

# COMMUNITY PROGRAMS

THUNDER BAY DISTRICT HEALTH UNIT TBDHU.COM	625-5900	THUNDER BAY INDIAN FRIENDSHIP CENTRE - FAMILY SUPPORT PROGRAM	345-5840	FORT WILLIAM FIRST NATIONS HEALTH CENTRE www.fwfn.com	622-8802
EARLY PRENATAL CLASSES	625-8313	PRECIOUS BUNDLES Free children's clothing, toys, books and maternity clothes.	251-7142	CHILDREN'S CENTRE - www.lrfc.ca Programming which provides an early intervention, community-based service to families who have children aged 0 - 6.	343-5000
A series of 4 prenatal education classes taken prior to 26th week of pregnancy.		ST. JOHN'S AMBULANCE CAR SEAT INSTALLATION CLINIC	345-1712	COMMUNITIES TOGETHER FOR CHILDREN - ONTARIO EARLY YEARS CENTRE - www.ctctbay.org Connects families & caregivers to early learning and care through: Pre/Post natal services; Parent/Child interactive programs; Parenting education; Resources - books, video, toys; Supports - special needs, literacy.	624-5690
HEALTHY BABIES HEALTHY CHILDREN PROGRAM	625-8814	THE METIS NATION OF ONTARIO www.metisnation.org	624-5013	OUR KIDS COUNT - www.ourkidscounts.ca CAPC/CPNP - Support for families 0—6 years. Community kitchens, drop-ins, parenting, pre/post natal education and home visiting.	623-0292
Support provided by Public Health Nurse's, and Family Home Visitor's to families who are expecting or have children aged 0-6 years.		ABORIGINAL HEALTHY BABIES HEALTHY CHILDREN	624-5016	FAYE PETERSON HOUSE www.fayepeterson.org For women who have been in an abusive relationship.	345-4681 ext. 235
INFANT HEARING, SUPERIOR HEARING CTR.	346-0101	COMMUNITY ACTION PROGRAM FOR CHILDREN	624-5012	ONTARIO WORKS - www.tbdssab.on.ca Short term financial & employment assistance.	766-2111
If your infant was not screened in hospital call our clinic.		CANADIAN PRENATAL NUTRITION PROGRAM	624-5013	CHILDREN'S AID SOCIETY OF THE DISTRICT OF THUNDER BAY www.thunderbaycas.ca Voluntary individual prenatal counselling, assessment, referral to community agencies and case management. Adoption information also available.	343-6100
GENETICS PROGRAM	625-5924 or 1-888-294-6630	BEENDIGEN INC. Prenatal/Postnatal Nutrition Program www.beendigen.com	628-0624	DILICO ANISHINABEK FAMILY CARE www.dilico.com Services include education, prenatal monitoring, prenatal classes, HBHC postnatal follow-up, immunization clinics, well-baby checks, home visiting & Fair Start screening.	623-8511
NURSE PRACTITIONER	625-8844	ONTARIO NATIVE WOMEN'S ASSOCIATION ABORIGINAL HEALTHY BABIES HEALTHY CHILDREN PROGRAM	623-3442	HIGH SCHOOL CREDITS Pregnant and postpartum teens under 21 can earn high school credits while receiving prenatal, nutritional and parenting education.	623-5218
SEXUAL HEALTH CLINICS	625-5976	THUNDER BAY MULTICULTURAL ASSOCIATION	345-055 or 1-900-643-1800	THUNDER BAY CATHOLIC DISTRICT SCHOOL BOARD - ST. PATRICK'S HIGH SCHOOL	623-5218
<b>MATERNITY CENTRE</b> www.tbrhsc.net/maternitycentre Prenatal care from an NP, midwife, or physician with supports such as a lactation consultant, exercise therapist, social worker, Dietitian. Prenatal class after 25 weeks.	684-6228	ANISHNABE MUSHKIKI THUNDER BAY COMMUNITY HEALTH CENTRE www.mushkiki.com Aboriginal community health centre that offers: Pre and Post Natal Education, Health Promotion Mental Health, Traditional Healing, FASD and Clinic Services	343-4843	LAKEHEAD PUBLIC SCHOOL BOARD SAM/MISOL PROGRAM	475-6502
<b>MIDWIVES</b>		NORWEST COMMUNITY HEALTH CENTRE - MAIN OFFICE - OGDEN SITE www.norwestchc.org Education and support for prenatal families through a 12 week group session. Also offers skill building sessions and Mothers Community Kitchens.	622-8235		
COMMUNITY MIDWIVES OF THUNDER BAY www.communitymidwives.net	622-2229				
MATERNITY CARE MIDWIVES www.mcmidwives.ca Primary care provided during labour/delivery and 6 weeks post-partum. Breastfeeding support is also provided.	344-2229				

REVISED 01/2014

## Having a Baby in Thunder Bay?



### PROGRAMS DURING PREGNANCY AND AFTER THE BABY ARRIVES



# Support Services

## EMERGENCY HELP LINES

THUNDER BAY CRISIS RESPONSE SERVICE 346-8282 (24 hours)

THUNDER BAY REGIONAL HEALTH SCIENCES CENTRE LABOUR + DELIVERY 684-6540

### CRISIS HOUSING

BEENDIGEN INC. CRISIS HOME 346-4357

FAYE PETERSON TRANSITION HOUSE CRISIS HOME 345-0450  
www.fayepeterson.org

### HOUSING ASSISTANCE

SHELTER HOUSE 623-8182

### ADDICTION SERVICES

THE HOPE PLACE PREGNANCY & HEALTH PROGRAM 683-4705 683-4706

SISTER MARGARET SMITH CENTRE - ADULT SERVICES 684-5100

THUNDER BAY COUNSELLING CENTRE 684-1880

ANISHNAWBE MUSKIKI 343-4843

## GENERAL INFORMATION

TELE-HEALTH ONTARIO 1-800-797-0000  
Toll-free health information line  
24 hours, 7 days/week

MOTHERISK POISON CONTROL 1-877-327-4636  
Provides information for women about the use of chemicals, drugs, herbs and environmental/ workplace hazards

NAUSEA & VOMITING DURING PREGNANCY 1-800-436-8477  
Monday - Friday 9 am - 5 pm

ALCOHOL AND DRUG USE DURING PREGNANCY 1-877-327-4636  
Monday - Friday 9 am - 5 pm

SMOKER'S HELP LINE 1-877-513-5333  
Monday - Thursday 9 am - 9 pm  
Friday 9 am - 5 pm

HIV/AIDS & PREGNANCY 1-888-246-5840  
Monday - Friday 9 am - 5 pm

SOCIAL ASSISTANCE AND HOUSING ONTARIO WORKS 766-2111

THUNDER BAY SEXUAL ASSAULT/SEXUAL ABUSE COUNSELLING & CRISIS CENTRE 345-0894

CRISIS LINE (24HR) 344-4502

AFTER HOURS 345-4502

HOUSING REGISTRY AND OUTREACH PROGRAM 766-2112 1-866-363-0929

NATIVE HOUSING PROGRAM 343-9401

THE EXERCISE & PREGNANCY HELP LINE 1-866-937-7678

FAMILY MEDICINE OBSTETRICS 626-1236  
Family doctors providing supportive prenatal care.

## EMOTIONAL SUPPORT

CRISIS RESPONSE 1-866-797-0000  
TBRHSC - TELE HEALTH

CATHOLIC FAMILY DEVELOPMENT CENTRE 345-7323

COMMUNITY MENTAL HEALTH SERVICES 343-4394

CHILDREN'S CENTRE THUNDER BAY 343-5000

PERSONAL DEVELOPMENT CENTRE 684-5100  
St. Joseph's Care Group

THUNDER BAY COUNSELLING CENTRE 684-1880

ANISHNAWBE MUSHKIKI 343-4843

## BREASTFEEDING

LA LECHE LEAGUE 251-8707  
Nancy

Information and support to breastfeeding women, as well as prenatal breastfeeding classes. Calls taken from 9 am to 9 pm. Prenatal women are welcome!

THUNDER BAY DISTRICT HEALTH UNIT 625-5916

Visit with a Lactation Consultant free of charge. Clinics are held 3 times a week, by appointment. Home visits are available. Prenatal women welcome!

MATERNITY CENTRE 684-6228

Prenatal breastfeeding class, Bosom Buddies, breastfeeding support groups and a Lactation Consultant, by appointment.

BREASTFEEDING FRIENDS (BFF) 625-5972

Peer led group for breastfeeding moms and babies of all ages. Prenatal women welcome! Breastfeeding clinic by appt.

VISIT TBDHU.COM FOR MONTHLY CALENDAR OF EVENTS