Children Program (Home Visiting Program), Parenting in Ottawa Drop-Ins
- **Canadian Mothercraft of Ottawa:** Postpartum Support Group, Birth and Parent Companion Program
- **Family Services Ottawa:** Assessment, Counselling Support Services (Individual, Family, Supporters), MOMS Program (Therapy Support Group, Perinatal Support Drop-In), Walk-In Counselling Clinic,
- **Jewish Family Services:** [The Counselling Group](#) (Children, Individuals, Couples and Families), Walk-In Counselling Clinic
- **Immigrant Women Services Ottawa:** Crisis Intervention and Short Term Counselling, Therapeutic Counselling, Women Support Groups
- **Ottawa Counselling and Psychotherapy Centre**
- **Centre for Interpersonal Relationships**
- **Kanata Psychology and Counselling Centre**
- **Hospitals:**
 - **CHEO:** Assessment, Crisis Support, Counselling Services (Individual, Family)
 - **The Ottawa Hospital:** Assessment, Crisis Support, Individual Counselling, Perinatal Mental Health Program
 - **Hôpital Montfort:** Assessment, Crisis Support, Individual Counselling, [Mental Health Clinic](#), [Postpartum Group Therapy](#)
 - **Royal Ottawa Hospital:** Assessment, Individual Counselling, The Joys and Challenges of Mothering
- **Community Health Centres (CHC) and Community Resource Centres (CRC):**
 - **Carlington CHC:** Counselling (Individual, Couples, Families, Group), Crisis Counselling & Support, Mindfulness Based Stress Reduction Program, Mindfulness Movement & Relaxation Drop-in, Stress and Wellness Group for Women, Wednesday Women Drop-in
 - **Centretown CHC:** Assessment, Overcoming Depression, Coping With Stress, Counselling Services (Individual and Couple)
 - **Eastern Ottawa CRC:** Counselling Services, Crisis Intervention and Support
 - **Lowertown CRC:** Assessment, Crisis Support, Counselling Services (Individual, Family), Support/Activity Group
 - **Nepean, Rideau and Osgoode CRC:** Assessment, Counselling Services
 - **Orleans-Cumberland CRC:** Counselling Services (Individual and Family), Crisis Intervention (Short Term Counselling)
 - **Pinecrest-Queensway CHC:** Mental Health Case Management
 - **Rideau-Rockcliffe CRC:** Counselling Services (Individual, Family), Crisis Support
 - **Sandy Hill CHC:** Coping With Anxiety, Counselling Services (Individual, Family), Crisis Support
 - **Somerset West CHC:** Counselling Services (Individual, Short-Term), Walk-In Counselling Clinic, Women's Counselling, Wellness Workshops

- [South-East Ottawa CHC](#): Counselling Support (Individual, Couple and Family), Crisis Support, AcuDestress, Walk-In Counselling
- [Vanier Community Service Centre](#): Counselling Services (Individual, Family)
- [Wabano Centre for Aboriginal Health](#): Individual and Group Counselling Sessions, Educational and Cultural Workshops, Post Natal Support Group
- [Western Ottawa CRC](#): Short-term Counselling (Individual, Family), Crisis Walk-in and Phone Support
- **Family Health Teams (FHT):**
 - [Akausivik Inuit FHT](#): Psychotherapy, Counselling
 - [Bruyère Academic FHT](#): Mental Health Team
 - [Connexion FHT](#): Stress Management Workshop
 - [Eastern Ottawa FHT](#): Mental Health: Wellness Recovery Action Plan (WRAP)
 - [Montfort Academic FHT](#): Mental Health Program: Evaluation, Psychotherapy, Navigation of Community Resources
 - [Greenbelt FHT](#): Mental Health: Pediatric Mental Health Program, Adult Mental Health Program
 - [Ottawa Hospital FHT](#): Mental Health and Counselling: Individual Therapy or Counselling, Group Therapy, Treatment and Recommendations, Social Work Services
 - [University of Ottawa FHT](#): Mental Health Counselling, Psychiatry, Mood Disorder Centre of Ottawa
 - [Westend Family Care Clinic FHT](#): Mindful Self-Compassion Course
- [Youville Centre](#): Intensive Treatment Support Program, Parent-Child Attachment Counselling, Infant Mental Health Promotion
- [St. Mary's Home - Young Parent Outreach Centre](#): Counselling, Attachment Counselling
- [Bethany Hope Centre](#): Individual Counselling Support, Attachment Counselling
- [Catholic Family Services Ottawa](#): Counselling Services
- [Birthright of Ottawa](#): Referral to Professional Counselling
- [Eastern Ontario Counselling Services](#)
- [St. Joe's Women's Centre](#): Supportive Counselling
- [CMHA Ottawa](#): Assessment, Individual Counselling Services
- [Centre Psychosocial](#): Assessment, Crisis Support, Counselling (Individual, Family), Support/Activity Group
- [Pathways Psychosocial and Counselling Services](#)
- [Parents' Lifelines of Eastern Ontario](#): Confidential Telephone Helpline, Parent Support Groups
- [Young Adult Support – The Source](#)
- [The Walk-In Counselling Clinic](#) (8 locations)
- [Gesa Harmston](#) (Certified Life Transitions Coach)
- [Ottawa Institute of Cognitive Behavioural Therapy](#)
- [Ottawa Attachment Parenting Meetup](#)
- [Mama Coach](#)
- [Your Birth Coach](#)
- [Ottawa Parent Resource Centre](#)
- [Hopewell](#) (Eating Disorder Support Centre)
- **Youth Services Bureau of Ottawa:** [Youth Mental Health Walk-in Clinic](#)

Websites, Phone and Online Supports

- **Centre D'Aide**: 819-595-9999 (Gatineau)
- [Distress Centre Ottawa](#): 613-238-3311
- **24 Hour Mental Health Crisis Line**: 1-866-996-0991
- **Child, Youth and Family Crisis Line of Eastern Ontario**: 613-260-2360 (Ottawa)
- [Capital Choice Counselling](#)
- [icanada.ca](#) (Support for Mothers Healing from Caesareans and Planning VBAC)
- [Ottawa Mommy Club](#)
- [PSI: Postpartum Support International](#)
- [The Postpartum Stress Centre](#)

- [Pacific Post Partum Support Society](#): 1-855-255-7999
- [Postpartum Progress](#)
- [Women's College Hospital – Mother Matters Program](#) (Toronto)
- www.ementalhealth.ca
- [Best Start Health Nexus](#): Mental Health Resources
- www.postpartumdads.org
- www.dadsca.ca
- [Healthy Minds \(App\)](#)
- **Youth Services Bureau of Ottawa**: [24/7 Crisis Line and Crisis Chat Service](#): 613-260-2360 or 1-877-377-7775
- [Crisis Line](#): within Ottawa 613-722-6914; outside Ottawa 1-866-996-0991
- **24 Hour Ontario [Mental Health Helpline](#)**: 1-866-531-2600

RENFREW COUNTY & DISTRICT

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

- **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
- **24 Hour Ontario [Mental Health Helpline](#)**: 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)
- [Life with a New Baby](#)