

☞ Toronto West - Postpartum Services and Community Centres ☞

Community Centre/Services	What they do	Contact Information
Breaking the Cycle	<ul style="list-style-type: none"> * Programs for women who are involved with drugs or alcohol and have children 6 years and under. * Programs include: Pre and postnatal support, addiction counselling, relapse prevention, individual counselling, parenting groups, child development and home visiting. 	<p>Telephone: 416-364-7373</p> <p>Website: www.breakingthecycle.ca</p>
Queen West Community Health Centre	<ul style="list-style-type: none"> * Complete medical services including well baby care and well woman care, nutrition, health education and home visits. * No Ontario Health Insurance required for general services. 	<p>Telephone: 416-703-8480</p>
Doorsteps Neighborhood Services	<ul style="list-style-type: none"> * Family resource centre that offers community development programs, support groups for mothers and caregivers of diverse cultural groups, multicultural outreach and information, activities for parents and children, prenatal and postnatal programs and volunteer opportunities. 	<p>Telephone: 416-740-0413</p>
Parkdale Parents Primary Prevention Project	<p>Parent Relief Program Tel. 416-537-1004</p> <ul style="list-style-type: none"> * Wednesday and Thursday 10:15-2:30 * Respite child care for stressed parents/caregivers of children birth-5 years, who live in Parkdale. <p>Workshops/Courses Tel. 416-530-6486 ext 3661</p> <ul style="list-style-type: none"> * For information on workshops on parenting issues. <p>Mom and Baby Circle Drop-In Tel. 416-530-6486 ext 3661</p> <ul style="list-style-type: none"> * Monday 10-12 noon, 1-3 pm * Infant stimulation drop-in program for mothers and babies 3-10 months. * Interpretive services and child care available. 	<p>Telephone: 416-530-6318</p>

∞ Toronto East - Postpartum Services and Community Centres ∞

Community Centre/Services	What they do	Contact Information
Anishnawbe Health Toronto	<ul style="list-style-type: none"> * Culture-based traditional health care provided by Traditional Healers as well as medical professionals. * Services include: individual, couple and family counselling and fetal alcohol spectrum disorder program. * No Ontario Health Insurance required for general services. 	Telephone: 416-360-0486
Applegrove Parent Child Drop-In Centre	<ul style="list-style-type: none"> * Drop-in for caregivers and children 0-6 years. * Services include: toy library, parenting workshops, parent relief, clothing exchange, care provider support groups and babysitting registry. 	Telephone: 416-461-5043
East End Community Health Centre	<ul style="list-style-type: none"> * Provides health promotion and education, psychological counselling and referrals to social services. * Services include: prenatal and postnatal care, breastfeeding information and support and programs for parents and children 0-6 years. * Services are free and no Ontario Health Insurance required for general services. 	Telephone: 416-778-5858
Eastview Neighbourhood Community Centre	<ul style="list-style-type: none"> * Offers caregiver and child programs, parent relief, parenting programs, food bank/access and nutrition programs and early school readiness programs. * Other programs include: English as a Second Language classes and immigrant women's drop-in programs. 	Telephone: 416-392-1750 Website: www.eastviewcentre.com
Hincks-Dellcrest Centre Growing Together	<ul style="list-style-type: none"> * Joint program with Toronto Public Health that offers supportive home visits to mothers of newborns, parenting classes, psycho educational and therapy groups, parent/child activity groups, mothers club, family friendship club, community kitchen, English club for new Canadians, community action groups and speech and language therapy. 	Telephone: 416-921-8716 Website: www.hincksdellcrest.org

Community Centre/Services	What they do	Contact Information
Jessie's Centre for Teenagers	<ul style="list-style-type: none"> * Counselling and referral on parenting, finances, housing and advocacy for pregnant and parenting young mothers. * Services include: peer education, pre and postnatal classes, intensive parenting programs, well baby clinics, high school level courses and fathers groups. 	<p>Telephone: 416-365-1888</p> <p>Website: www.jessiescentre.org</p>
South Riverdale Community Health Centre Jump Start Drop-In	<ul style="list-style-type: none"> * Parent-child program offered: * Thursday 10-12 for English-speaking parents and children 0-3 years. * Thursday 1:30-3:30 for Chinese-speaking parents and children 0-12 months. 	<p>Telephone: 416-461-1925</p>
Regent Park Community Health Centre Parents for Better Beginnings	<ul style="list-style-type: none"> * Child focused prevention programs. * Family visitors by parents who live in the community provide peer support by regular visits to parents in their own homes. * Group programs such as perinatal nutrition and support; parent education and support; toy lending and women's discussion group. * Child care is available for group programs. *Program locations subject to change, call for more specific information. 	<p>Telephone: 416-362-0805</p> <p>Website: www.regentparkchc.org</p>

∞ East York - Postpartum Services and Community Centres ∞

Community Centre/Services	What they do	Contact Information
East York/East Toronto Family Resources	<ul style="list-style-type: none"> * Parenting programs including: postnatal support, information on nutrition, family health, infant development, community resources and parent and caregiver support groups. 	<p>Telephone: 416-686-3390 x303</p> <p>Website: www.eyetfrp.ca</p>

Etobicoke North - Postpartum Services and Community Centres

Community Centre/Services	What they do	Contact Information
Rexdale Community Health Centre	<ul style="list-style-type: none"> * Services include: postnatal care, nutrition counselling, parent and child programs, parenting workshops and women's support groups Rising Sisters Tel. 416-741-8714 ext 229 * Support group for single mothers up to 25 years. 	Telephone: 416-744-0066
Rexdale Women's Centre	<ul style="list-style-type: none"> * Services include: postnatal drop-in program, information and referrals, supportive counselling including postnatal counselling up to 6 months after birth. * Child care is available 	Telephone: 416-745-0062
William Osler Health Centre	<ul style="list-style-type: none"> * Services include: postpartum resource clinic for breastfeeding, information and referrals and postnatal educational services. 	Telephone: 416-494-2120 Website: www.williamoslerhc.on.ca

Etobicoke Central - Postpartum Services and Community Centres

Community Centre/Services	What they do	Contact Information
Willowridge Information and Recreation Centre	<ul style="list-style-type: none"> * Welcome Baby Support Program: mentor program that matches trained volunteers with women 24 years and under who are pregnant or parenting mothers and lack support. * Other Services include: parenting workshops and caregivers support group, parent relief, family day trips and toy lending library. 	Telephone: 416-241-5259 Website: www.wirc.ca

❧ North York West - Postpartum Services and Community Centres ❧

Community Centre/Services	What they do	Contact Information
<p>Black Creek Community Health Centre</p> <p>Positive Possibilities Program</p>	<ul style="list-style-type: none"> * Support group for teenaged parents. Free TTC tickets and snacks provided. * Meetings held on Thursday evenings. 	<p>Telephone: 416-398-0009 x500</p> <p>Website: www.bcchc.com</p>
<p>Doorsteps Neighbourhood Services</p>	<ul style="list-style-type: none"> * Services include: Family resource centre, support groups for mothers/caregivers of diverse cultural groups and information and referral services. * Parenting groups include: Nobody's Perfect, various activities for parents and their children, child nutrition programs, postnatal programs and support groups for women. * Most programs free. 	<p>Daystorm Neighbourhood Telephone: 416-740-0413</p> <p>Falstaff Neighbourhood Telephone: 416-241-9430</p> <p>Website: www.doorsteps.ca</p>
<p>Lawrence Heights Community Health Centre</p>	<ul style="list-style-type: none"> * Services include: Parenting support; women's counselling, and Toronto Public Health dental clinic 	<p>Telephone: 416-787-1661</p> <p>Website: www.lawrenceheightschc.on.ca</p>

❧ North York East - Postpartum Services and Community Centres ❧

Community Centre/Services	What they do	Contact Information
<p>Better Beginnings CAP-C</p>	<ul style="list-style-type: none"> * Family home visitors available to provide general, parenting and breastfeeding support to parents through regular visits in their own homes. * Other services include children's programs, parenting programs and support for parents of toddlers. 	<p>Telephone: 416-499-3377</p>
<p>Flemingdon Health Centre</p>	<ul style="list-style-type: none"> * Services include: parenting classes, nutrition counselling, travel/allergy immunizations and home visits. 	<p>Telephone: 416-429-4991</p> <p>Website: www.fhc-chc.com</p>

☞ North York Central - Postpartum Services and Community Centres ☞

Community Centre/Services	What they do	Contact Information
Lamaze Prepared Childbirth	<ul style="list-style-type: none"> * Postnatal care counselling. * Provides instructions in breastfeeding, newborn care, and postpartum issues. * Fee and should register early. 	Telephone: 416-222-5999

☞ Scarborough North - Postpartum Services and Community Centres ☞

Community Centre/Services	What they do	Contact Information
Agincourt Community Services Association	<ul style="list-style-type: none"> * Variety of programs provided by 7 partner agencies including Cooking Healthy Together, Beyond the Basics Parenting Program, teen mothers group, breastfeeding peer support group and toy lending library. 	Telephone: 416-299-9872 Website: www.agincourtacsa.info
Aisling Discoveries Child and Family Centre	<ul style="list-style-type: none"> * Home visiting program for parents of young children by parents of similar ethno cultural backgrounds. * Birth Companion Program: women from community are trained to provide practical and informational support before, during and after childbirth. * Other parenting programs are available. 	Telephone: 416-321-5464 Website: www.aislingdiscoveries.on.ca
Malvern Family Resource Centre	<ul style="list-style-type: none"> * Services include: caregiver and child programs, off site satellite drop-ins, parenting discussion and support groups, parenting resource library, parent relief and child care providers' workshop. * Women's support group and teen mom's groups. 	Telephone: 416-281-1376 Website: www.malvernmfrc.com
West Scarborough Neighbourhood Community Centre	<ul style="list-style-type: none"> * Services include: Caregiver and child drop-in, toy lending library parent support group and workshops. 	Telephone: 416-491-1466

☞ Scarborough Central - Postpartum Services and Community Centres ☞

Community Centre/Services	What they do	Contact Information
South Asian Family Support Services	<ul style="list-style-type: none"> * Family services include: breastfeeding support, counselling for assaulted women and children, domestic violence prevention workshops, support group for abused women and family life education. 	<p>Telephone: 416-431-4847</p> <p>Website: www.safss.com</p>
Tropicana Community Services Organization Scarborough Youth Resource Centre	<ul style="list-style-type: none"> * Offers parenting support classes, health information and assistance with finding employment to youth 12 to 29 years. 	<p>Telephone: 416-296-7154</p> <p>Website: www.tropicanacommunity.org</p>
Rosalie Hall	<ul style="list-style-type: none"> * Counselling and referral on parenting, finances, housing and advocacy for pregnant and parenting young mothers. * Services include: peer education, pre and postnatal classes, intensive parenting programs, well baby clinics, high school level courses and fathers groups. 	<p>Telephone: 416-438-6880</p> <p>Website: www.rosaliehall.com</p>

☞ Scarborough South - Postpartum Services and Community Centres ☞

Community Centre/Services	What they do	Contact Information
West Hill Community Services Family Resource Centre	<ul style="list-style-type: none"> * Offers parenting groups including: Nobody's Perfect, Mother Goose program and Healthier Babies postnatal program * Parent relief, toy lending library, in-home assessment for early intervention and women's support groups. 	<p>Telephone: 416-282-4538</p> <p>Website: www.westhill-cs.on.ca</p>

☞ York - Postpartum Services and Community Centres ☞

Community Centre/Services	What they do	Contact Information
Humewood House Association	<ul style="list-style-type: none"> * Counselling and referral on parenting, finances, housing and advocacy for pregnant and parenting young mothers. * Services include: peer education, pre and postnatal classes, intensive parenting programs, well baby clinics, high school level courses and fathers groups. 	<p>Telephone: 416-651-5657</p> <p>Website: www.humewoodhouse.com</p>
<p>Macaulay Child Development Centre</p> <p>Community Parent Program</p>	<ul style="list-style-type: none"> * The centre offers peer support and home-based parent education. * Community-based support for teen parents including a parent and child drop-in, information and referrals, and support groups. 	<p>Telephone: 416-789-7441</p> <p>Website: www.macaulaycentre.org</p>
York Community Services	<ul style="list-style-type: none"> * Services include: counselling, crisis intervention, health services for assaulted women and parenting support and education programs. * Parenting groups include: Spanish-speaking parenting group and Baby Talk postnatal drop in. 	<p>Telephone: 416-653-5400</p>

❧ Additional Possible Referral Sources ❧

The following is additional information of possible referral sources. When you or the mother call, ask if they have the name of a health professional that specializes in the treatment of postpartum depression. While expertise in postpartum depression is not as essential, finding a good, qualified professional with whom the mother feels comfortable is. (Remember that she will need a physician/psychiatrist for medication).

- * General practitioner/family doctor
- * Breastfeeding support group
- * Local mental health agency (may have a reasonable sliding fee)
- * Local Family Services agency
- * Parenting or new mother support group
- * Local therapist
- * Local hospital. Try Social Services Dept/Childbirth Education Dept/Maternity Services Dept/Psychiatry Dept.
- * Personal referral from friend, neighbour, or someone you trust
- * Yellow pages
- * Church/Synagogue/Mosque/Temple
- * Local Library

Note: Always be a strong consumer advocate. If the mother thinks she is not receiving adequate treatment or is concerned about the medications she is taking (if she is taking medications), have her ask questions until she is satisfied with the answer. If she is not satisfied, find another source of support. She is the best judge of how she is feeling and how her treatment is progressing.