

Hamilton Prenatal, Well Baby & Child Community Resource Tool (February 2017)

De Dwa Da Dehs Nyes Aboriginal Health Centre: 905-544-4320

Centre de Sante Communautaire Hamilton Francophone Health Centre: 905-528-0163

Prenatal – Open Access

Pregnancy Testing/Counselling
[Birthright Hamilton](#) 905-527-3677
[Pregnancy Support Services of Hamilton](#) 905-383-8525
[City of Hamilton- Sexual Health Line](#) 905-528-5894

Prenatal Health Care
[Hamilton Midwives](#) 905-527-8919
[Community Midwives of Hamilton](#) 905-546-5444
[Access Midwives \(Stoney Creek\)](#) 905-546-5002
[Maternity Centre Hamilton](#) 905-528-5553

If <21 years of age [Youth Pregnancy Care Pathway](#)

Hospital Prenatal Registration
[Hamilton Health Sciences \(McMaster\)](#) 905-521-5082
[St. Joseph's Hospital](#) (Currently not booking pre-registration appointments) 905-522-1155 ext 34156

Prenatal Classes
[City of Hamilton Prenatal Classes](#) 905-545-3591
[Hamilton Prenatal Nutrition Project](#) 905-546-3550
[Aboriginal Prenatal Nutrition Program](#) 905-548-9593

21 & Under Prenatal Support/Education
[Living Rock Ministries \(up to 25\)](#) 905-528-7625
[Grace Haven \(Housing/School also\)](#) 905-522-7336
[St. Martin's Manor \(Housing/School also\)](#) 905-575-7500
 (Note- [Angela's Place](#) if postnatal) 905-549-4276

Prenatal Support/Home visiting
[City of Hamilton- HBHC Program](#) 905-546-3550
[Aboriginal HBHC Program](#) 905-548-9593
[City of Hamilton- NFP \(21 and under\)](#) 905-546-3550

Prenatal Substance Abuse/Medication
[Aboriginal Alcohol /Drug Program](#) 905-548-9593
[Hospital for Sick Children- Motherisk](#) 416-813-6780
[Salvation Army- New Choices](#) 905-522-5556

Breastfeeding Supports
[Public Health Services Breastfeeding Clinic](#) 905-546-3550
[La Leche League](#) 800-665-4324
[BANA St. Joseph's Hospital](#) 905-522-1155 ext 33485

Prenatal & Well Baby Health Information Websites
www.caringforkids.cps.ca or www.aboutkidshealth.ca

Well Baby/Child – Open Access

Post Partum Depression
[Catholic Family Services](#) 905-527-3823
[YWCA Good Beginnings](#) 905-522-9922 x310
[The Women's Centre](#) 905-522-0127
[Women's Health Concerns Clinic](#) 905-522-1155 x33979

Positive Parenting
[Parenting with LOVE](#) 905-546-3550
[Right from the Start/COPEing with Toddler Behaviour](#) (Chedoke IPP) 905-521-2100 ext 77406
 Fathering Groups and Events 905-546-3550
[Hamilton Early Years Information Line](#) 905-524-4884

Child Care
[Information Hamilton/Early Years Information Line](#) 905-524-4884
[Child Care Subsidy Hamilton](#) 905-546-4870

Child Health
[Community Health Bus](#) (Dental) 905-546-2489
[Head Lice- Bug Busters Clinics](#) 905-546-2489
[Immunization Program](#) 905-540-5250
[City of Hamilton Dental Program](#) 905-546-2424 ext 3789

Nutrition
[City of Hamilton- Information or Workshops](#) 905-546-3550
[Eat Right Ontario](#) 877-510-5102

Safety
[Parachute \(formerly Safe Kids Canada\)](#) 888-537-7777
[Health Canada](#) 866-225-0709

Recreation
[Hamilton Public Library \(Main Branch\)](#) 905-546-3200
[City of Hamilton Recreation](#) 905-546-3747
[Boys & Girls Clubs of Hamilton](#) (Kiwanis) 905-549-2814
[Recreation Fee Assistance](#) 905-546-2424 ext 4569

Child Development
[Early Words Hamilton](#) (Speech) 905-381-2828
[Early Words Hamilton](#) (Infant Hearing) 905-385-7927
[Check It Out \(times & locations\)](#) 905-546-3550
[On Track \(Best Start Resource\)](#)
[McMaster's www.18monthvisit.ca](#)
[Healthy Baby Healthy Brain](#)

Vision
[Blind-Low Vision Early Intervention Program](#) 905-385-7927
[C.N.I.B. Hamilton/Halton/Niagara](#) 888-275-5332
[Eye See...Eye Learn](#) (Junior kindergarten free glasses)

Well Baby/Child – Health Care Provider Referrals

Family Physicians can also refer to "Development" resources mentioned above

Child Care
[Therapeutic Referral for Childcare](#) 905-546-2424
 (18 months+ fax referral to 905-546-4668) ext 4872

Hearing
[Chedoke-Developmental Pediatrics](#) (Audiology) 905-521-7951
 (phone or fax referral to 905-521-4994)
[St. Joseph's Healthcare- Audiology](#) 905-521-6102
 (fax referral to 905-521-6159)

Developmental Pediatrics (Chedoke-McMaster)
 Fax 905-387-7714 Phone: 905-521-2100 x 77950
 -[Children's Developmental Rehabilitation Program](#)
 -[Cleft Lip and Palate Program](#)
 -[Specialized Developmental & Behavioural Services](#)
 -[Technology Access Clinic \(TAC\)](#)
 -[Autism Spectrum Disorders](#)
 -[Infant Parent Program](#)
 -Pediatric Development Consultation

Special Needs Services
 Chedoke McMaster- Special Needs Office 905-577-8451
 (fax referral to 905-527-5915)

Frequent Contact Numbers/Resources

[Hamilton Children's Aid Society](#)..... 905-522-1121
[Catholic Children's Aid Society](#) 905-525-2012
[Telehealth Phone Line Ontario](#).....1-866-797-0000
[Health Connections Phone Line](#) 905-546-3550
[Kids Help Phone Line](#)..... 1-800-668-6868
[HFHT Child and Youth Consult](#) 905-975-6667
[COAST Crisis Outreach](#)..... 905-972-8338
[Ontario Poison Control](#) 1-800-268-9017
[Police Non-Emergency](#).....905-546-4925
[Early Words Hamilton](#) 905-381-2828
[Check it Out](#) (times & locations)..... 905-546-3550
[Contact Hamilton](#) 905-570-8888
[Growing Together- Community Education Service Guide](#)
[Child and Youth Mental Health Navigation Tool](#)

Prenatal, Well Baby & Child Community Resource Tool

Introduction

- The Prenatal, Well Baby & Child Community Resource Tool was developed to facilitate easy access to resources and information to support infants, children and families.

Instructions for using the Prenatal, Well Baby & Child Community Resource Tool

- There are 3 means of accessing the Prenatal, Well Baby & Child Community Resource Tool
 - 1. Hard copy version that can be posted at the family practice
 - 2. Electronic version that can be download onto your desktop computer (contact PHN Jaclyn if needed jaclyn.grodecki@hamiltonfht.ca or 905-520-8232)
 - To open a link to services, hover over the resource and press Ctrl and right click the mouse at the same time
 - 3. Intranet version is accessible through the HFHT website

To access via Intranet:

- Go to the HFHT Website www.hamiltonfht.ca
- Go to the information bar at the top and click “Resources/File Library”
- On the right side at “Search” search using the key word “Well Baby”

OR

- Go to the HFHT Website www.hamiltonfht.ca
- Click on “I am a Health Care Provider” tab
- Click on “Child Health” tab on the right side of the page
- Under the “Child Health General Resources” heading click on “Community Resources”

The Prenatal, Well Baby and Child Community Resource Tool has been divided vertically into 3 areas of service/concerns:

- • Purple- Prenatal Supports where no referral is needed or clients can self-refer
- • Dark Green- Postnatal/Well Baby/Child supports where no referral is needed or clients can self-refer
- • Light Green- Postnatal/Well Baby/Child supports where a health care professional referral is required

FOR MORE INFORMATION OR FEEDBACK ABOUT THIS TOOL PLEASE CONTACT THE HAMILTON FHT NURSING DEPARTMENT



Routine Well Baby Visit Schedule

On a computer with internet- click on an age of visit for a corresponding resource guide

