

## Waterloo Region Perinatal & Postpartum Mental Health Resources

### Crisis Resources

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

### Pregnancy Support

<p><b>Shore Centre</b> <a href="mailto:info@shorecentre.ca">info@shorecentre.ca</a> <a href="https://www.shorecentre.ca/">https://www.shorecentre.ca/</a> 519-743-9360</p>	<p><b>EarlyOn Planning for Parenthood</b> <a href="http://earlyyearsinfo.ca/preparing-for-parenthood/">http://earlyyearsinfo.ca/preparing-for-parenthood/</a></p>
<p><b>Monica Place</b> <a href="https://www.caminowellbeing.ca/">https://www.caminowellbeing.ca/</a> 519-743-0291</p>	<p><b>The Pregnancy Centre</b> <a href="https://pregnancycentre.ca/">https://pregnancycentre.ca/</a> 519-886-4001</p>

### Private Practitioners Specializing in Perinatal & Postpartum Well-being

<p><b>Andrea Wiebe, MSW RSW</b> <a href="mailto:andreawiebecounselling@gmail.com">andreawiebecounselling@gmail.com</a> Sliding Scale 226-978-2690</p>	<p><b>Athena Ferraro, MSW, RSW, PMH-C</b> athena@blisscounselling.ca <a href="https://www.athenaferraro.com/">https://www.athenaferraro.com/</a> Sliding Scale 226-647-6000</p>
<p><b>Catherine Mellinger, EXAT</b> mellangearts@yahoo.com <a href="https://www.catherinemellinger.com/">https://www.catherinemellinger.com/</a> Sliding Scale Service in English, French 519-404-2860</p>	<p><b>Clare Pentelow, MSW RSW</b> kitchenertherapy@gmail.com <a href="https://kitchenertherapy.ca/">https://kitchenertherapy.ca/</a> Sliding Scale 519-358-7181</p>

<p><b>Kasi Shan, MSW RSW</b>  kasi_shan@outlook.com  <a href="https://kasishantherapy.com/">https://kasishantherapy.com/</a>  Open Path Collective Member  226-241-0440</p>	<p><b>Rachel Brnjas, MSW RSW</b>  rachel@tapestrycc.com  <a href="https://tapestrycc.com/">https://tapestrycc.com/</a>  Sliding Scale  226-606-9016</p>
<p><b>Lisa Aldworth, MSW RSW</b>  lisaaldworthcounselling@gmail.com  <a href="https://www.lisaaldworthcounselling.com/">https://www.lisaaldworthcounselling.com/</a>  519-342-3551</p>	<p><b>Rochelle Kaikai, MSW RSW</b>  rootedthistlecounselling@gmail.com  <a href="https://www.rootedthistlecounselling.com/">https://www.rootedthistlecounselling.com/</a>  Sliding Scale  226-400-8910</p>
<p><b>Rebecca Johnston, MSW RSW</b>  rjohnston@fireflycounselling.com  <a href="https://fireflycounselling.com/">https://fireflycounselling.com/</a>  Sliding Scale  519-503-4143</p>	<p><b>Jessica Barnes, MSW, RSW</b>  <a href="https://www.jessicabarnes.ca/">https://www.jessicabarnes.ca/</a></p>
<p><b>Bina Moore, MSW, RSW</b>  embracecounsellingservices@gmail.com  <a href="https://www.embracecounsellingservices.com/">https://www.embracecounsellingservices.com/</a>  VIRTUAL  519-212-2462</p>	<p><b>Nicole Mitten, RSW</b>  nicole@owlwellness.ca  <a href="https://www.owlwellness.ca/">https://www.owlwellness.ca/</a>  Sliding Scale  519-580-9968</p>
<p><b>Elle Therapy</b>  info@elletherapy.ca  <a href="https://www.elletherapy.ca/">https://www.elletherapy.ca/</a>  Some OHIP, VIRTUAL</p>	<p><b>The Well Parent Centre</b>  info@wellparentscentre.com  <a href="https://www.wellparentscentre.com/">https://www.wellparentscentre.com/</a></p>
<p><b>Fancy Therapy</b>  info@fancytherapy.ca  <a href="https://fancytherapy.ca/">https://fancytherapy.ca/</a>  Sliding Scale, VIRTUAL  226-808-7291</p>	<p><b>Whole Family Psychotherapy</b>  hello@wholefamilypsychotherapy.com  <a href="https://wholefamilypsychotherapy.com/">https://wholefamilypsychotherapy.com/</a>  Sliding Scale  519-997-2426</p>
<p><b>Region of Waterloo Counselling Collaborative</b>  <a href="https://www.regionofwaterloo.ca/en/health-and-wellness/resources/Documents/Counselling-Works-Brochure.pdf">https://www.regionofwaterloo.ca/en/health-and-wellness/resources/Documents/Counselling-Works-Brochure.pdf</a></p>	

#### Resources for Partners

<p><b>Father's Mental Health</b>  <a href="https://fathersmentalhealth.com/">https://fathersmentalhealth.com/</a></p>	<p><b>PSI Help for Dads</b>  <a href="https://www.postpartum.net/get-help/help-for-dads/">https://www.postpartum.net/get-help/help-for-dads/</a></p>
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#### Free Support Groups

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

### 2SLGBTQIA+ Support

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

### Pregnancy & Infant Loss Support

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