

Self-Help/Peer Support Programs:  
**Maternal, Newborn and Family Health**

# Contact List

Prepared by  
Best Start Resource Centre  
[www.beststart.org](http://www.beststart.org)  
and  
Self-Help Resource Centre  
[www.selfhelp.on.ca](http://www.selfhelp.on.ca)

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## Introduction

The Best Start Resource Centre and the Ontario Self-Help Network co-created this contact list to help you locate programs in Ontario that use self-help and peer support strategies to promote maternal, infant, and family health. While this is not intended to be an exhaustive listing, we hope it will assist you in your work.

The listing is organized by issue area under the following headings:

	Page
<b>Prenatal</b> .....	<b>3</b>
Prenatal Nutrition Programs .....	3
Substance use (Fetal Alcohol Spectrum Disorder (FASD) and alcohol during pregnancy support) .....	3
Infertility Awareness.....	6
Pregnancy Related Issues.....	6
<b>Postpartum</b> .....	<b>8</b>
Breastfeeding .....	8
Parenting .....	11
Single parenting.....	12
Teen Parents.....	12
Fathers .....	13
Lesbian/Gay/Bisexual/Transgender Parents.....	14
Parents with Disabilities .....	16
Bereavement.....	16
Postpartum Mood Disorder.....	17

**Format:** Whenever there is a province-wide contact for a network of local groups or programs, we listed only the central number. These central offices keep the most up-to-date information on local resources and programs. When a central listing is not available, we included all the local programs that we are aware of.

At the end of this list, there is a “new/changed listing” form to encourage you to help us improve this resource by letting us know about any corrections or new listings. We will make every effort to keep this resource updated periodically.

**Important Note:** This is a resource for contact purposes only. Inclusion in the contact list does not signify endorsement of a group or program by the Self-Help Resource Centre or the Best Start Resource Centre; nor does omission signify lack of endorsement or disapproval.

**For further resources** on using self-help/peer support strategies in the area of maternal, newborn and family health promotion, contact:

Best Start Resource Centre  
beststart@healthnexus.ca  
416-408-2249/1-800-397-9567

Gillian Kranias  
Ontario Self-Help Network Coordinator  
Self-Help Resource Centre  
oshnet@selfhelp.on.ca  
416-487-4355/1-888-283-8806

## ----- 1. PRENATAL -----

### 1.1 Prenatal Nutrition Programs

#### **Community-Based Nutrition Programs (CPNP)**

These programs are funded by Health Canada and delivered in communities across Canada. They are generally targeted to those who are low-income/at risk. Peer support is one of the strategies used in these programs.

For information on CPNP in Ontario:

Health Canada, Sudbury office: 705-671-0604

Website: [http://www.phac-aspc.gc.ca/dca-dea/programs-mes/cnpn\\_main-eng.php](http://www.phac-aspc.gc.ca/dca-dea/programs-mes/cnpn_main-eng.php)

Note: Public Health Units across the province offer a range of peer support groups related to pre/postnatal period (usually co-facilitated with a Public Health Nurse). The general number for locating any of the health units across the province is: 1-800-268-1154 (see *Parenting* section on p. 10).

### 1.2 Substance use (Fetal Alcohol Spectrum Disorders (FASD) and alcohol and pregnancy)

#### **Aboriginal Women's Support Centre**

This centre offers drop-in programs, counselling and parenting groups.

Contact: Sacred Child Coordinator

424 Catherine Street, 2<sup>nd</sup> Floor

Ottawa, ON K1R 5T8

Phone: 613-741-5590

Fax: 613-748-8311

Website: <http://www.minlodge.com>

#### **Amethyst Women's Addiction Centre**

This centre offers support to women with children with FASD.

Contact: Carol Wu

488 Wilbrod Street

Ottawa, ON K1N 6M8

Phone: 613-563-0363

Fax: 613-565-2175

Email: [info@amethyst-ottawa.org](mailto:info@amethyst-ottawa.org)

Website: <http://www.amethyst-ottawa.org>

#### **Mothercraft Parent Infant Program**

##### **Prenatal Group and Relapse Prevention Groups**

This program offers assistance to women who are pregnant and/or have young children, and also have substance use problems.

Contact: Gina DeMarchi

761 Queen Street West, Suite 107

Toronto, ON M6J 1G1

Phone: 416-364-7373 ext. 203

Fax: 416-364-8008

Email: [gina@mothercraft.org](mailto:gina@mothercraft.org)

Website: <http://www.breakingthecycle.ca>

**Care Lines Ontario**

Care Lines consists of parents and caregivers who have agreed to share experiences and to listen.

Haliburton area - Edith Woodward: 705-448-2478, [edithwoodward@sympatico.ca](mailto:edithwoodward@sympatico.ca)

Hamilton area - Martha Bradford: 905-578-9091

Quinte area - Colleen Orrick: 613-395-4780

Unionville/Markham - Marg Murphy: 905-477-2425

**Fetal Alcohol Syndrome/Effects Assistance and Training (FASAT Ontario)**

This program provides training and support for professionals and parents who work with and care for Ontario children with FASD.

Contact: Chris Margetson, Senior FASD Consultant

129 – 130 Grange Street

Guelph, ON N1E 6L5

Phone: 519-341-0295

Email: [fasdchris@rogers.com](mailto:fasdchris@rogers.com)

Website: <http://www.fasat.ca>

**FASworld Toronto Family Support Group**

This group meets monthly in Toronto to support families with members struggling with FASD. Membership is open to parents, caregivers, professionals and others interested in FASD prevention.

Contacts: Bonnie Buxton and Brian Philcox

250 Scarborough Golf Club Road

Toronto, ON M1J 3G8

Phone: 416-264-8000

Fax: 416-264-8222

Email: [info@fasworld.com](mailto:info@fasworld.com)

Website: <http://www.fasworld.com/>

**FASD Caregiver Support Group for Algoma**

This monthly support group is geared to individuals and families that care for alcohol affected children. Its goal is to provide caregivers with the support and resources necessary to ensure their success. A community agency provides a short presentation and members meet on their own afterward.

Contacts:

Algoma Public Health

Parent Child Information Line

(705) 541-7101

Toll-free: in Algoma 1-888-537-5741

Child Care Algoma

Early Years / Best Start Hub

102 Wellington Street East

(705) 942-6008

**Fetal Alcohol Support and Information Network (FASIN)**

FASIN assists and supports families and individuals, and also responds to requests for information. Regularly scheduled meetings are held where people have the opportunity to gain an understanding of FASD and problem solve specific issues.

Contacts: Dave and Margie Fulton  
P.O. Box 100  
Murillo, ON P0T 2G0  
Phone: 807-935-3168  
Fax: 807-935-2198  
Email: [fulton@northroute.net](mailto:fulton@northroute.net)

**Fetal Alcohol Spectrum Disorder Group of Ottawa**

This group provides support for families, and information and education for families and professionals on the effects of fetal alcohol on people of all ages.

Contact: Elspeth Ross  
Box 915  
Rockland, ON K4K 1L5  
Phone: 613-737-1122, 613-446-4144  
Fax: 613-446-4144  
Email: [rosse@ncf.ca](mailto:rosse@ncf.ca)

**Healthy Generations Family Support Program**

This program provides support for families raising children suffering from prenatal exposure to alcohol or drugs, or children with FASD and related conditions.

Contact: Judy Kay  
Community Living Sioux Lookout  
Box 1258  
Sioux Lookout, ON P8T 1B8  
Phone: 807-737-4600  
Fax: 807-737-3833  
Email: [judy@siouxlookout.com](mailto:judy@siouxlookout.com)  
<http://www.sihaci.on.ca/fasd/start.htm>

**Native Child and Family Services of Toronto**

This organization provides support groups for parents living with FASD and offers traditional and contemporary approaches to support for aboriginal youth with FASD between the ages of 16 and 24.

30 College Street Toronto, ON M5G 1K2  
Phone: 416-969-8510  
Fax: 416-928-0706

**Sarnia/Lambton FAS Support**

This group provides support, education and information.

Contact: Mrs. R. Laliberte  
Sarnia, ON  
Phone: 519-542-1180

**South West Regional Fetal Alcohol Parent Advisory Group**

This group provides support and education to families with children diagnosed with FASD.

Contact: Susan Kampers  
222 16 Douglas Line  
R.R. #3  
Rodney, ON  
Phone: 519-785-0064  
Fax: 519-785-0064

Email: [susankampers@distributel.net](mailto:susankampers@distributel.net)  
Note: write "FASD" in subject matter of emails

### **Wabano Centre for Aboriginal Health**

This centre offers services to First Nations, Inuit and Métis families. Programs include family art therapy, pre and post natal groups, parenting circles, support groups and workshops.

Contact: Cindy Peltier  
299 Montreal Rd.  
Ottawa, ON K1L 6B8  
Phone: 613-748-0657 ext. 214  
Fax: 613-748-9364  
Email: [cipeltier@wabano.com](mailto:cipeltier@wabano.com)  
Website: <http://www.wabano.com>

### **Waterloo FAS Support Group**

This support group helps parents raising children suspected of prenatal alcohol exposure.

Contact: Bonnie May  
Regional Municipality of Waterloo Infant Development Program  
P.O. Box 1612  
99 Regina St. South, 5th Floor  
Waterloo, ON N2J 4G6  
Phone: 519-883-2223  
Fax: 519-883-4288

## **1.3 Infertility Awareness**

### **Infertility Awareness Association of Canada**

This association provides educational material, support groups and assistance to individuals or couples who are experiencing infertility.

2100 Marlowe Ave. suite 342  
Montreal, QUE H4A 3L5  
Phone: 514-484-2891  
Fax: 514-484-0454  
Email: [info@iaac.ca](mailto:info@iaac.ca)  
Toll-free: 1-800-263-2929  
Website: <http://www.iaac.ca/>

## **1.4 Pregnancy Related Issues**

### **Provincial IODE Genetics Resource Centre**

The centre provides education in genetics for the public and for health care professionals. The centre also responds to requests for information and publishes the Canadian Directory of Genetic Support Groups.

Contact: Janice Little  
Regional Medical Genetics Centre  
Children's Hospital, London Health Sciences Centre  
800 Commissioners Road East  
London, ON N6C 6B5  
Phone: 519-685-8453  
Toll-free: 1-800-243-8416  
Fax: 519-685-8214

Email: [janice.little@lhsc.on.ca](mailto:janice.little@lhsc.on.ca)

Website: <http://www.lhsc.on.ca/programs/rmqc>

### **International Cesarean Awareness Network (ICAN)**

ICAN's aims to improve maternal-child health by preventing unnecessary cesareans through education, providing support for cesarean recovery and promoting Vaginal Birth After Cesarean (VBAC). ICAN has chapters throughout Ontario.

For information about local groups:

Toll-free: 1-800-686-ICAN

Website: <http://www.ican-online.org>

### **Multiple Births Canada (MBC) / Naissances multiples**

MBC provides support, education, research and advocacy to individuals, families and organizations with a personal or professional interest in multiple birth issues.

Multiple Births Canada / Naissances multiples Canada (MBC)

P.O. Box 432

Wasaga Beach, ON, L9Z 1A4

Phone: 705-429-0901

Toll-Free: 1-866-228-8824

Fax: 705-429-9809

Email: [office@multiplebirthscanada.org](mailto:office@multiplebirthscanada.org)

Website: <http://www.multiplebirthscanada.org>

### **Higher Order Multiple Birth Network of Multiple Births Canada**

This is a peer-led network for parents of triplets, quadruplets and quintuplets to share information, experiences, advice and guidance in multiple birth situations.

Multiple Births Canada / Naissances multiples Canada (MBC)

P.O. Box 432

Wasaga Beach, ON, L9Z 1A4

Phone: 705-429-0901

Toll-Free: 1-866-228-8824

Fax: 705-429-9809

Email: [homnetwork@multiplebirthscanada.org](mailto:homnetwork@multiplebirthscanada.org)

Website: <http://www.multiplebirthscanada.org>

### **Loss of Multiples Support Network**

This network offers support to families who have lost one, more or all of their multiple birth children. Also for adult survivors, grandparents and those supporting bereaved multiple birth families.

Multiple Births Canada / Naissances multiples Canada (MBC)

P.O. Box 432

Wasaga Beach, ON, L9Z 1A4

Phone: 705-429-0901

Toll-Free: 1-866-228-8824

Fax: 705-429-9809

Email: [loss@multiplebirthscanada.org](mailto:loss@multiplebirthscanada.org)

Website: <http://www.multiplebirthscanada.org>

### **Toronto Parents of Multiple Births Association (TPOMBA)**

TPOMBA offers self-help and support for parents of twins, triplets and more.

c/o Regional Women's Health Centre, Sunnybrook & Women's College  
790 Bay St., 8<sup>th</sup> Floor

Toronto ON M5G 1N9  
Phone: 416-760-3944  
Email: [info@tpomba.org](mailto:info@tpomba.org)  
Website: <http://www.tpomba.org/>

## ----- 2. POSTPARTUM -----

### 2.1 Breastfeeding

#### **La Leche League Canada**

83 Mother-to-Mother breastfeeding support groups in Ontario, and breastfeeding Help-Lines staffed by trained volunteers.

Box 700  
Winchester, ON  
K0C 2K0  
Phone: 613-774-2798  
Toll-free : 1-800-665-4324  
Fax: 613-774-4900  
Email: [adc@lllc.ca](mailto:adc@lllc.ca)  
Website: <http://www.lllc.ca>

#### *Phone Help Lines:*

Ottawa: 613-238-5919  
Toronto: 416-483-3368  
Hamilton/Burlington: 905-381-1010

#### **A Breastfeeding Companion (ABC)**

This service provides volunteer peer support via telephone.

Contact: Kate Smith  
Sudbury & District Health Unit  
1300 Paris St.  
Sudbury, ON  
Phone: 705-522-9200 ext. 526  
Email: [k@sdhu.com](mailto:k@sdhu.com)

#### **Breastfeeding Companions**

This program offers peer telephone support by trained volunteers for new breastfeeding mothers.

Contact: Luana Notten  
Family Health  
Peel Public Health  
Breastfeeding Companions  
10 Peel Centre Drive, Suite B, 4<sup>th</sup> floor  
P.O. Box 2009 Station B  
Brampton ON L6T 0E5  
Phone: 905-791-7800 ext. 2633  
Email: [Luana.notten@peelregion.ca](mailto:Luana.notten@peelregion.ca)

#### **Region of Peel**

Peel Region offers a weekly breastfeeding support group.

Contact: Sharon Abbott, Public Health Nurse



Meadowvale Town Centre  
Phone: 905-791-7800 ext. 2630  
Email: [abbots@region.peel.on.ca](mailto:abbots@region.peel.on.ca)

**Durham Region Health Department**

Public Health Nurses from this health department facilitate breastfeeding support groups in various locations throughout the Region. These groups enable mothers to support and learn from one another and to increase breastfeeding duration through mutual aid.

Durham Health Connection Line: 905-666-6241

Email: [info@region.durham.on.ca](mailto:info@region.durham.on.ca)

Website: <http://www.region.durham.on.ca/>

**The Halton Breastfeeding Connection**

This program offers telephone support by trained volunteers to new mothers.

Contact: Sue Gierszewski

Halton Region Health Department

690 Dorval Drive, 6th floor

Oakville, ON L6K 3X9

Phone: 905-825-6000 ext. 2948

Toll-free: 1-866-442-5866

Email: [sue.gierszewski@halton.ca](mailto:sue.gierszewski@halton.ca)

[http://www.halton.ca/health/services/baby\\_parent/halton\\_breastfeeding\\_connection.htm](http://www.halton.ca/health/services/baby_parent/halton_breastfeeding_connection.htm)

**Breastfeeding Buddies**

Kingston, Frontenac, Lennox and Addington Public Health coordinates telephone support by trained volunteers to new breastfeeding mothers.

Contact: Jennifer Hurst Fraser

221 Portsmouth Ave.

Kingston, ON K7M 1V5

Phone: 613-549-1232 ext. 577

Toll-free: 1-800-267-7875

Email: [jhurstfraser@kflpublichealth.ca](mailto:jhurstfraser@kflpublichealth.ca)

**Aboriginal Healthy Babies/Healthy Children**

This program offers a breastfeeding support group that meets bi-monthly.

Thunder Bay, ON

**Phone: 807-624-5016**

**Breastfeeding Connection (Telephone Support)**

These programs offers peer support for nursing moms by experienced volunteer mothers in the communities of Nipigon, Dorion and Red Rock.

Contact: Karin Mackenzie

Best Start Nipigon Hub Nipigon, ON P0T 2J0

P.O. Box 457

Phone: 807-887-0264

Email: [kmoeycbb@shawbiz.ca](mailto:kmoeycbb@shawbiz.ca)

**Hastings and Prince Edward Counties Health Unit**

This health unit offers a peer support breastfeeding group in partnership with the Early Years Centre of Belleville.

Contact: Janet Moorhead-Cassidy, Director of Family Health  
Belleville, ON  
Phone: 613-966-5513 ext. 240

**“It’s M.O.M.S. Call” Moms Offering Moms Support**

Offers telephone support from caring trained volunteers who have successfully breastfed their own children.

Contact: Healthy Babies, Healthy Children program intake  
Northwestern Health Unit  
Atikokan, Dryden, Ear Falls, Emo, Fort Frances, Ignace, Kenora, Rainy River, Red Lake, Sioux Lookout  
Toll-free: 1-800-465-4377

**The Breastfeeding Place and Breastfeeding and More**

This program provides a weekly or bi-weekly drop-in program for breastfeeding families in Simcoe County and Muskoka District.

Contact: Simcoe Muskoka District Health Unit, Your Health Connection  
Simcoe County and the District of Muskoka, ON  
Phone: 877-721-7520  
Email: [hconnect@smdhu.org](mailto:hconnect@smdhu.org)

**Breastfeeding Buddies**

Offers one-on-one and group support for breastfeeding moms and also has information on community-based support networks and resources.

Contact: Sherry Rosa  
Kitchener Downtown Community Health Centre  
Kitchener, ON  
Phone: 519-772-1016  
Fax: 519-745-3709  
Email: [srosa@kdchc.org](mailto:srosa@kdchc.org)

**Higher Order Multiples Support Network**

This network offers informal peer breastfeeding support for families with multiple birth children.

Multiple Births Canada / Naissances multiples Canada (MBC)  
P.O. Box 432  
Wasaga Beach, ON, L9Z 1A4  
Phone: 705-429-0901  
Toll-Free: 1-866-228-8824  
Fax: 705-429-9809  
Email: [breastfeeding@multiplebirthscanada.org](mailto:breastfeeding@multiplebirthscanada.org)  
Website: <http://www.multiplebirthscanada.org>

**June Callwood Centre for Women and Families (formerly Jessie’s Centre for Teenagers)**

The June Callwood Centre for Women and Families offers a weekly breastfeeding support group on Tuesdays as well as pre and postnatal support and a community education program.

Contact: Bonnie Tytel  
205 Parliament St.  
Toronto, ON  
Phone: 416-365-1888  
[www.junecallwoodcentre.org](http://www.junecallwoodcentre.org)

## 2.2 Parenting

### **Public Health Units**

Public Health Units across the province deliver a range of peer support programs in the pre and postnatal periods. Many health units also have peer support programs for new parents.

For information about local health units:

The Ontario Ministry of Health INFOline: 1-800-268-1154 (Toll-free in Ontario only)

In Toronto: 416-314-5518

TTY: 1-800-387-5559

Hours of operation: 8:30am - 5:00pm

Email: [infoline.moh@ontario.ca](mailto:infoline.moh@ontario.ca)

Website: [http://www.health.gov.on.ca/english/public/contact/phu/phuloc\\_mn.html](http://www.health.gov.on.ca/english/public/contact/phu/phuloc_mn.html)

### **Healthy Babies, Healthy Children (HBHC) Program**

The HBHC Program is a prevention and early intervention initiative to provide support and services to families with children from before birth up to six years of age. One aspect of the program is peer to peer lay home support for new parents.

Contact the Ontario Ministry of Health INFOline at 1-800-268-1154 for the HBHC program in your region, or call your local health unit.

Website:

<http://www.health.gov.on.ca/english/public/pub/child/hbabies/hbabies.html>

### **Canadian Association of Family Resource Centres (FRP Canada)**

This association maintains a directory of family resource programs including Ontario Early Years Centres throughout Ontario as well as Canada with an emphasis on peer support for parents.

To locate your community's local Family Resource Program:

Phone: 613-237-7667, 1-866-637-7226

Email: [info@frp.ca](mailto:info@frp.ca)

Website: <http://www.frp.ca/>

### **Ontario Association of Family Resource Programmes**

This is the provincial contact for FRP Canada (above).

Contact: Karen Vallee

Parent Child Resource Centre

3042 Second Line West,

Sault Ste. Marie, ON P6A 6K4

Phone: 705-779-3627

Email: [pcr@twp.prince.on.ca](mailto:pcr@twp.prince.on.ca)

### **Ontario Early Years Centres**

Ontario Early Years Centres provide support and information for Ontario parents on the learning, development, and health of their children from birth to six years old. Peer support programs are often available.

To find out about the Ontario Early Years Centre near you:

Phone: 1-866-821-7770

Website: <http://www.gov.on.ca/children/oeyc/>

### **Nobody's Perfect Ontario**

Nobody's Perfect is an empowering parent education program that informs parents about the "whens," "whats" and "whys" of the first five years of childhood. Nobody's Perfect provides peer support to the parents who participate in it and to the facilitators and organizations who implement it throughout Canada.

Phone: 705-567-5926

Fax: 705-568-8787

Email: [onftc@tcafs.org](mailto:onftc@tcafs.org)

[http://www.phac-aspc.gc.ca/dca-dea/family\\_famille/np\\_coord-eng.php](http://www.phac-aspc.gc.ca/dca-dea/family_famille/np_coord-eng.php)

### **Babies Best Start-Home Visiting and Birth Companions Program**

This program provides prenatal, birthing and postnatal support.

Contact: Dawinder Bansal, RN IBCLC, NLCCE

325 Milner Ave. Suite 110, 12<sup>th</sup> Floor

Scarborough, ON M1B 5N1

Phone: 416-321-5464 ext. 358

Email: [dbansal@aislingdiscoveries.on.ca](mailto:dbansal@aislingdiscoveries.on.ca)

## **2.3 Single Parenting**

### **One Parent Family Association of Canada / Association des familles uniparentales du Canada**

A non-profit national association of one-parent families that have joined together for the mutual support of both parent and child. The association has several chapters throughout Ontario.

1099 Kingston Road, Suite 222

Pickering ON L1V 1B5

Phone: 905-831-7098, 1-877-773-7714

Fax: 905-831-2580, 1-877-773-7709

### **Parents Without Partners (PWP)**

This international organization provides peer support and other services for single parent families. PWP has local chapters throughout Canada.

To find a chapter in your community:

Toll-free: 1-800-637-7974

Website: <http://www.parentswithoutpartners.org/>

### **Alone Mothers Together**

This is an educational and support group for single mothers with children 3-9 years old.

Contacts: Lisa Wong

Patterson Building

1200 Main St. W

Hamilton, ON L8N 3Z5

Phone: 905-389-1361 ext. 238

[lwong@lynwoodhall.com](mailto:lwong@lynwoodhall.com)

## **2.4 Teen Parents**

### **Young/Single Parent Support Network**

The Young/Single Parent Support Network is a partnership of four agencies in the Ottawa area that targets support services to pregnant teens.

Ottawa, ON K1K 3K7  
Phone: 613-749-4584  
Fax: 613-749-7018  
Email: [info@ottawayoungparents.com](mailto:info@ottawayoungparents.com)

### **Brighter Futures for Children of Young Single Parents**

Brighter Futures provides programs and services to pregnant teens and to young/single parent families with children aged zero to five years of age. This is a project of the Young/Single Parent Support Network.

780, rue de L'Eglise  
Ottawa, ON, K1K 3K7  
Phone: 613-749-4584  
Fax: 613-749-7018  
Email: [info@ottawayoungparents.com](mailto:info@ottawayoungparents.com)

### **Buns in the Oven**

This is a Community-Based Nutrition Program offering prenatal nutritional information and support to pregnant teens and women.  
Prenatal Nutrition Ottawa

780 rue de L'Eglise  
Ottawa, ON  
Phone: 613-725-5152  
Fax: 613-725-5188  
Email: [info@ottawayoungparents.com](mailto:info@ottawayoungparents.com)

### **June Callwood Centre for Women and Families (formerly Jessie's Centre for Teenagers)**

The June Callwood Centre for Women and Families offers pre and postnatal peer support for teen parents as well as community education programs.

Contact: Bonnie Tytel  
205 Parliament St.  
Toronto, ON  
Phone: 416-365-1888  
[www.junecallwoodcentre.org](http://www.junecallwoodcentre.org)

## **2.5 Fathers**

### **Dad's Can**

Dad's Can provides regular peer support groups and information for new fathers.

Contact: Dr. Neil Campbell  
London, ON  
Phone: 519-646-6095 or 1-888-DADSCAN  
Fax: 519-667-6836  
Email: [neil@dadscan.org](mailto:neil@dadscan.org)

### **Success by Six: Parenting Group for Fathers**

This group offers parenting information and support for Portuguese speaking fathers.

St. Christopher House  
1497 Queen Street West  
Toronto, ON M6R 1A3  
Phone: 416-536-1234 ext. 27  
Fax: 416-536-2859

**Fathering Support Group**

This is a support group for fathers that reflect the needs of participants.

Contact: Jeremy Robinson  
OEYC Lindsay and CHIMO Youth and Family Services  
9 Russell St. E.  
Lindsay, ON K9V 1Z7  
Phone: 705-324-3300

**Father to Father**

This group program gives fathers the opportunity to talk about the experience of parenting in situations of separation and divorce.

Contact: David Abel  
Family Service Toronto, Families In Transition  
Toronto, ON  
Phone: 416-585-9151 x430  
Fax: 416-595-0242  
Email: fit@fsatoronto.com

**Fathers' Nobody's Perfect**

A six-week program offered to fathers of children from zero to five years of age.

Toronto Public Health  
Toronto, ON  
Phone: 416-392-0888  
Fax: 416-392-0631

**D.A.D.S. (Dads Aiming for Direction and Support)**

This is a group of fathers who support the inherent right of children to have loving, nurturing relations with both their parents and their extended families.

Contact: Jan Langlois  
75 Richmond Street West,  
Oshawa, ON L1G 1E3  
Phone: 905-579-8482 ext 237  
Fax: 905-435-0352  
Email: [jan.langlois@jhsdurham.on.ca](mailto:jan.langlois@jhsdurham.on.ca)  
Web: [www.jhsdurham.on.ca](http://www.jhsdurham.on.ca)

2.6 Lesbian/Gay/Bisexual/Trans/Queer Parents

**Lesbian/Gay/Bisexual/Trans/Queer (LGBTQ) Parenting Network**

The LGBTQ Parenting Network provides resources, information and support to LGBTQ parents and their families.

**LGBTQ Parenting Network**

Rachel Epstein  
Sherbourne Health Centre

**Queer Parenting Programmes**

Chris Veldhoven  
The 519 Church St. Community Centre

333 Sherbourne St. Toronto, ON  
Toronto, ON, M5A 2S5 Phone: 416-392-6878 ext. 109  
Phone: 416-324-4100 ext. 5219 Email: [queerparenting@the519.org](mailto:queerparenting@the519.org)  
Fax: 416-324-4259  
Email: [parentingnetwork@sherbourne.on.ca](mailto:parentingnetwork@sherbourne.on.ca)  
Website: <http://www.sherbourne.on.ca>

Programs that are offered through LGBTQ Parenting Network:

**“Dykes Planning Tykes”**

A 12-week course for lesbian, bisexual and queer women considering parenting. Course runs in the spring and fall.

**“Daddies and Papas 2B”**

A 12-week course for gay, bisexual and queer men considering parenting. Course runs in the spring and fall.

**“Trans Fathers 2B”**

A 12-week course for trans men considering parenting.

**“Queer Positive Prenatal Class”**

This weekend course for people of diverse family structures and identities expecting a newborn explores: the stages of labour, creating a birth plan, life after giving birth, understanding newborns, and much more.

**“Daddy, Papa & Me”**

A monthly queer-positive gathering for fathers and their children. Gatherings take place on the second Saturday of the month from 10:00am – 1:00pm.

**“Mum’s The World”**

A monthly gathering for Lesbian, Bisexual and Transsexual/Transgender Mothers and their children (age 0-6). Offered the last Saturday of the month from 10:00am – 1:00pm.

**“Queer Parenting Exchange”**

Monthly discussions around issues related to LGBTQ parenting. Offers an opportunity to informally meet other parents and prospective parents.

**Gay Fathers of Toronto**

A confidential peer support group for married, separated, or divorced gay or bisexual men who are in a parenting role. Meetings are on the first and third Thursday of each month at 7:30pm.

YMCA Headquarters  
42 Charles Street East, 4<sup>th</sup> floor  
Toronto, ON  
Gay fathers Help-Line: 416-925-9872 ext. 2124  
Website: <http://www.gayfathers-toronto.com/>

**North York Gay Women’s Support Group**

Women who are gay, or think they might be, are invited to talk, listen, or just hang out. Lesbian, bi, trans, married, all welcome.

Contact: Carol  
Phone: 905-780-0491 ext. 18  
Email: [carol.foreverfit@gmail.com](mailto:carol.foreverfit@gmail.com)

## 2.7 Parents with Disabilities

### Parenting with a Disability Network (PDN)

This is a peer support and information sharing network for parents and prospective parents with a physical disability. PDN's Peer Matching Program offers members the opportunity to connect with others on the network who share similar needs and experiences. This program is run by and for people with disabilities.

Centre for Independent Living in Toronto (CILT)  
365 Bloor Street East, Suite 902  
Toronto, ON M4W 3L4  
Phone: 416-599-2458 ext. 27  
Toll-free: 1-800-354-9950  
Fax: 416-599-3555  
TTY: 416-599-5077  
pdn@cilt.ca  
Website: <http://www.cilt.ca/>

## 2.8 Bereavement

### Perinatal Bereavement Services Ontario (PBSO)

PBSO supports parents who have experienced a miscarriage, ectopic pregnancy, medical termination, stillbirth or neonatal death. PBSO provides bi-monthly support group meetings and is based in Markham but serves the entire province of Ontario.

Contact: Jan Pearce, Executive Director  
6060 Highway 7 East, Suite 205  
Markham, ON L3P 3A9  
Phone: 905-472-1807  
Toll-free: 1-888-301-PBSO  
Fax: 905-472-4054  
Email: pbsocares@pbsocares.ca  
Website: <http://www.pbsocares.ca/>

### Bereaved Families of Ontario (BFO)

BFO offers peer/mutual support bereavement programs for children, youth, young adults and adults including parents who have experienced the death of an infant (perinatal or neonatal loss).

28 Madison Avenue (Bloor & Spadina area)  
Toronto, ON M5R 2S1  
Phone: 416-440-0290  
Toll-free: 1-800-236-6364  
**Fax: 416-440-0304**  
**Email: [info@bfotoronto.ca](mailto:info@bfotoronto.ca)**  
**Websites: <http://www.bfotoronto.ca>, and [www.soul2soul.ca](http://www.soul2soul.ca)**

### The Canadian Foundation for the Study of Infant Deaths

The foundation provides education and support services (including peer support) to parents and families affected by SIDS.

60 James St, Suite 403  
St. Catharines, ON L2R 7E7  
Phone: 905-688-8884  
Toll-free: 1-800-363-7437  
Fax: 905-688-3300



Email: [sidsinfo@sidscanada.org](mailto:sidsinfo@sidscanada.org)  
Website: <http://www.sidscanada.org>

## **2.9 Postpartum Mood Disorder**

### **Post Partum Depression (PPD) Support Group**

This is a Toronto and North Toronto group that meets weekly.

Contact: Reisa Brown  
Toronto, ON  
Phone: 905-771-7771  
Email: [jrbrown@rogers.com](mailto:jrbrown@rogers.com)

### **Maternal Support Program (pre and postnatal support)**

This program provides ongoing supports for mothers dealing with postpartum mood disorder.

St. Joseph's Health Centre, Women's Health Centre  
Toronto, ON  
Phone: 416-530-6850  
Fax: 416-530-6629  
Email: [whcgroup@stjoe.on.ca](mailto:whcgroup@stjoe.on.ca)

### **Postpartum Support Group**

This group meets weekly except in July and August.

Phone: 519-672-HOPE (4673)  
Website: <http://www.helpformom.ca>

### **PPD Support Group**

This support group is offered by Kingston, Lennox and Addington Public Health .

Kingston, ON  
The Child and Baby Talk Line at 613-549-1154

### **Moms Supporting Moms**

This group provides mom to mom support. Meetings are held biweekly. It is facilitated by a public health nurse.

Simcoe Muskoka District Health Unit  
Your Health Connection  
705-721-7520  
Toll-free: 1-877-721-7520  
[www.simcoemuskokahealth.org](http://www.simcoemuskokahealth.org)

### **PPD Support Group**

This support group meets weekly September to June, and monthly in the summer.

Leeds, Grenville and Lanark District Health Unit  
Smiths Falls Office  
52 Abbott Street North, Unit 2  
Smiths Falls, ON K7A 1W3  
Phone: 613-283-2740  
Fax: 613-289-1679

**Durham Region Health Department**

Durham Region offers peer support postpartum mood disorder support groups co-facilitated by a public health nurse.

Contact: Public Health Nurse  
605 Rossland Rd. East  
Whitby, ON, L1N 0B2  
Phone: 905-666-6241  
Toll-free: 1-800-841-2729  
Fax: 905-666-6214  
Website: <http://www.region.durham.on.ca>

**Our Sisters' Place**

This self-help/non profit organization supports women who are experiencing mood disorders as a result of hormonal changes. Programming includes information and support groups for postpartum mood disorder.

Contact: Donnett Bailey  
Our Sisters' Place  
36 Eglinton Avenue West, Suite 602  
Toronto, ON  
Phone: 416-486-8046 ext. 223  
Toll-free: 1-866-363-6663  
Email : donnettb@mooddisorders.on.ca  
Website: <http://www.oursistersplace.ca/>

**Postpartum Peer Support**

Families experiencing postpartum depression can meet with another woman who had postpartum depression in the past. Support is available for women and their partners.

Contact: Amanda Landgraaf at 807-737-2292 ext. 22 or Eva Kakapetum at 807-737-4506  
Sioux Lookout, ON

**Beyond the Baby Blues: Postpartum Depression and Anxiety Support Group**

This group is offered by the Thunder Bay District Health Unit.

Thunder Bay, ON  
Phone: 807-625-5972

**The PPD Support Page**

This is an American-based online support group. Its website is peer-administrated and offers self-help information, discussion forums, an email list, and chat rooms to assist those dealing with postpartum mood disorders, their families, friends, physicians and counsellors. The website provides information flyers on PPMD that can be downloaded in English, Spanish, Italian and Greek.

Website: <http://www.ppdsupportpage.com>

## New/Changed Listing Form

We have included this page so that others can help us improve this resource by submitting any corrections or new listings you are aware of.

**Please mail or fax completed forms to:**

**OSHNET Coordinator  
Self-Help Resource Centre  
40 Orchard View Blvd., Suite 219  
Toronto, ON M4R 1B9  
Fax: (416) 487-0344**

Self-Help/Peer Support Program Type: \_\_\_\_\_

Program Description (up to 50 words): \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Contact:

\_\_\_\_\_

Organization:

\_\_\_\_\_

Address:

\_\_\_\_\_

Street

City

\_\_\_\_\_

Province

Postal Code

Phone: \_\_\_\_\_ Fax: \_\_\_\_\_

E-mail Address: \_\_\_\_\_

Website: \_\_\_\_\_