

Brantford Perinatal & Postpartum Mental Health Resources

Crisis Resources

<p>Here 24/7 Here 24/7 is your front door to the addictions, mental health, and crisis services provided by 11 agencies across Waterloo Wellington. https://here247.ca/ 1-844-437-3247 (HERE247)</p>	<p>Canadian Mental Health Association https://ontario.cmha.ca/documents/are-you-in-crisis</p>
<p>Hope for Wellness 24/7 Helpline for Indigenous People across Turtle Island https://www.hopeforwellness.ca/ 1-855-242-3310</p>	<p>Telehealth Ontario 1-866-797-0000</p>
<p>Talk Suicide Canada https://talksuicide.ca/ 1-833-456-4566</p>	<p>Connex Ontario https://www.connexontario.ca/en-ca/ 1-866-531-2600</p>
<p>Ontario Health Mental Health https://www.ontario.ca/page/mental-health-services 1-866-531-2600</p>	<p>St. Joseph's Hospital (Hamilton) Women's Health Concerns Clinic vanlierj@mcmaster.ca (Doctor's Referral Required) 905- 522-1155 Ext 35123</p>
<p>Trans Lifeline https://translifeline.org/ 1-877-330-6366</p>	<p>Telehealth Ontario Offers 24/7 Breastfeeding advice and support service. Phone: 1-866-797-0000 TTY: 1-866-797-0007</p>
<p>Crisis Line – Brantford General Hospital Available 24 hours a day, 7 days a week. 519-752-2273</p>	

Pregnancy Support

<p>Shore Centre info@shorecentre.ca https://www.shorecentre.ca/ 519-743-9360</p>	<p>EarlyOn Planning for Parenthood http://earlyyearsinfo.ca/preparing-for-parenthood/</p>
<p>Hope Pregnancy & Family Support Centre https://www.hope-centre.com/services 519-756-3787</p>	<p>Brant County Health Unit Prenatal, Free Home Visiting Program 519-753-4937</p>
<p>Ohsweken Public Health Office http://www.snhs.ca/ 519-445-2672</p>	

Private Practitioners Specializing in Perinatal & Postpartum Well-being

<p>Andrea Wiebe, MSW RSW andreawiebecounselling@gmail.com Sliding Scale 226-978-2690</p>	<p>Athena Ferraro, MSW, RSW, PMH-C athena@blisscounselling.ca https://www.athenaferraro.com/ Sliding Scale 226-647-6000</p>
<p>Catherine Mellinger, EXAT mellangearts@yahoo.com https://www.catherinemellinger.com/ Sliding Scale Service in English, French 519-404-2860</p>	<p>Clare Pentelow, MSW RSW kitchenetherapy@gmail.com https://kitchenetherapy.ca/ Sliding Scale 519-358-7181</p>
<p>Kasi Shan, MSW RSW kasi_shan@outlook.com https://kasishantherapy.com/ Open Path Collective Member 226-241-0440</p>	<p>Rachel Brnjas, MSW RSW rachel@tapestrycc.com https://tapestrycc.com/ Sliding Scale 226-606-9016</p>
<p>Lisa Aldworth, MSW RSW lisaaldworthcounselling@gmail.com https://www.lisaaldworthcounselling.com/ 519-342-3551</p>	<p>Rochelle Kaikai, MSW RSW rootedthistlecounselling@gmail.com https://www.rootedthistlecounselling.com/ Sliding Scale 226-400-8910</p>
<p>Rebecca Johnston, MSW RSW rjohnston@fireflycounselling.com https://fireflycounselling.com/ Sliding Scale 519-503-4143</p>	<p>Jessica Barnes, MSW, RSW https://www.jessicabarnes.ca/</p>
<p>Bina Moore, MSW, RSW embracecounsellingservices@gmail.com https://www.embracecounsellingservices.com/ VIRTUAL 519-212-2462</p>	<p>Nicole Mitten, RSW nicole@owlwellness.ca https://www.owlwellness.ca/ Sliding Scale 519-580-9968</p>
<p>Elle Therapy info@elletherapy.ca https://www.elletherapy.ca/ Some OHIP, VIRTUAL</p>	<p>The Well Parent Centre info@wellparentscentre.com https://www.wellparentscentre.com/</p>
<p>Fancy Therapy info@fancytherapy.ca https://fancytherapy.ca/ Sliding Scale, VIRTUAL 226-808-7291</p>	<p>Whole Family Psychotherapy hello@wholefamilypsychotherapy.com https://wholefamilypsychotherapy.com/ Sliding Scale 519-997-2426</p>
<p>Region of Waterloo Counselling Collaborative https://www.regionofwaterloo.ca/en/health-and-wellness/resources/Documents/Counselling-Works-Brochure.pdf</p>	

Resources for Partners

Resources Updated November 2023

Father's Mental Health https://fathersmentalhealth.com/	PSI Help for Dads https://www.postpartum.net/get-help/help-for-dads/
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Free Support Groups

SHORE Centre- Storks Secrets https://www.shorecentre.ca/storksecrets/	Perinatal Wellbeing Ontario- Peer Mentor Program https://www.perinatalwellbeing.ca/individual-peersupport/
Perinatal Wellbeing Ontario- Virtual Support Group https://www.perinatalwellbeing.ca/group-peer-support/	Postpartum Support International Online Support Meetings https://www.postpartum.net/get-help/psi-online-support-meetings/
Life with a Baby https://www.lifewithababy.com/ PPA/PPD online, 6 week, Virtual Program called "HOPE"	BounceBack Ontario (CMHA)- New Parent Program https://bouncebackontario.ca/wp-content/uploads/2020/09/BounceBack-New-Parent-Handout-EN-FINAL-HR.pdf
Maternal Mental Health Now https://www.maternalmentalhealthnow.org/	The New Parent Circle (Infant 1-3 months old) Two Rivers Family Health Team Registration Required- 519 629 3388 Ext.1
Postpartum Mood & Anxiety Disorders Group Two Rivers Family Health Team Weekly 1.5 Hour In-Person Group Registration Required- 519 629 3388 Ext. 1	

2SLGBTQIA+ Support

PSI Queer & Trans Parent Support Group https://www.postpartum.net/get-help/psi-online-support-meetings/#toggle-id-19	Rainbow Family Drop In https://www.ourspectrum.com/2022/10/12/rainbow-family-drop-in/
Birth mark Seed & Sprout Program https://birthmarksupport.com/seed-sprout	

Pregnancy & Infant Loss Support

Waterloo Region PAIL Facebook Group https://www.facebook.com/WaterlooPAIL/	Bereaved Families of Ontario- MidWestern https://bfomidwest.org/
PAIL Network https://pailnetwork.sunnybrook.ca/	Postpartum Support International Free Virtual Support Groups https://www.postpartum.net/get-help/psi-online-support-meetings/#toggle-id-24
The Compassionate Friends Waterloo Region https://sites.google.com/view/tcf-waterloo-region/home?authuser=0	

