

Resources for Pregnant People and New Parents in the Peterborough Area

this is not an exhaustive list; it is edited on an ongoing basis. This list reflects client recommendations and community availability and all resources are not necessarily recommended or preferred by all midwives

Prenatal Classes and Birth Preparation

Presently available online through ZOOM or other mediums (many soon to start offering in-person classes again)

- **The Willow Studio.** www.willowpeterborough.ca Doula, prenatal yoga, prenatal massage therapy. 1600 Landsdowne, Peterborough.
- **Peterborough Public Health**, FREE online prenatal classes on Pregnancy, Birth, the Postpartum, and Newborn Care. Register online. www.peterboroughpublichealth.ca
- **Toronto Birth Center** virtual support circles over ZOOM: *Prenatal, Postpartum, and Baby Feeding Support Circles*. Email Denise at icec@torontobirthcentre.ca for more information and to register. www.torontobirthcentre.ca
- **Markham Stouffville Hospital** Prenatal and New Baby Classes - FREE online. Register on the site. <https://info.markhamprenatal.com/markham/>
- **Centre for Growing Families:** www.centreforgrowingfamilies.ca *Preparing for an Empowering Birth* (6 wk online classes) register on website. *Welcoming Your New Baby* contact/register on website.
- **Andrea Paul Birth Services.** www.andreapaul.ca (doula services, birth preparation, placental encapsulation)
- **Hypnobirthing (™)** www.hypnobirthingcanada.com 5 x 2.5 hr sessions online with instructor
- **Your Bad-Ass Natural Birth**, childbirth preparation classes over ZOOM (and recorded) designed and led by two hilarious Certified Doulas - Flor and Lia - from California (although a specifically American context, still lots of really great teachings and resources!!) Register on website. Follow on Insta. www.yourbadassnaturalbirth.com
- **FREE Hypnobirthing Apps:** e.g. *Hypnobirthing, Gentle Birth Hypnobirthing, Calm Childbirth Hypnobirthing, Birth Made Easy, ihypnobirth, Christian Hypnobirthing*. Look for them on your Apple store or Playstore.
- **FREE Hypnobirthing audio tracks** for download on the Penguin Publishing website <https://www.penguin.co.uk/articles/2016/mindful-hypnobirthing>
- **SPOTIFY** - Hypnobirthing affirmations, playlists, meditation guides, and podcasts
- **Youtube** - Search “home birth” or “natural birth”, or “water birth” to find many positive videos of people’s physiological birthing experiences in various locations
- **Holliday Tyson, RM.** Free online prenatal videos by Ontario midwife. (on YouTube)
- www.balancingbirthtobaby.com
- www.thegentlebirthmethod.com

- **OMama**, a pregnancy and birth resources website and App from BORN Ontario/CHEO. www.omama.com Download the app from Google Play or Apple store
- **The Midwives Clinic** (of East York Don Mills), *Newborn 101*, virtual prenatal classes taught by midwives. Email tmcbabyclass@gmail.com for more info and to register
- **Riverdale Midwives**, *Birth Takes a Village* virtual prenatal classes. See website for details. www.riverdalemidwives.ca
- **Baby Academy**. www.yourbabyacademy.ca Online prenatal classes (some are free, others have a fee)

Books (prenatal teachings, birth stories that help inspire confidence and prepare for labour and parenthood. Some of these books are quite dated and/or are more academic/research/philosophical based, so reading reviews/summaries online beforehand may help you choose books that are right for you. Some of these and MANY more are available at the KCM clinic and we will soon be re-opening our lending library!! Take a look at your next appointment)

- *Birth From Within* by Pam England & Rob Horowitz
- *Spiritual Midwifery* by Ina May Gaskin
- *The Birth Partner* by Penny Simkin
- *The Complete Book of Pregnancy and Childbirth, and Rediscovering Birth* by Sheila Kitzinger
- *Birth Re-Born, Childbirth and the Evolution of Homo-Sapiens, and Do We Need Midwives*, by Michel Odent
- *Childbirth Without Fear* by Grantly Dick-Read

Perinatal Mental Health Supports

Therapists/Counsellors (one-on-one or group)

- **Heartspace Therapy and Counselling**, *Lucinda Rose, RP*. Website: www.heartspacetherapy.ca, Email: lucinda@heartspacetherapy.ca
- **Art of Awareness Therapy**, *Courtney Jeffery, RP*. www.artofawareness.ca
- **Care Archbold**, midwife and expressive arts therapist, www.carearchbold.ca
- **Bloom Psychotherapy** (Oshawa) *Specializing in perinatal mental health* www.bloompsychotherapy.ca 647-946-2229 or register online
- **Not What I Expected** postpartum therapy/support group for people in their first year of parenthood. Website: <https://ptbocfc.ca/program/not-what-i-expected> To register/intake, email: jaustin@prhc.on.ca
- **Toronto Birth Center** virtual support circles over ZOOM: *Prenatal, Postpartum, and Baby Feeding Support Circles*. Email Denise at icec@torontobirthcentre.ca for more information and to register. Check out the TBC website for calendar
- **Talk 4 Healing**, *culturally grounded help, support, and resources for healing specifically for Indigenous women*. Talk, text, or chat in 14 First languages.

www.talk4healing.com. 1-855-554-HEAL(4325) to talk to someone, or send a text to that number. For online chat, go to the website and click on the live chat!

- **TalkNow**, immediate virtual mental health supports, program through *PRHC Mental Health and Addictions Clinic*, 5 days a week call to connect with a team of social workers, mental health nurses, and counsellors. 705-876-5826
- **Mother Matters** postpartum support program, *Women's College Hospital*, Toronto. Email: mothermatters@wchospital.ca for more information and to self-refer
- **Royal Ottawa Peer Support Groups** (presently over ZOOM) include *Perinatal Wellness Group*, *Journaling as a Wellness Tool*, and *Life With a Baby*. To register for any of these groups, email nancy.mclarenkennedy@theroyal.ca
- **Royal Ottawa Hospital**, Perinatal Mental Health resources: Perinatal mental wellness experts post online videos on many important topics at <https://www.theroyal.ca/birth-parenting-and-mental-wellness>

*You can also contact your family doctor and ask for an urgent referral to a therapist that is covered by OHIP. Ask to be prioritized on the waitlist if there is one. Ask for a referral to a Registered Psychotherapist, a Psychologist, or a Psychiatrist, depending on your needs, as determined in conversation with your doctor.

*If you feel you may really need medication, call your doctor, go to a walk-in clinic, or book a virtual doctor's appointment through Rocket Doctor or a similar service and discuss your medication options.

**If you are scared that you are so anxious or depressed that you could be in danger, please call 911 or go directly to the emergency department at PRHC and tell them you are having a mental health crisis. Page your midwife.

Online/Virtual therapy programs/apps

- **AbilitiCBT**, *personalized online Cognitive Behavioural Therapy programs*, and access to registered therapists online or over the phone. Download app from Apple or Playstore to register and begin or go to www.myicbt.com to learn more. FREE (funded by Ontario Government)
- **Better Help**. Designed to help match you with a qualified online therapist (talk, text, or virtual) that best suits your needs. Download the app or go to www.betterhelp.com to get started.
- **Mind Beacon**, *personalized online Cognitive Behavioural Therapy programs*, and access to registered therapists online or over the phone. Download app from Apple or Playstore to register and begin or go to www.mindbeacon.com to learn more. Some services/programs are FREE (funded by Ontario Government), others have affordable pricing.

Post-partum/new mom support groups

- **Early ON Drop-In Centres**, programs include story-telling/playtime, breastfeeding support, and counselling. *Antrim Family Hub*, 201 Antrim Street,

Peterborough. *St. John Family Hub*, 746 Park Street South, Peterborough.
Ontonabee Valley Hub. Phone: 705-748-9144. Website: www.ptbocfc.ca

- **Lavender and Play**. New parent classes and workshops on many baby care and self care topics and activities! Consult website for times and registration www.lavenderandplay.ca
- **Toronto Birth Center** virtual support circles over ZOOM: *Prenatal, Postpartum, and Baby Feeding Support Circles*. Email Denise at icec@torontobirthcentre.ca for more information and to register.
- **Ottawa Birth and Wellness Centre**, *Virtual Parenting Drop-In (ZOOM)* Wednesdays at 10am. Link: us02web.zoom.us Zoom ID: 810 7982 7323
- **Centre for Growing Families**: www.centreforgrowingfamilies.ca, *Prenatal Sharing Circle* and *Postpartum Sharing Circle*. Email awakeningthevillage@gmail.com for more information.

Physical Therapies

RMT

- Kelly Swift, RMT & Stacey Kemp, RMT, prenatal massage therapy and birth doula services, www.peterboroughmassage.ca and www.willowpeterborough.ca book online
- *Peterborough Massage Therapy Clinic*, Peter and Jocelyn. www.ptbomassage.com, 705-930-4333
- Justin Walker Massage Therapy, <http://justinwalkerRMT.ca> 705-808-4930

Chiropractor/Osteopath (prenatal and infant)

- *One Body Wellness*, Nicole Setimi, DO, RMT. Osteopathy for mothers and infants (massage and acupuncture also available!) www.onebodywellness.ca 613-983-1899
- *Thrive Chiropractic*, Sarah Wild, Sarah Campbell and others, prenatal chiropractic care. www.thrivehealthptbo.ca 705-775-9453

Pelvic Floor Physiotherapy (prenatal and postpartum)

- **Pulse Physiotherapy**, www.pulsephysiotherapy.ca
- **Holistic Health Physiotherapy**, www.holistichealthphysio.com
- **Trent Health in Motion**, www.trenthealthinmotion.ca
- **Proactive Pelvic Health Centre**, *Angelique Montano-Bressolin* (and others) 647-352-7742, 235 Danforth Ave, Toronto, book online at www.proactiveph.com

Addiction and Substance Abuse Support

- **Breaking Free**, *online recovery program for substance dependence*. www.breakingfreeonline.ca. FREE (funded by Ontario government)
- **Narcotics Anonymous**. NA meetings (virtual and locations) in Peterborough listed at www.infodrugrehab.com <https://infodrugrehab.com/na-meetings-in-canada/na-meetings-ontario/na-meetings-in-peterborough/> There are some links to Google Meets or Zoom meets on this site.
- **Alcoholics Anonymous** - Kawartha District. 705-745-6111
- **Four Counties Addiction Services Team**. 705-876-1292