

## PERINATAL MENTAL HEALTH & PARENTING SUPPORTS IN NORTH SIMCOE MUSKOKA

### For immediate assistance – CRISIS

- Call 9-1-1
- Visit your local hospital emergency department (ER)
- Visit a local walk-in clinic in your community
- Call the Mental Health Crisis and Information line at 705-728-5044 or 1-888-893-8333

### COMMUNITY COUNSELLING SERVICES

#### Visit your Family Physician/Nurse Practitioner

If your health care provider is part of the Family Health Team or Community Health Centre, you have access to free time-limited counselling and different groups. Psychiatric consultation is available through the Ontario Telemedicine (tele-psychiatry) Program.

#### Ontario Structured Psychotherapy (OSP) - NSM

Waypoint 1-877-341-4729 ext 2883 or email: [osp@waypointcentre.ca](mailto:osp@waypointcentre.ca)

A program funded by the Government of Ontario to provide individuals 18+ who are experiencing mild to moderate anxiety or depression with access to free in-person individual or group Cognitive Behavioural Therapy. In North Simcoe Muskoka, the program is being delivered in a wide-range of settings, including primary care, community mental health and family services agencies. **Self-referral** now accepted or referral from a primary care provider or other regulated health professional.

#### North Simcoe Muskoka Walk-in Counselling Clinic (Barrie, Collingwood, Orillia, Midland, Bracebridge, and Huntsville)

705-726-2503 or 1-888-726-2503 [www.NSMwalkincounselling.ca](http://www.NSMwalkincounselling.ca)

Walk-in Counselling Clinics provide FREE single session counselling on a drop-in basis and offer a quick access to support for individuals, couples and families. Walk-In counselling for immediate mental health issues is an innovative and effective solution for Ontarians experiencing mental health concerns, including anxiety, depression, addictions, and relationship conflicts.

#### Postpartum Support International - Provider Directory

<https://psidirectory.com/>

Visit the Online Provider Directory to find a knowledgeable/specialized perinatal mental health provider (Psychiatrist, Psychologist, Social Worker, or Psychotherapist) near you.

#### BRIA

<https://betterbria.com/>

From planning pregnancy to perimenopause, BRIA offers psychiatrist-designed care programs to ensure women's mental health needs are met with compassion and expertise. Optimal care requires an individualized approach for each person's mental health needs. **SELF-REFERRAL accepted**

A BRIA Care Coordinator will ensure that BRIA members have timely access to a variety of treatments such as individual and relationship counselling, support groups, and psychiatric assessments for medication prescriptions when necessary. Services covered by extended benefits, OHIP services limited.

## HOSPITAL-BASED COUNSELLING PROGRAMS

### **Soldiers' Memorial Hospital, Orillia**

705-325-2201

Community Mental Health Service:

705-327-9122

This program provides active community support for individuals 16+ with serious mental illness so that they can manage their illness, maintain stability and enjoy their preferred normal activities and relationships. Treatment plans for eligible persons may include health education, counselling, and support for people who have a serious mental illness.

**Speciality trained perinatal mental health professionals available.**

Crisis services:

In collaboration with the Emergency Department, offers urgent mental health assessments.

Day Hospital Program:

705-325-2201 ext. 6395

Provides interventions for acute symptoms of mental illness or psychosocial stressors that interfere with daily living as an alternative to an in-patient admission. This program provides group and individualized support, averages three weeks in length, with the expectation that patients attend daily from Monday to Friday.

Indigenous Patient Navigator:

705-325-2201 ext. 6291 or from a hospital phone dial 6291.

Orillia Soldiers' Memorial Hospital is committed to creating exemplary healthcare experiences with patients and families every time. The Indigenous Patient Navigator works with Indigenous (First Nation, Metis, and Inuit) patients, their families and care providers to ensure a positive overall care experience.

### **Royal Victoria Regional Health Centre Mental Health & Addiction Program**

705-728-9090

Mental Health & Addiction Day Program:

705-728-9090 ext. 47210

Program serves as a step down level of care for those being discharged from inpatient mental health and as a less restrictive alternative to inpatient admission for individuals presenting to the Emergency Department or referred by the community. The Day Program includes intensive group therapy for up to 6 weeks Monday to Friday, brief transitional case management, mindfulness meditation, and individual and family counselling and support as required. Services are provided by an inter-professional treatment team and therapy is based on a solution focused short term model of care. Physician and Nurse Practitioner referrals are required.

Crisis Services:

Provides immediate intervention and mental health assessments to individuals presenting in the Emergency Department with mental health concerns or crisis. This includes providing mental health and risk assessments, clinical impressions, health teaching, collaborating with the inter-professional emergency department care team, and referral to resources within the RVH or the community for additional support as required.

### **Collingwood General & Marine Hospital**

705-445-2550

#### Outpatient Mental Health Service:

705-444-6600

A multidisciplinary team made up of Psychiatrists, Psychotherapists, Mental Health Therapists and Clerical Support. Their patient centred, shared care model offers assessment and on-going follow up with individualized treatment and /or group programs. **They also offer perinatal consultations and treatment.**

#### Crisis services:

In collaboration with the Emergency Department offers urgent mental health assessments that may result in a transfer to inpatient services at one of our Schedule 1 facilities in our region; RVH, OSMH, or Waypoint or discharge home with referrals to community supports and resources. Physician referral required for psychiatric assessment.

### **Waypoint Centre for Mental Health Care**

705-549-3181

#### Outpatient Services:

705-549-3181 ext 2308 or 877-341-4729

A community-based program that provides holistic care and wellness promotion for adults with a serious mental illness living in North Simcoe. Operating according to the principles of recovery, they acknowledge the capacity of individuals to grow, change, recover, and achieve life goals. The program provides a variety of clinics, groups and services to meet the needs of individual patients. All referral go through the Central Intake Office.

### **Mt. Sinai Perinatal Mental Health Program**

416-586-4800 ext. 8325

<http://www.mountsinai.on.ca/care/psych/patient-programs/maternal-infant-perinatal-psychiatry/maternal-infant-program-and-perinatal-mental-health>

The Mt. Sinai program gives women, pre-conception to 12 months postpartum, access to specialized perinatal psychiatrists and their team of professionals. If you would like more information about getting help for perinatal psychological problems, please speak to your obstetrical nurse, obstetrician, family physician or midwife. This program is **referral-based only** and all appointments can be done virtually over the Ontario Tele-medicine Network (OTN).

### **Ontario Shores Centre for Mental Health Sciences**

1-800-341-6323

[https://www.ontarioshores.ca/shoppers\\_love\\_you\\_womens\\_clinic/](https://www.ontarioshores.ca/shoppers_love_you_womens_clinic/)

The Shoppers LOVE. YOU. Women's Clinic is an outpatient consultation service providing up to 12 months of focused consultation to women with perinatal mood disorders and other reproductive issues that affect a woman's mental health. Treatment through the Women's Clinic involves psychotherapy such as Interpersonal Psychotherapy (IPT) or Cognitive Behavioural Therapy (CBT) and supportive counselling tailored to you and utilizes Ontario Telemedicine Network (OTN) technology to connect with patients virtually for appointments. This program is **referral-based only**.

## GROUPS & VIRTUAL SUPPORT

### After Baby Group

A **FREE** group for parents who are struggling with post-partum mood changes. Whether it is symptoms of depression or anxiety, this group will offer tools and strategies to help parents cope. All groups are held at EarlyON Child and Family Centres in the community (free child minding and snacks provided). For more information, locations or to register please contact the Regional Perinatal Mood Disorder Coordinator @ 705-325-2201 ext. 3544

### Women's College Hospital - Mother Matters

[mothermatters@wchospital.ca](mailto:mothermatters@wchospital.ca)

Mother Matters is a **FREE** 8-week online support group run by the Mental Health Program at Women's College Hospital. It takes place on a confidential discussion board, giving you the opportunity to share your thoughts, feelings, and experiences, while learning from and supporting other mothers. Each week a new topic will be explored, relating to issues that commonly emerge during the first year of life with a new baby.

### Postpartum Support International

<http://www.postpartum.net>

Online Support meetings <http://www.postpartum.net/psi-online-support-meetings/>

Weekly online support meetings for moms every Tuesday afternoon at 3:30 pm

**Chat with an Expert** 1-800-944-8766 code #73162#

Chat for Mom's: Every Wednesday night at 7pm

Chat for Dad's: first Monday of each month at 7 pm

- Supports for Dads <https://www.postpartum.net/get-help/help-for-dads/>
- Supports for Partners and Families <https://www.postpartum.net/get-help/family/>
- Supports for Queer & Trans parents <https://www.postpartum.net/get-help/queer-parents/>

### Perinatal Wellbeing Ontario

<https://www.perinatalwellbeing.ca/>

Perinatal Wellbeing Ontario is a not-for-profit organization that provides direct support to parents and people in the perinatal period who are struggling with their mental health and wellbeing. They do this by offering support planning for parents looking for help as well as individual and group peer support, **pay-what-you-can (0-\$50) online therapy** and therapeutic programming online. To book an therapy appt email Michelle Brenzel at [michellebrenzeltherapy@gmail.com](mailto:michellebrenzeltherapy@gmail.com)

### Life with a Baby (LWAB)

<https://www.lifewithababy.com/>

A peer support system whose goal is to provide ongoing practical and emotional peer-based support for new and expecting parents, and parents of children up to the age of six. The program offers informational seminars and programs geared towards families of young children, open forums discussing everyday parenting and child-rearing issues, and fun social events for the entire family. Membership is free, just register, with Chapters in or around your area.

Now offering pay-what-you-can counselling services (online) with Connie Butera – book your session [here](#)

### **Pacific Postpartum Support Society – phone & text support**

Toll-Free (855) 255-7999 or text 604-255-7999

<https://postpartum.org/>

Text support available Monday-Friday 10 am – 3 pm.

Provided by experienced counsellors, support via text messaging is available through a secure healthcare text-messaging service to anyone who needs it: Moms and dads (until youngest child is 3), pregnant women and partners, concerned family and friends and professional and community helpers.

### **Mama Tribe**

<https://www.chigamik.ca/programs-new/>

Online peer support group for expecting or new mamas who are feeding babies. It provides mothers with an opportunity to take part in open discussions on various social, developmental and educational topics in a caring, non-judgmental, mother to mother support environment and to listen to a guest speaker twice per month. Mothers can seek support and advice on parenting and feeding from Registered Nurse and Registered Midwife and Lactation Consultant who attend weekly.

\* Although not mental health specific, the topic and resources are threaded throughout \*

## **SUPPORT PROGRAMS AND INFORMATION**

### **Ontario 211 – Community and Social Services Help Line**

2-1-1

Provides a gateway to community, social, non-clinical health and related government services. 211 helps to navigate the complex network of human services quickly and easily, 24 hours a day, 7 days a week, in over 150 languages.

### **County of Simcoe – Child Care Fee Subsidy**

<https://www.simcoe.ca/ChildrenandCommunityServices/Pages/fee-assistance.aspx>

Financial assistance for child care fees is available to families deemed eligible within Simcoe County. Perinatal mental health issues could make you eligible for the subsidy. To book an appointment for a fee subsidy eligibility assessment please call 705-722-3132 ext 8608 or you can complete the On Line Application Form at the link above. The following form must be filled in by your Health Care Provider or medical professional and is available at:

<https://www.simcoe.ca/ChildrenandCommunityServices/Documents/Childrens%20Services%20Documents/Fee%20Subsidy%20Web%20Documents/Recognized%20Need%20for%20Child%20Care%20Fee%20Subsidy%20-%20Medical%20Professional%20-%20Fillable.pdf>

### **District of Muskoka – Child Care Fee Subsidy**

Financial assistance for child care fees is available to eligible families within the District of Muskoka. Perinatal mental health issues could make you eligible for the subsidy. Book an appointment for a fee subsidy eligibility assessment with the Case Aide @ 705-645-2412 ext. 4638.

### **TeleHealth Ontario**

1-866-797-0000

Free, confidential telephone service to get health advice or general health information from a registered nurse. Available 24 hours, 7 days a week.

### **BounceBack Ontario (CMHA)**

1-866-345-0224 or [Bouncebackontario.ca](http://Bouncebackontario.ca)

A free guided self-help skill building program designed to help adults and youth 15+ manage symptoms of depression and anxiety. During three to six telephone sessions, trained BounceBack coaches will support you to work through the self-help workbooks at your own pace.

### **Togetherall**

<https://togetherall.com/en-ca/>

A **FREE** digital mental health support service which is available online, 24/7, and is completely anonymous so you can express yourself freely and openly. Professionally trained Wall Guides monitor the community to ensure the safety and anonymity of all members. In addition to the online community, you will have access to a wealth of useful information and can work through tailored self-help programmes covering topics such as anxiety, sleep, weight management, depression and many more.

### **BEACON – Digital Therapy**

<https://www.mindbeacon.com/>

Therapist Guided Program with BEACON is highly personalized to what you're feeling and who you are, as a whole person. Through secure digital messaging, and tailored readings and activities, you'll work 1-to-1 with a registered therapist. Your BEACON therapist is focused on your improvement and will support you all along the way. Provides **FREE** digital Cognitive Behavioural Therapy options in English and French.

### **Wellness Together Canada (WTC)**

<https://www.wellnesstogether.ca/en-CA>

WTC is a 24/7 online portal that provides **free** mental health and substance use support to all Canadians, including one-on-one phone counselling sessions with a mental health professional.

### **AbilitiCBT**

<https://lifeworks.com/en/icbt-internet-based-cognitive-behavioural-therapy>

**Free** for residents of Ontario through a partnership with the provincial government, AbilitiCBT combines best-in-class technology with their proven methodology and clinical expertise to help those living with mental health challenges.

### **Simcoe Muskoka District Health Unit (SMDHU) - Health Connection Line**

705-721-7520 or 1-877-721-7520

Information and resources on postpartum mood disorders, postpartum health, breastfeeding, parenting, local community programs and support services etc. are provided at this free telephone line provided by the SMDHU. Public health professionals are available on the line Monday to Friday from 8:30 a.m. – 4:30 p.m.

### **Simcoe Muskoka District Health Unit - Healthy Babies Healthy Children (HBHC)**

705-721-7520 or 1-877-721-7520

The HBHC program offers universal screening opportunities and home visiting services for families who may benefit from additional support. Public health nurses and family home visitors work together to provide information, education and resources; early identification and support for healthy child growth and development; support for positive parenting and parent-child relationships; and, recommendations and referrals to community resources.

### **Canada Prenatal Nutrition Program**

Simcoe – 705-733-3227 ext. 2236, Muskoka - 705-645-3155

MotherCare in Simcoe/Great Beginnings in Muskoka: A friendly and supportive drop-in environment for pregnant women and new mothers. The program is geared toward promoting and encouraging healthy pregnancies. Participants receive support and information on a wide-range of relevant issues such as breast-feeding, health, pre and postnatal nutrition and community resources. In addition, free milk, nutritious foods, and prenatal vitamins are provided.

Next Step/Great Beginnings Growing Up Program: Addresses an identified gap in services for at-risk women and children under 3 years old. The program supports healthy families by providing nutrition, health, parenting and child development information and resources for women.

### **EarlyON Child and Family Centres**

Muskoka [www.muskoka.on.ca/earlyon](http://www.muskoka.on.ca/earlyon)

Midland/Orillia <http://earlyonsimcoenorth.ca/>

Barrie <https://empowersimcoe.ca/earlyon-child-family-centres/>

Collingwood <https://e3.ca/consumer-support/admissions/ontario-early-years-centres/>

Le Cle [http://lacle.ca/index.php?option=com\\_content&view=article&id=77&Itemid=67](http://lacle.ca/index.php?option=com_content&view=article&id=77&Itemid=67)

Early learning and parenting programs for families with children birth to six years of age

### **Collingwood Well Baby Clinic**

<https://www.collingwoodwellbabyclinic.com/> or [info@collingwoodwellbabyclinic.com](mailto:info@collingwoodwellbabyclinic.com) or 705-445-4243

460 Hume Street #2, Collingwood Ontario

A midwife-led clinic, working in partnership with family doctors, providing added supports to families after the baby arrives. The goal of the program is to make the transition to life with a baby easier, by providing additional supports and resources, **FREE** of charge. Please call to arrange an in home visit or stop by the office located in the Collingwood Obstetrics Office. **Perinatal mental health group/services provided.**

### **CMHA Mental Health & Addiction Services of Simcoe County**

#### **Crisis Service**

1-888-893-8333

Telephone crisis line for youth and adults experiencing a personal crisis in Simcoe County /Muskoka District. Services available 24 hours, 7 days a week. Call to speak with a professionally trained mental health and addictions counsellor.

### **Muskoka Family Focus and Children's Place**

<https://muskokafamilyfocus.ca/>

In addition to licensed childcare throughout Muskoka, Muskoka Family Focus offers free positive parenting and parent-child relationship resources for families through both online and in-person programming. Current offerings include Make the Connection, Bounce Back and Thrive/Resiliency-Building and Introducing Solids. Follow Muskoka Family Focus on Facebook for information about current programming and links to parenting resources.

## PREGNANCY AND INFANT LOSS SUPPORT

### Hospice Orillia - Pregnancy and Infant Loss Outreach of North Simcoe Muskoka (PILO NSM)

705-325-0505 ext.209 or [pilonsm@hospiceorillia.ca](mailto:pilonsm@hospiceorillia.ca)

PILO NSM creates a safe and supportive network for families and will help to remove the stigma that surrounds pregnancy and infant loss. This FREE specialized regional program is designed to offer practical and emotional support. Throughout the year one on one peer support is available as needed. Support groups are also offered, utilizing the Home Hospice Association's *'Our Babies, Our Grief'* six week progressive healing peer support program facilitated by professionally trained volunteers (many of whom have lived experience).

### Hospice Simcoe – Ended Beginnings Program

705-722-5995

Hospice Simcoe's Ended Beginnings program provides FREE support for parents and families who have experienced the loss of a pregnancy and death of an infant. This program will provide: one to one peer support (6-8 meetings), bereavement groups for individuals and partners (6-8 weekly meetings), legacy creation, and educational workshops such as maintaining your relationship and pregnancy after loss.

### Pregnancy and Infant Loss (PAIL) Network

[pailnetwork@sunnybrook.ca](mailto:pailnetwork@sunnybrook.ca) or call at 888-303-7245 (PAIL)

Pregnancy and Infant Loss Network (PAIL Network) is dedicated to improving bereavement care and providing support to families who have suffered the loss of a pregnancy or the death of their baby/babies. It is a provincial program that operates as a part of [Sunnybrook Health Sciences Centre's](#) Women and Babies program.

Their support services have been tailored to meet the specific needs of grieving families, and are available at no cost to all families in the province of Ontario. PAIL is uniquely sensitive to the experiences surrounding pregnancy and infant loss because many of their volunteers have been there, too.

### Postpartum Support International (PSI)

<https://www.postpartum.net/get-help/loss-grief-in-pregnancy-postpartum/>

Experiencing the loss of a pregnancy, infant, or child brings unimaginable pain and grief, and can make you feel alone and lost. They want you to know that there are good resources for your loss and grief that provide non-judgmental support, information, and connection with others. They've listed some below and hope that you find them useful. Please visit their [local support](#) page to find resources near you or email us at [support@postpartum.net](mailto:support@postpartum.net).

## INDIGENOUS SERVICES

### Barrie and Area Native Advisory Circle (BANAC)

<https://banac.on.ca/> or 705-734-1818

Primary objective is to serve as a regional social health and planning organization functioning as an incubator of ideas in areas where a strong regional voice is needed. Current initiatives include Indigenous community development in the areas of child care, health planning, social development, and support to seniors and families.

Mamaway Wiidokdaadwin (Everyone Helps) Primary Care Team:

<https://banac.on.ca/mamaway/> Barrie 705-503-9554 or Orillia 705-259-9520

An interdisciplinary Primary Care Team, providing holistic care incorporating Indigenous concepts of health and well-being throughout North Simcoe and Muskoka Regions. MWIIPCT



clinics are led by Nurse Practitioners (NP) alongside our Traditional Healers and allied health professionals. There are two clinic locations, in Barrie and Orillia; support is also provided to Beausoleil First Nation and Rama First Nation.

The Bemintot Family Wellness program:

[fwoo@banac.on.ca](mailto:fwoo@banac.on.ca) or 705-734-1818

Committed to developing and delivering programs that will promote healthy children and families in a safe and inclusive environment. The Bemintot (meaning Protector of Children) Family Wellness Program strives to improve the health and well-being of families within Simcoe County and the Muskoka Regions by supplying tools and resources to strengthen relationships of the families among community, agencies and organizations. Services also include emergency services, resources and referrals to families.

This program is funded by the County of Simcoe.

### **Chigamik Community Health Centre**

705-527-4154

Biidaaban Doula Collective:

[www.chigamik.ca/biidaaban-doula-collective](http://www.chigamik.ca/biidaaban-doula-collective) or contact [doulas@chigamik.ca](mailto:doulas@chigamik.ca)

Doula care offers a holistic approach to birthing and has been associated with better health outcomes for mother and baby. Chigamik's Biidaaban Doula Collective is made up of Indigenous doulas that provide **FREE** emotional, physical, and spiritual support and advocacy for women and families during pregnancy, labour and after birth that self-identify as First Nation, Métis and Inuit. The Collective also provides support around reproductive health including, fertility, abortion, perinatal loss, and adoption. Traditional supports include the creation of a birth plan, learning about Indigenous practices, remedies, and ceremonies, and being connected to family, community and nature.

Indigenous Perinatal Mental Health Program:

Contact Heather Cusson @ 705-527-4154 x 7227 or <http://heather.cusson@chigamik.ca/>

The Indigenous Perinatal Mental Health Program works with First Nation, Métis and Inuit mothers in North Simcoe Muskoka who may be planning a pregnancy, are currently pregnant, have recently had a baby, or have experienced a loss during this time. The program works with clients and the medicine wheel as they travel along their journey into parenthood, providing the support and resources needed for good physical, emotional and spiritual health.

The Indigenous Perinatal Health Counsellor provides assessment, counselling and health education to clients regarding their pre and post-natal care.

### **Enahtig Healing Lodge & Learning Centre**

<http://www.enahtig.ca> or 705-534-3724

Enahtig programs and services are traditionally focused, holistic and guided by an "aboriginal psychology"/ Scheduling is year round, based on calendar quarters which coincide with the natural rhythm of the four seasons. Central to all programs and services to traditional healing integrated with contemporary skills and practices. To this end, Enahtig is a place of council, of learning of the teachings the creator gave our peoples, of the sweat lodge, of fasting, and of ceremonies for healing and celebration. It is also a place of re-discovery, and of learning new ways to live in a good way.

The Enahtig **Community Mental Health Program** provides mental health treatment, care and support to community members as close to home as possible in partnership with other Aboriginal and non-aboriginal service providers (Shared Care).

### **Georgian Bay Native Friendship Centre**

<https://www.gbnfc.com> or 705-526-5589

Committed to improving the quality of life for indigenous people living in an urban environment by supporting self-determination and encouraging equal access to and participation in society.

#### Indigenous Mental Health and Wellness Program:

A community-based program that seeks to strengthen and promote mental health and well-being for urban Indigenous people 16 years of age and up. The program objectives are 1) to improve physical well-being for individuals and families through the promotion of healthy lifestyles, and activities; 2) to improve mental well-being using strengths-based approaches to achieve and maintain a good mind; 3) to support and improve individual and family emotional well-being and the ability to recognize and maintain healthy relationships; and 4) to provide access to cultural knowledge and activities that foster self-respect and identity.

#### The Indigenous Healing and Wellness Program:

Aims to reduce family violence, promotes healthy lifestyles, cultural based programming and self-healing. Some of the services include seminars and workshops; one to one and group sessions; referral services; and talking/sharing/teaching circles.

#### Kizhaay Anishnaabe Niin ( I Am A Kind Man) Program:

Provides one-on-one peer counselling and group activities to assist male youth and men who are committed to ending violence against Indigenous women in their personal lives and within their community. The program promotes a healthy lifestyle, provides cultural teachings, workshops, and presentations on ending violence against Indigenous women

### **Georgian Bay Native Women's Association**

<http://www.gbnwa.ca> or 705-527-7043

#### Canadian Prenatal Nutrition Program:

Is designed to support and encourage healthy lifestyles for mothers prenatally, newborns and children. The focus of the program is off-reserve Indigenous women who are most likely to have unhealthy babies due to low income and/or lack of supports in the area.

#### Community Action Programming for Children:

Program focuses on at-risk children 0-9 years old. The program promotes healthy development by providing community based activities in a culturally and environmentally relevant setting. CAP-C will help develop and maintain and introduce culture among participants and families.

#### Kina Endaayiiing Program Coordinator:

Assisting families in identifying developmental milestones and providing supports to families to make sure children are meeting them. Since parents/guardians are the child's primary teacher a meeting would take place to discuss what they would like to focus on in their child's development. Referrals and contact information to other organizations can be requested.

- Home Visits
- Parent Support Circles and Parent Council
- Obtaining Documentation Support eg. health cards, birth certificates, SIN #s
- School Registration Support
- Weekly Kindergarten Readiness Programs

#### Infant Shki Biinoojii Well-Being:

Program supports Indigenous families in learning about Traditional and Clinical approaches to positive infant mental health. Parents can access one to one support to learn how to respond to the needs and behaviors of children, ensuring safety and security. Additionally, parents will learn to identify early risks by using ASQ screenings and increase knowledge of cultural practices

regarding pregnancy and parenting. The program actively involves grandparents to restore their position as Knowledge Keepers that help to support healthy family development.

Wabano Kwe “New Dawn Woman”:

This program provides women and their families with opportunity to identify and establish their awareness and understanding of what is a “Good Life”. This program also supports men and women who are a victim of violence and want to work towards ending the cycle of violence for their children.

Circle of Care:

Circle of care provides peaceful resolution using traditional Indigenous approaches for self-identifying First Nation, Inuit and Métis families involved with the Simcoe Connexions (CAS). Indigenous families, status or non-status, are eligible for this program, regardless if they are working voluntary with CAS or they are court ordered. COC supports you on your journey with CAS, by helping you navigate through the child welfare system, connect you to community resources and create safety plans for the well-being of your child and family.

**Orillia Native Women’s Association**

705-329-7755

Canadian Prenatal Nutrition Program:

Designed to support and encourage healthy lifestyles for mothers prenatally, newborns and children. The focus of the program is off-reserve Indigenous women who are most likely to have unhealthy babies due to low income and/or lack of supports in the area.

Community Action Programming for Children:

Program focuses on at-risk children 0-9 years old. The program promotes healthy development by providing community based activities in a culturally and environmentally relevant setting. CAP-C will help develop and maintain and introduce culture among participants and families.

Indigenous Traditional Parenting:

A program to strengthen families by providing Indigenous individuals and families with community based support services aimed to build resilience. The program provides early intervention supports to both children and their families to improve child development, increase education and capacity in caregivers and enhance overall wellbeing. The elements of the programs are grounded in Indigenous culture and traditions.

Infant Shki Biinoojii Well-Being:

Program supports Indigenous families in learning about Traditional and Clinical approaches to positive infant mental health. Parents can access one to one support to learn how to respond to the needs and behaviors of children, ensuring safety and security. Additionally, parents will learn to identify early risks by using ASQ screenings and increase knowledge of cultural practices regarding pregnancy and parenting. The program actively involves grandparents to restore their position as Knowledge Keepers that help to support healthy family development.

**Barrie Native Friendship Centre**

<http://www.barrienfc.ca/> or 705-721-7689

The vision of the Barrie Native Friendship Centre is to improve the quality of life for all Indigenous / Métis people in the area, regardless of legal definition by providing a gathering place which promotes unity and wholistic healing within the community at large. This is accomplished through a network of culturally based programs, services and teachings.

Aboriginal Healthy Babies Healthy Children:

Program offers culturally based supports to families. This program works with families and their children with physical, mental, emotional and social issues including prenatal support and supports for children ages 0 to 6.

Aboriginal Family Support Program:

Provides supports families with children ages 0 to 6. Focusing on improving the wholistic health and well-being of families by fostering Indigenous culture through healthy eating, play, language, games and positive peer interactions for parents and children.

Aboriginal Healing & Wellness:

Provides offers services to families and individuals working to end family violence. Services include: crisis intervention, peer counseling, advocacy, referrals to outside agencies and services such as; shelters, drug and alcohol treatment centres, therapeutic counselling services, trauma recovery programs and food banks.

Kizhaay Anishnaabe Niin:

Provides Indigenous culture based 1:1 peer counselling and group activities. The program focuses on Indigenous men, and male youth who are committed to ending violence against Indigenous women and girls. This program promotes understanding and responsibilities of traditional roles to resolve trauma, and, encourage overall well-being and community wellness.

**Métis Nation of Ontario**

<http://www.metisnation.org/> or 705-527-1228

Métis Healthy Babies Healthy Children (MHBHC):

This voluntary program offers prevention and intervention strategies by providing prenatal, postnatal and parenting supports to encourage and promote the healthy development of children aged 0-6 who may be at risk. Healthy living and relationships are fostered through home visits, service coordination, education and referral to liaison with supports and community agencies.

MNO Healing and Wellness Strategy:

This strategy aims to improve the health and wellness of individuals, families, communities and nations. This goal may be met by providing improved and equitable access to standards of care through the promotion of healthy environments, including the use of culturally appropriate individual services, supports and programming.

Family Well-Being Program (FWB):

This voluntary program provides support and advocacy to youth and their families as well as community members dealing with Children's Aid Society.

**Catulpa Community Support Services – WrapAround Process**

Contact Whitney Dale @ 705-733-3227 ext. 2335 or 1-877-803-3227 ext. 2335 or [wdale@catulpa.on.ca](mailto:wdale@catulpa.on.ca)  
<https://catulpa.on.ca/wraparound/>

WrapAround helps you and your family build a team of support based on the strengths and skills of trusted family, friends and community. It helps you make a plan to reach the goals important to you and your family. It is a voluntary process and includes monthly support team meetings. The planning process takes approximately twelve months.

A WrapAround facilitator works with you as you overcome challenges, develop ideas, and take steps towards your goals. The Catulpa Community Support Services' Wraparound team includes a First Nations, Métis and Inuit (FNMI) Facilitator who can provide services that include cultural support, traditional teachings and medicines to First Nations, Inuit or Métis families.