



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

# **Focus Group on Maternal-Newborn Health Services and Programs**

**TRENTON**

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## INTRODUCTION

The Champlain Maternal Newborn Regional Program (CMNRP) conducted focus groups as part of one of its strategic priorities focused on enhancing the transition of maternal-newborn care from hospital to community. The focus groups are one of the activities of the CMNRP *Mapping Maternal Newborn Services Workgroup*.

CMNRP is pleased to present a summary report of key findings and recommendations from the focus group that was conducted at the Quinte West Youth Centre in Trenton on March 2nd, 2017 from 1700 to 1900. A total of **20 family members** and **1 health care provider** from Hastings Prince Edward Public Health participated.

The purpose of this focus group was to:

- 1) confirm and identify additional maternal-newborn health services and/or programs currently available in this community;
- 2) explore the views of participants about the strengths, challenges and gaps of existing services and programs in relation to access, navigation and continuity of supports; and
- 3) identify opportunities for improvement and make recommendations to improve the current system.

The focus group was divided into three parts. Notes were taken and the session was audio-recorded in order to accurately capture participants' contributions. Information from the notes and the audio-recording were reviewed, collated and is presented in this report.

### **PART 1 – Document Current Maternal-Newborn Health Services & Programs**

Prior to attending the focus group, participants received a list of maternal-newborn health services and programs that were identified by CMNRP's Mapping Maternal Newborn Services Workgroup members through searches of portals ([thehealthline.ca](http://thehealthline.ca); [211.ontario](http://211.ontario)) and organizations' websites as well as telephone calls with key informants. Copies of this list were available at the session to use as a reference.

In the first part of the session, participants were asked to identify services and programs that were missing from the list and those that were no longer available. They were encouraged to submit any additions or modifications to the list in writing to the facilitator following the session.

An updated copy of the list of maternal-newborn health services and programs can be found in Appendix A.

## PART 2 – Identify Strengths, Challenges and Gaps in Maternal-Newborn Health Services & Programs

Participants were tasked to identify strengths, challenges and gaps in current maternal-newborn health services and programs in their community. Participants were asked to consider how easy it is to access these services and programs, how people navigate within and between them and how the services are meeting the needs of childbearing families. Key findings from this exercise are presented below in Table 1.

**TABLE 1 - STRENGTHS, CHALLENGES AND GAPS IN MATERNAL-NEWBORN HEALTH SERVICES AND PROGRAMS**

Participants identified the **bolded areas** as applicable to all perinatal periods (prenatal, labour & birth and postnatal).

	PRENATAL	BIRTHING SERVICES	POSTNATAL
<b>Strengths</b>	<ul style="list-style-type: none"> <li>• Food for You: Food for Two program <i>*Weekly drop-in for expectant parents provides the opportunity to share ideas with other parents, and participate in a friendly, informal discussion on nutrition, pregnancy and lifestyle topics; staffed by a public health dietician and public health nurse; food vouchers and prenatal vitamins provided; transportation may be arranged if necessary; child care provided</i></li> <li>• In-person prenatal classes - information provided re: options and available resources, services and programs <i>*Partnership with Hastings Prince Edward Public Health (HPEPH) and Quinte Health Care</i></li> <li>• Facebook breastfeeding support group</li> <li>• Availability/access to lactation consultants</li> <li>• <b>Babies and Beyond Program</b> <i>*Weekly program offered by Trenton MFRC (supported by HPEPH) which offers lunch, parenting tips, school strategies, crafts, financial advice, cooking tips</i></li> <li>• Services and programs offered by Pregnancy and Family Care of Quinte West <i>[Programs for parents (fathers/mothers); postnatal service; free confidential pregnancy tests; information on pregnancy and options; maternity and baby clothes and supplies; ongoing support before and after delivery] *Christian-based organization</i></li> </ul>	<ul style="list-style-type: none"> <li>• Care offered by team of obstetricians <i>*Clients introduced to team members prior to their hospitalization</i></li> <li>• HBHC Public Health Nurse Liaison <i>*Meets with families prior to hospital discharge</i></li> <li>• Birth plans are discussed and followed (when possible)</li> <li>• Availability of services/resources for vaginal birth after cesarean (VBAC)</li> <li>• Ability to complete pre-registration prior to hospitalization</li> <li>• Midwives have hospital privileges</li> <li>• Option of having a home birth</li> </ul>	<ul style="list-style-type: none"> <li>• Availability of infant yoga and infant massage classes</li> <li>• Availability of arts and play groups <i>(mom and baby)</i></li> <li>• Quinte Butterfly Run - Provides support to families experiencing a perinatal loss</li> <li>• HPEPH Healthy Babies, Healthy Children (HBHC) Program - Home visiting/phone call</li> <li>• Infant and Child Development Drop-In <i>*Partnership with Trenton OEYC and the Counselling Services of Belleville and District; Infant development worker provides information, support and addresses concerns surrounding different areas of infant and toddler development; child care provided *self-referrals</i></li> <li>• Parenting For Success <i>*12 week parenting program offered by Highland Shores Children's Aid</i></li> <li>• Helping Hands <i>*Parenting program offered by Highland Shores Children's Aid which offers breastfeeding support; transportation (From prenatal to up to 2 months)</i></li> <li>• Availability/access to lactation consultant services</li> <li>• Breastfeeding groups offered by Quinte Midwives</li> <li>• Vaccinations and dental screening provided by HPEHU</li> <li>• Availability of infant CPR classes</li> </ul>

	PRENATAL	BIRTHING SERVICES	POSTNATAL
	<ul style="list-style-type: none"> <li>• Pregnancy testing offered by HPEHU Sexual Health Clinics</li> <li>• Motherisk helplines and website</li> <li>• Telehealth Ontario – Available 24 hours a day, 7 days a week</li> <li>• Prenatal car seat clinics <i>*Offered by Quinte and Belleville CHC</i></li> </ul>		
<b>Challenges</b>	<ul style="list-style-type: none"> <li>• Age restrictions for some health services/programs (i.e. Several programs are offered up to 6 months) <i>*Loss of social contact</i></li> <li>• Some programs are not family friendly <i>*Child care not available for older children</i></li> <li>• Availability of online prenatal classes</li> <li>• <b>Lack of awareness and information of local maternal-newborn health services and programs</b> <i>*Some information is available at midwifery groups, in hospital and Ontario Work</i></li> <li>• <b>Limited access to some health services and programs</b> <i>* Limitation in terms of timing, transportation, communication and coordination between services and programs (i.e. Monday to Friday from 9:00 to 17:00; services/programs often offered on same day and at the same time)</i></li> </ul>	<ul style="list-style-type: none"> <li>• Availability/access to HBHC Public Health Nurse Liaison <i>*Service only available Monday to Friday from 8:00 to 16:00</i></li> <li>• Communication between health care providers and childbearing families <ul style="list-style-type: none"> <li>○ Health care providers should use non-medical terms that families understand</li> <li>○ Inconsistency of information provided by health care providers (e.g. pain medication, feeding options, jaundice) <i>*Not enough time to answer questions or give explanations; more clarification needed about 'medical' information</i></li> <li>○ Difficult for young parents' wishes to be voiced and respected</li> </ul> </li> <li>• Inconsistency in breastfeeding support</li> <li>• Limited bereavement support/resources for families experiencing a perinatal loss</li> <li>• Inability to have own MD present during labour and birth</li> <li>• <b>Lack of awareness and information of local maternal-newborn health services and programs</b></li> <li>• <b>Limited access to some health services and programs</b></li> </ul>	<ul style="list-style-type: none"> <li>• Limited postnatal follow-up care</li> <li>• Limited access to health services <i>*Nurse practitioners are available but do not meet the needs of childbearing families</i></li> <li>• Inconsistency of breastfeeding information and support <i>*Perception of 'Failure' if not breastfeeding</i> <ul style="list-style-type: none"> <li>○ Limited access to breast pumps</li> <li>○ Lack of information about pumping</li> </ul> </li> <li>• Inconsistency of information/education provided by health care providers on topics such as circumcision, basic newborn care, medication use when breastfeeding, car seat safety <i>*Not always evidence-based</i></li> <li>• Inconsistency of pricing with certain health services (e.g. circumcision)</li> <li>• Availability of play groups for childbearing families with older children</li> <li>• Access to health services and programs offered on the military base</li> <li>• <b>Lack of awareness and information of local maternal-newborn health services and programs</b></li> <li>• <b>Limited access to some health services and programs</b></li> </ul>

	PRENATAL	BIRTHING SERVICES	POSTNATAL
<b>Gaps</b>	<ul style="list-style-type: none"> <li>• Programs for dads/partners</li> <li>• Availability of transportation (<i>Ontario Works will provide transportation for medical appointments</i>)</li> </ul>	<ul style="list-style-type: none"> <li>• Poor accommodations for dads/partners (<i>e.g. beds, chairs</i>)</li> <li>• Lack of birthing options for families experiencing a perinatal loss</li> <li>• Lack of breastfeeding resources (<i>i.e. difficulty latching</i>)</li> </ul>	<ul style="list-style-type: none"> <li>• Lack of perinatal and infant mental health services. <i>*Edinburgh Postnatal Depression Screen not done as there is no services, programs and resources available</i></li> <li>• No local milk bank</li> <li>• Availability/access to health services (<i>e.g. family physicians, walk-in clinics, well baby drop-ins</i>)</li> <li>• Lack of health services and programs from 6-12 months</li> </ul>

### PART 3 – Recommendations to Improve Maternal-Newborn Health Services & Programs

Participants were then tasked with identifying ways to improve services and programs. Participants were asked to think about services/programs that could be created, enhanced or improved. Ideas and suggestions are presented below in Table 2.

**TABLE 2 - OPPORTUNITIES FOR IMPROVEMENT OF MATERNAL-NEWBORN HEALTH SERVICES AND PROGRAMS**

OPPORTUNITIES FOR IMPROVEMENT
<ul style="list-style-type: none"> <li>• Increase accessibility and availability of existing services and programs; regardless of socioeconomic status, age and type of service</li> <li>• Improve communication and coordination of existing services and programs (e.g. ensuring that various programs are not being offered on the same day and at the same time; ensuring better communication between services/programs offered in different cities/sub-regions)</li> <li>• Improve public transportation for childbearing families</li> <li>• Create a service hub - Information and community services could be housed in one central location that is easily accessible to childbearing families</li> <li>• Increase awareness of existing maternal-newborn services and programs <ul style="list-style-type: none"> <li>○ Creation of a monthly calendar of existing services and programs (including description and contact information)</li> <li>○ Creation of a community forum (e.g. support groups)</li> <li>○ Use of social media (e.g. Facebook Page) and other advertising strategies (e.g. website, newspaper, parenting magazine)</li> </ul> </li> <li>• Ensure that baby changing stations are available in public restrooms and commercial areas (e.g. shopping malls, health care facilities, restaurants) <i>*Specifically in men's restrooms</i></li> <li>• Offer programs for fathers/partners (e.g. playgroups, support groups)</li> <li>• Ensure that services and programs are family friendly (include fathers/partners and other family members; child care for older children is provided)</li> <li>• Obtain more funding for program needs (e.g. breast pumps, liquid formula)</li> </ul>

## **CONCLUSION**

The findings and recommendations identified by this focus group will be included in the final regional report that will be produced when all focus groups from across the Champlain and South East LHINs have been completed, as part of this project's deliverables.

This valuable information will be key to the CMNRP network and partner organizations as we all work together to ensure appropriate maternal-newborn health services are available and explore opportunities to enhance awareness about them.

## **ACKNOWLEDGMENTS**

CMNRP would like to sincerely thank the participants for their time, participation and contributions in the focus group. Thank you also to the **Hastings Prince Edward Public Health** for its assistance in planning and for hosting the session.

## Care Mapping Pathway of Maternal Newborn Care Spectrum (from pregnancy to postnatal period)

### - Hasting & Prince Edward Counties – (Belleville, Picton, Bancroft, Trenton)

#### Pregnancy Confirmation/Test:

- Pharmacy
- Walk-in Clinics
- Family Medicine: Private Practices
- Family Health Teams: [Prince Edward FHT](#); [Bancroft FHT](#); [Brighton Quinte West FHT](#); [Central Hastings FHT](#); [North Hastings FHT](#); [Queen`s FHT](#)
- NP-led Clinics: [Belleville Nurse Practitioner-Led Clinic](#)
- Community Health Centers: [Belleville and Quinte West Community Health Centre](#), [Gateway Community Health Centre](#)
- Diagnostic Imaging Clinics: [Belleville X Ray and Ultrasound](#); [Bluewater Imaging](#) (Belleville); [Kente X-Ray and Ultrasound](#) (Belleville); [Quinte Health Care](#) (Belleville); [Trenton Diagnostics](#)
- Medical laboratories: [Quinte Health Care](#) (Belleville, Trenton, Picton); [Lifelabs](#) (Bancroft, Belleville, Trenton, Picton); The Medical Clinic (Bancroft)
- Hastings Prince Edward Public Health: [Sexual Health Clinics](#)
- [Bancroft Pregnancy Care Centre](#)
- [Belleville Pregnancy & Family Care Centre](#): Free Pregnancy Tests, Information on Pregnancy Options, Post Abortion Care Program
- [Birthright of Belleville](#): Free Pregnancy Tests



#### Prenatal Care:

- OB/GYN: Private Practices
- Family Medicine: Private Practices
- Midwifery Practices: [Quinte Midwives](#), [Midwifery Services of Haliburton-Bancroft](#)
- Family Health Teams: [Prince Edward FHT](#); [Bancroft FHT](#); [Brighton Quinte West FHT](#); [Central Hastings FHT](#); [North Hastings FHT](#); [Queen`s FHT](#)
- NP-led Clinics: [Belleville Nurse Practitioner-Led Clinic](#)
- Community Health Centers: [Belleville and Quinte West Community Health Centre](#), [Gateway Community Health Centre](#)
- Diagnostic Imaging Clinics: [Belleville X Ray and Ultrasound](#); [Bluewater Imaging](#) (Belleville); [Kente X-Ray and Ultrasound](#) (Belleville); [Quinte Health Care](#) (Belleville, Picton, Bancroft); [Trenton Diagnostics](#); The Medical Clinic (Bancroft)
- Medical Laboratories: [Quinte Health Care](#) (Belleville, Trenton, Picton, Bancroft); [LifeLabs](#) (Bancroft, Belleville, Trenton, Picton); The Medical Clinic (Bancroft)
- Hastings Prince Edward Public Health: Healthy Babies, Healthy Children
- [Mohawks of the Bay of Quinte - Community Wellbeing Centre](#): Family Health and Child Development Program



## Prenatal/Nutrition/Parenting/Breastfeeding Education:

- **Hastings Prince Edward Public Health** : Online Prenatal Course (Gift of Motherhood), In-Person Prenatal Classes, Prenatal Breastfeeding Education, Prenatal Smoking Cessation Program, Food for You: Food for Two (Canadian Prenatal Nutrition Program), Healthy Babies, Healthy Children, Raising Healthy Kids (Facebook page), Infant Feeding Classes, Reproductive Health InfoLine: 613-966-5500 x 675, Child Health CARELine: 613-966-5500 x 223
- **Family Health Teams:**
  - **Central Hasting FHT:** Diabetes Program
  - **Prince Edward FHT:** Mom-2-Be Prenatal Consultations; Baby and Beyond Group (Teen Group), Individual Prenatal and Breastfeeding Consultations, Birthing Classes, Breastfeeding Information/Support, Home Visits
- **Community Health Centres:**
  - **Belleville and Quinte West Community Health Centres** (Belleville and Trenton): Prenatal Education, Car Seat Clinics, THRIVE Program, Triple P Parenting Program, Healthy Cooking on a Budget
  - **Gateway Community Health Centre:** Prenatal Education With Early Years Nurse (Early Pregnancy Education for Expectant Parents and Support Persons, Post-Delivery Health and Lifestyle Education, Individual Consultation in 1<sup>st</sup> Trimester, Prenatal Classes During Third Trimester, Cradling Arms, Car Seat Clinics
- **Mohawks of the Bay of Quinte - Community Wellbeing Centre:** Prenatal Classes, Canadian Prenatal Nutrition Program, [Diabetes Education Program](#), [Maternal Child Health & Healthy Babies, Healthy Children](#)
  - Family Health and Child Development Program
- **The Hub – Prince Edward ChildCARE Services:** Prenatal Education, Triple P Parenting Program, Infant Massage, Babies & Beyond, Bears & Cubs, Good Food Box
- **Ontario Early Years Northumberland:** Prenatal Classes (Brighton, Trenton, Hastings), Positive Parenting Discussion Group (Brighton, Trenton), Food for you, Food for Two (Trenton)
- **Métis Nation of Ontario** (Bancroft): Aboriginal Healthy Babies, Healthy Children; Canadian Prenatal/Postnatal Nutrition Program
- **Community Development Council Of Quinte** : Good Food Box
- **Bancroft Pregnancy Care Centre:** Pregnancy support, Preparing for baby
- **Family Space Quinte (Belleville):** Triple P Parenting Program, New Parent Group, Early Learning Playgroups, Early Literacy Program, Grandparents Group, Daddy n’ Me, Live Love Latch
- **Belleville Pregnancy & Family Care Centre:** Prenatal Program, Parent Program, Men’s Program, Women’s LEAD Program, Clothing and Equipment Support
- **Birthright of Belleville:** Maternity and Baby Clothes; Referrals to Various Services (Medical, Financial, Employment, Housing, Education, Social Assistance, Professional Counselling), Information on Pregnancy and Childbirth, Prenatal Development and Care, Parenting Skills, Child Care, and Child Safety, Career Development and/or Continuing Education, Community Programs and/or Social Assistance, Adoption
- **North Hastings Children’s Services:** Food for You, Food For Two Program, Triple P Parenting Program
- **Lennox & Addington Resources for Children** (LARC): Aboriginal Healthy Babies, Healthy Children
- **Community Partners for Success:** Parenting Education (e.g. Budgeting, Food Preparation, Menu Planning), Parent Support Groups
- **Trenton Military Resource Centre:** Babies and Beyond, Family Services
- **Birth Smarts:** Enhanced Prenatal and Newborn Education
- **Carrie Taylor:** Hypnobirthing Childbirth Educator
- **Highland Shores Children's Aid:** [Parenting Programs](#) (Parenting for Success, Triple P Positive Parenting Program, Helping Hands); [Parenting Resources](#)
- **Doulas:** [Joanna Howard](#), [Barb Matteucci](#) (Bereavement Support), [Melissa Skinkle](#) (Birth Pool Rental), [Lesley Lavender](#), [Michelle Stroud](#) (Reflexology, Reiki Master, Prenatal Yoga Classes, Birth Pool Rental, Bereavement Support), [Ashley Turgeon](#) (Reflexology, Placenta Encapsulation, Birth Pool Rental), Amanda Lazarski, [Sarah Stogryn](#), [Heather Neville](#) (Pregnancy Fitness), [Melissa Anthony](#) (Childbirth Education), [Ashley Mitchell](#) (Lactation Educator, Fertility and Pregnancy Reiki) , [Monika Gerritsen](#), Natalie Blower (Placenta Encapsulation), [Sarah Gardner-Stavroff](#) (Prenatal Yoga, Reflexologist, Prenatal Education)



- **Mary Joan Brinson MSW** - Certified Emotionally Focused Therapist): Prenatal/Postnatal Support, Perinatal Mood Disorders, Pregnancy Loss

**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](#): 1-877-510-5102
- [Telehealth Ontario](#): 1-866-797-0000
- [OMama](#) (app/website)
- [The Mother's Program](#)
- **Public Health Agency of Canada**: [Breastfeeding & Infant Nutrition](#), [Healthy Canadians: Healthy Pregnancy](#)
- **Health Canada**: [Prenatal Nutrition](#)
- **Transport Canada**: [Car Seat Safety](#)
- **Dr. Jack Newman** – [Breastfeeding Inc](#)
- [International Breastfeeding Centre](#)
- [Health Before Pregnancy Website](#) (Best Start Nexus)
- **Society of Obstetricians and Gynaecologists of Canada**: [pregnancy.sogc.org](#)
- [Motherisk](#): Motherisk Helpline: 1-877-439-2744, Alcohol & Substance: 1-877-327-4636, Morning Sickness: 1-800-436-8477, Exercise in Pregnancy: 1-866-937-7678
- [Best Start Health Nexus](#): Prenatal Key Messages
- **Institut national de santé public**: [From Tiny Tot to Toddler](#)
- **SickKids**: [AboutKidsHealth](#)



**Childbirth:**

- **Hospitals**: [Quinte Health Care](#): Neonatal Abstinence Syndrome Program (Support, Rooming In)
- **Midwifery practices**: [Quinte Midwives](#), [Midwifery Services of Haliburton-Bancroft](#)
- **Doulas**: [Kim Belanger-Mills](#) (Postpartum Doula Services), [Joanna Howard](#), [Barb Matteucci](#) (Bereavement Support), [Melissa Skinkle](#) (Birth Pool Rental), [Lesley Lavender](#), [Michelle Stroud](#) (Reflexology, Reiki Master, Prenatal Yoga Classes, Birth Pool Rental, Bereavement Support), [Ashley Turgeon](#) (Reflexology, Placenta Encapsulation, Birth Pool Rental), Amanda Lazarski, [Sarah Stogryn](#), [Heather Neville](#) (Pregnancy Fitness), [Melissa Anthony](#) (Childbirth Education), [Monika Gerritsen](#), Natalie Blower (Placenta Encapsulation), [Sarah Gardner-Stavroff](#) (Prenatal Yoga, Reflexologist, Prenatal Education), [Ashley Mitchell](#)
- [Belleville and Quinte West Community Health Centre](#): THRIVE Program



**Post-Partum/Post-Birth:**

- **Family Medicine**: Private Practices
- **OB/GYN**: Private Practices
- **Pediatricians**: Private Practices
- **Doulas**: [Kim Belanger-Mills](#) (Postpartum Doula Services), [Joanna Howard](#), [Barb Matteucci](#) (Bereavement Support), [Melissa Skinkle](#), [Lesley Lavender](#), [Michelle Stroud](#) (Bereavement Support), [Ashley Turgeon](#) (Placenta Encapsulation), Amanda Lazarski, [Sarah Stogryn](#), [Heather Neville](#), [Melissa Anthony](#), [Monika Gerritsen](#), Natalie Blower (Placenta Encapsulation), [Sarah Gardner-Stavroff](#), [Ashley Mitchell](#)
- [Quinte Pediatrics and Adolescent Health](#): Pediatric Services at Quinte Health Care, Regional Consulting Group
- **Midwifery Practices**: [Quinte Midwives](#), [Midwifery Services of Haliburton-Bancroft](#)
- **Hastings Prince Edward Public Health**: Healthy Babies, Healthy Children (Home Visiting), Raising Healthy Kids (Facebook Page), Child Health CARELine: 613-966-5500 or 1-800-267-2803x223, [Immunization Clinics](#), [Baby Feeding Drop-In](#), Breastfeeding Consultations, Canadian Prenatal Nutrition Program

- **Community Health Centers:**
  - [Belleville and Quinte West Community Health Centre](#): THRIVE Program
  - [Gateway Community Health Centre](#): Well Baby/Child Visits, Cradling Arms
- [Community Development Council Of Quinte \(CDC Quinte\)](#): Good Food Box, Good Baby Box
- [Family Space](#): Baby's First Class, Baby Club, Infant Feeding Club, Playgroups
- [The Hub Child & Family Centre](#): Infant Massage, Playgroups, Prenatal and Infant Wellbeing
- **Trenton Military Resource Centre**: Babies and Beyond, Family Services
- [Community Development Council Of Quinte](#) : Good Food Box, Good Baby Box
- **Mohawks of the Bay of Quinte** - Community Wellbeing Centre: [Maternal Child Health & Healthy Babies/Healthy Children](#) (Home Visits, Good Baby Box, Postpartum Doula Care)
- [Métis Nation of Ontario](#) (Bancroft): Aboriginal Healthy Babies, Healthy Children; Canadian Prenatal/Postnatal Nutrition Program
- **Family Health Teams**: Bancroft FHT: Well Baby Program; Prince Edward FHT: Individualized Support From Family Outreach Nurse, Babez 'N Arms (Mom/Baby/Peer Support)
- **NP-led Clinics**: [Belleville Nurse Practitioner-Led Clinic](#)
- [Bancroft Pregnancy Care Centre](#): Care Cupboard, Support
- **Mary Joan Brinson MSW** - Certified Emotionally Focused Therapist: Postpartum Support
- **We Share Baby**: Clothing and Baby Items

*Websites, Phone and Online Supports:*

- [Nippissing District Developmental Screen](#)
- [Healthy Canadians: Infant Care](#)
- **Public Health Agency of Canada**: [Infancy](#)
- [MotHERS Program Website](#)
- [CPS Caring for Kids](#)
- [EatRight Ontario](#)
- [Immunize Canada](#)
- **Institut national de santé public**: [From Tiny Tot to Toddler](#)
- **SickKids**: [AboutKidsHealth](#)



#### **Prenatal and Postnatal Wellness:**

- [Sprout Massage Therapy](#): Prenatal Massage
- [Belleville Integrative Health Centre](#) : Chiropractor, Medical Acupuncture, Pelvic Floor Physiotherapy
- [Forever Young Chiropractic & Massage](#): Prenatal and Pediatric Services
- [The Physio Centre](#): Joanna Kirby, Registered Massage Therapist
- [Quinte Naturopathic Centre](#)
- [Scott Allin](#) (RMT): Massage Therapy
- [Stephanie Postma](#) (RMT): Massage Therapy
- [Heron House Pilates and Yoga](#): Pilates, Yoga, Rebounding and Personal Training



## **Breastfeeding Support:**

- **Hastings Prince Edward Public Health:** Healthy Babies, Healthy Children (Home Visiting), Baby Feeding Drop-Ins, Breastfeeding Consultations, Raising Healthy Kids (Facebook Page), Child Health CARELine: 613-966-5500 x 223
- **Midwifery practices:** [Quinte Midwives](#), [Midwifery Services of Haliburton-Bancroft](#)
- **Family Health Teams:**
  - **Bancroft FHT:** Baby Feeding Drop-In, Breastfeeding Support
  - **Queen`s FHT** (Belleville site): Dr. Rebecca Holmes (Breastfeeding Support, Frenotomy)
  - **Prince Edward FHT:** Lending of Breast Pumps, Individualized Support from Family Outreach Nurse, Babeez 'N Arms (Mom/Baby/Peer Support)
- **Community Health Centers:** [Gateway Community Health Centre](#): Home Visits; [Belleville and Quinte West Community Health Centre](#)
- **Mohawks of the Bay of Quinte - Community Wellbeing Centre:** [Maternal Child Health & Healthy Babies/Healthy Children](#), Nursing Mother Support Group, Sara Maracle: Lactation Consultant
- [Belleville Nurse Practitioner-Led Clinic](#)
- [Family Space Quinte](#): Infant Feeding Club, Playgroups
- [North Hastings Children`s Services](#)
- [The Hub Child & Family Centre](#): Breastfeeding Support, Mom/Baby Drop-In
- **Breast Pump Rentals:** Kelly`s Home Health (Belleville, Trenton), Shopper`s Drug Mart (2 locations in Belleville)
- **La Leche League:** [Belleville](#)
- **Doula:** [Ashley Mitchell](#) (Lactation Educator/Breastfeeding Support)

### **Websites, Phone and Online Supports**

- **Best Start Resource Centre Nexus:** [Healthy Mothers, Healthy Babies Breastfeeding](#) \*Free, Bilingual On-line Course on Breastfeeding
- **Motherisk:** Medication and Breastfeeding: 1-877-439-2744; Alcohol and Substance: 1-877-327-4636 or
- [Breastfeeding Inc-Jack Newman](#)
- [INFACT Canada](#)
- [Bilingual Online Ontario Breastfeeding Services](#)
- [Infant Risk Centre](#)
- **Telehealth Ontario 24/7 Breastfeeding Support:** 1-866-797-0000 or TTY 1-866-797-0007
- **Breastfeeding protocols for Healthcare Providers:**
  - [Baby Friendly Initiative Ontario](#)
  - [Breastfeeding Committee for Canada](#)
  - [BFI Strategy for Ontario](#)

## SPECIAL SERVICES ALSO ACCESSED BY WOMEN/FAMILIES

### Adolescent Pregnancy:

- Prince Edward Family Health Team: [Babies and Beyond](#)
- [Belleville Pregnancy & Family Care Centre](#): Prenatal Program, Clothing and Equipment Support

### Fetal Anomalies or Life Limiting Diagnosis

- Kingston General Hospital: [Fetal Assessment Unit Ultrasound](#), [Kingston General Hospital Prenatal Genetics](#), [Kingston General Hospital Neonatal Care Unit](#)

### Children With Disabilities

- [Quinte Children`s Treatment Centre](#)
- Hotel Dieu Hospital Kids Inclusive: [Special Infant Clinic](#), [Infant and Child Development Program](#)
- [Highland Shores Children's Aid](#): Families First
- Counselling Services of Belleville and District: [Infant and Child Development Program](#)

### Perinatal Loss (Miscarriage, Termination of Pregnancy, Stillbirth, Neonatal Death)

- Kingston General Hospital: [Neonatal Care Unit](#), [Women`s Clinic](#)
- [Bereaved Families of Ontario – Kingston Region](#)
- [Edith Fox Life and Loss Centre](#)
- [Hospice Quinte](#): Bereaved Mothers Group
- [The Heart of Hastings Hospice](#)
- [Bancroft Pregnancy Care Centre](#)
- [Belleville Pregnancy & Family Care Centre](#): Post Abortion Care Program (Individual Peer Counseling and Support Groups)
- [Butterfly Girls](#): Quinte Butterfly Run
- Mary Joan Brinson MSW - Certified Emotionally Focused Therapist: Postpartum Support
- [Pregnancy and Infant Loss Network](#) (PAIL Network): 1-888-301-7276

### Preterm Birth

- 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](#)
- [Quinte Children`s Treatment Centre](#)
- Counselling Services Belleville & District: Infant and Child Development Program
- Hotel Dieu Hospital Kids Inclusive: [Infant and Child Development Program](#)

### High Risk Pregnancies

- Kingston General Hospital: [High Risk Obstetrical Clinic](#)

### Adoption and Foster care

- [Adoption Council of Ontario](#)
- [Highland Shores Children's Aid](#)
- [Belleville Pregnancy & Family Care Centre](#)
- Mohawks of the Bay of Quinte - Community Wellbeing Centre: [Mohawk Family Services](#)
- Private Adoption Practitioners: Josefina Campbell (Belleville)

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

- [Conflict Resolution Counselling Services - Partner Assault Response Program \(PAR Program\)](#)
- Quinte Health Care: [Domestic Violence Sexual Assault Response Program](#)
- [Sexual Assault Centre for Quinte and District](#): 1-800-909-7007
- Sexual Assault/Domestic Violence Response Program: 1-877-477-8617
- [Alternatives for Women](#)
- [Highland Shores Children's Aid](#)
- Mohawks of the Bay of Quinte - Community Wellbeing Centre: [Mohawk Family Services](#)
- Trenton Military Family Resource Center: [Family Violence Crisis Team](#)
- [Three Oaks Shelter for Women and Children](#): 1-800-267-0533
- [Prince Edward – Lennox & Addington Social Services](#)
- [Maggie`s Resource Centre](#)

### Websites, Phone and Online supports

- Sexual Assault Helpline (24 hr): 1-877-544-6424
- The Assaulted Women's Helpline: 1-866-863-0511
- Tyendinaga Mohawk Family & Children Services Crisis Line: 613-967-2003
- Quinte Health Care: Open Line Open Mind: 613-310-613-310-6736 (OPEN)
- [Ontario Association of Children`s Aid Societies](#)
- [Ontario Ministry of Children and Youth Services](#)
- [Ontario Ministry of Community and Social Services](#)

## Shelter and Transitional Housing

- Mohawks of the Bay of Quinte - Community Wellbeing Centre : [Red Cedars Shelter](#)
- [Three Oaks Shelter for Women and Children](#): 1-800-267-0533
- [Alternatives for Women](#)

## Drug, Alcohol and Smoking

- Hastings Prince Edward Public Health: We Can Quit Smoking Clinics, Tobacco Talk Line
- Alcoholics Anonymous (Belleville): 613-962-8700
- North Hastings Alcoholics Anonymous, Alateen, Al-Anon: 1-888-214-0473
- Centre for Addictions and Mental Health (Trenton): 613-546-4266
- Family Health Teams: Bancroft FHT: Mental Health & Addiction Program; Central Hasting FHT: Addictions Counselling; Queen`s FHT: Smoking Cessation; North Hastings FHT: Smoking Cessation; Prince Edward FHT: Smoking Cessation; North Hastings FHT: Smoking Cessation
- Community Health Centers: [Belleville and Quinte West Community Health Centre](#): THRIVE Program; **Gateway Community Health Centre**: Smoking Cessation, Mental Health & Addictions Counselling.
- [Belleville Nurse Practitioner-Led Clinic](#): Smoking Cessation
- [Change Health Care](#)
- [Peer Support South East Ontario](#)
- [Addictions and Mental Health Services Hastings Prince Edward](#)
- [National Native Alcohol Drug Abuse Program](#)
- [Drug and Alcohol Helpline](#): 1-800-565-8603

### Websites, Phone and Online supports

- [Centre for Addiction and Mental Health](#)
- [Connex Ontario Health Services Information](#)
- [Drug and Alcohol helpline](#) : 1-800-565-8603
- Openline Openmind: 613-310-6736
- Motherisk (Alcohol and Substance): 1-877-4636 or <http://www.motherisk.org/>
- [Canadian Cancer Society Ontario Division Smokers Helpline](#): 1-877-513-5333
- [Pregnets](#)

## Perinatal Mental Health

- **Quinte Health Care:** [Crisis Intervention Centre](#), [Open Line/Open Mind](#): 613-310-6736,
- [Trenton Military Family Resource Center](#): Mental Health Services, Counselling Services
- [Counselling Services of Belleville & District](#)
- **Family Health Teams:** [Prince Edward FHT](#); [Bancroft FHT](#); [Brighton Quinte West FHT](#)
- **Community Health Centers:** [Belleville and Quinte West Community Health Centre](#), [Gateway Community Health Centre](#): Mental Health 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**
- [Mental Health Helpline](#): 1-866-531-2600