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

Contact List

Prepared by
Best Start Resource Centre
www.beststart.org
and
Self-Help Resource Centre
www.selfhelp.on.ca

2009 Edition
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:

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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
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

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, 2nd Floor
Ottawa, ON K1R 5T9
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
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
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
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
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
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

**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

**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  
[http://www.slhac.on.ca/fasd/start.htm](http://www.slhac.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
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
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
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
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
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
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
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., 8th Floor
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
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

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, 4th floor
P.O. Box 2009 Station B
Brampton ON L6T 0E5
Phone: 905-791-7800 ext. 2633
Email: Luana.notten@peelregion.ca

Region of Peel
Peel Region offers a weekly breastfeeding support group.

Contact: Sharon Abbott, Public Health Nurse
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
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
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@kflapublichealth.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

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

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

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
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
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
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.

**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
Website: [http://www.frp.ca/](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

**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/](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

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, 12th Floor
Scarborough, ON M1B 5N1

Phone: 416-321-5464 ext. 358
Email: 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

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.
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

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

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

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

Success by Six: Parenting Group for Fathers
This group offers parenting information and support for Portuguese speaking fathers.
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
Web: 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
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, 4th 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
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@pbso.ca
Website: http://www.pbso.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
Websites: http://www.bfotoronto.ca, and 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
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

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

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

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](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/](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 Landgraff 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. It website is peer-administrated and offer 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](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: | |