



Renfrew County and
District Health Unit

Community Resources

Hospitals:

Deep River and District Hospital

117 Banting Drive,
Deep River, Ontario
K0J 1P0
Telephone: 613-584-3333 or 1-866-571-8168
Fax: 613-584-4920

Arnprior and District Memorial Hospital

350 John Street North,
Arnprior, Ontario
K7S 2P6
Telephone: 613-623-7962
Fax: 613-623-5703

St. Francis Memorial Hospital

7 St. Francis Memorial Drive,
Barry's Bay, Ontario
K0J 1B0
Telephone: 613-756-3044

Pembroke Regional Hospital

705 Mackay Street,
Pembroke, Ontario
K8A 1G8
Telephone: 613-732-2811
Fax: 613-732-9986

Renfrew Victoria Hospital

499 Raglan Street North,
Renfrew, Ontario
K7V 1P6
Telephone: 613-432-4851
Fax: 613-432-8649

Midwives

Madawaska Valley Midwives

15 Lake Street,
Killaloe, Ontario
K0J 2A0
Telephone: Petawawa area – 1-877-757-0808
Killaloe area – 613-757-0808
Email: mvmidwives@hotmail.ca

Ottawa Valley Midwives

1-1 Costello Drive,
Carleton Place, Ontario
K7C 0B4
Telephone: 613-253-3148
Fax: 613-253-2550
Email: admin@ottawavalleymidwives.com
Midwife Languages: English, French & Russian

The Midwifery Collective of Ottawa

297 Olmstead Street,
Ottawa, Ontario
K1L 7J9
Telephone: 613-730-bebe (2323)
Fax: 613-260-2880
Email: info@midwiferycollective.com

Other Health Services:

Renfrew County and District Health Unit's [Community Sexual Health Clinics](#)

Prenatal Classes/Supports

Renfrew County and District Health Unit's [Prenatal Education Program](#)

Canada Prenatal Nutrition Program

Pembroke

Jubilee Place
1144 Lea Street,
Pembroke, Ontario
K8A 4Z6
Telephone: 613-732-8434

Petawawa

St. Francis of Assisi Church
9 Festubert Boulevard,
Petawawa, Ontario
K8H 1N3
Telephone: 613-687-7587

Renfrew

Young Parent Support Program
Central Public School
140 Munroe Street,
Renfrew, Ontario
K7V 1N2
Telephone: 613-432-4241

Arnprior

Family Preschool Resource Centre
16 Edward Street South,
Suite 130
Arnprior, Ontario
K7S 3W4
Telephone: 613-623-8224
Fax: 613-623-7941

Killaloe

Community Resource Centre
15 Lake Street,
Killaloe, Ontario
K0J 2A0
Telephone: 1-888-757-3108
Fax: 613-757-0208

Chalk River

Family Enrichment Network
Chalk River Community Resource Centre
19 Railway Street,
Chalk River, Ontario
K0J 1J0
Telephone: 613-589-2540

Breastfeeding

Breastfeeding ABC's A prenatal workshop
Telephone: 613-735-8651 Ext. 516 | 1-800-267-1097 Ext. 516
Email: onlineprenatal@rcdhu.com

Breastfeeding Buddies

Ontario Early Years Centre
Telephone: 613-735-6866 Ext. 4129

Breastfeeding Consults

Renfrew County and District Health Unit
Telephone: 613-735-8651 Ext. 516 | 1-800-267-1097 Ext. 516

Telehealth Ontario [24/7 Breastfeeding Supports](#)

Telephone: 1-866-797-0000
TTY: 1-866-797-0007

La Leche League

Telephone: 1-800-665-4324

www.ontariobreastfeeds.ca

www.renfrewcountybreastfeeds.ca

<http://www.breastfeedinginc.ca/>



Postpartum Support Groups/Playgroups/ Parenting Support

Renfrew County and District Health Unit's [Well-Baby Drop-In Groups](#)

Baby & Me Group

Jubilee Place
1144 Lea Street,
Pembroke, Ontario
K8A 4Z6
Telephone: 613-732-8434

The Phoenix Centre

Pembroke Office

130 Pembroke Street West,
(2nd Floor)
Pembroke, Ontario
K8A 5M8
Telephone: 613-735-2374 or 1-800-465-1870
Fax: 613-735-2378

Renfrew Office

191 Plaunt Street South,
Renfrew, Ontario
K7V 1M7
Telephone: 613-432-7936

Community Resource Centre

15 Lake Street,
Killaloe, Ontario
K0J 2A0
Telephone: 1-888-757-3108
Fax: 613-757-0208

Petawawa Postnatal Nutrition Program

St. Francis of Assisi Church
9 Festubert Boulevard,
Petawawa, Ontario
K8H 1N3
Telephone: 613-687-2104 ext. 225

Family and Children's Services

Pembroke Office

77 Mary Street,
Suite 100
Pembroke, Ontario
K8A 5V4
Telephone: 613-735-6866
Fax: 613-735-6641
Toll Free: 1-800-267-5878

Renfrew Office

114 Argyle Street South,
Renfrew, Ontario
K7V 1T5
Telephone: 613-432-4821
Fax: 613-432-9278
Toll Free: 1-800-267-5878

Columbus House/Young Parent Support Program

Telephone: 613-732-1767

Emergency Food Access

[Food Banks](#) – Renfrew County

Financial Help/Assistance With Getting Baby Items

Ontario Works

<http://www.countyofrenfrew.on.ca/departments/social-services/ontario-works/>

Salvation Army Pembroke

Telephone: 613-735-5601

County of Renfrew Child Care Services

Telephone: 613-732-4100

CPAN – [Operation Snowsuit](#)

[Tools for School Program](#)

Jubilee Place

Jubilee Place
1144 Lea Street,
Pembroke, Ontario
K8A 4Z6
Telephone: 613-732-8434



Ontario Early Years Centres (OEYC)

Pembroke – Winning Kids Centre

464 Isabella Street,
Pembroke, Ontario
K8A 5T9
Telephone: 613-735-7575
Telephone: 1-866-547-7613

Arnprior – Family Preschool Resource Centre

16 Edward Street South,
Suite 130
Arnprior, Ontario
K7S 3W4
Telephone: 613-623-8224
Fax: 613-623-7941

Deep River – Family Enrichment Network

87 Brockhouse Way,
Room 169 (Inside Mackenzie Community School)
Deep River, ON
K0J 1P0
Telephone: 613-584-4886

Chalk River – Family Enrichment Network

Chalk River Community Resource Centre
19 Railway Street,
Chalk River, Ontario
K0J 1J0
Telephone: 613-589-2540

Point Alexander – Family Enrichment Network

Laurentian Hills Municipal Building
34465 Hwy 17 West,
Deep River, Ontario
K0J 1P0
Telephone: 613-584-3114

Community Resource Centre

15 Lake Street,
Killaloe, Ontario
K0J 2A0
Telephone: 1-888-757-3108
Fax: 613-757-0208

Petawawa – Military Family Resource Centre

18 Regalbuto Avenue,
Petawawa, Ontario
K8H 1L3
Telephone: 613-687-1641
Fax: 613-687-1858

Military Family South Side Community Centre

1578 Wolfe Avenue,
Petawawa, Ontario
K8H 1L3
Telephone: 613-687-2104 Ext. 240
Fax: 613-687-1045

Renfrew – Kids Corporation

115 Veteran's Memorial Boulevard,
Renfrew, Ontario
K7V 2R5
Telephone: 613-433-9901
Fax: 613-433-9901

Housing/Shelter

Ontario Housing

Telephone: 613-735-0782

[Renfrew County Housing Corporation](#) - rent geared to income housing

New to Canada

Health Care Connect – Find a family doctor or nurse practitioner

Telephone: 1-800-445-1822

Website: <http://www.ontario.ca/page/find-family-doctor-or-nurse-practitioner>

[Giving Birth in a New Land](#) - A Guide for Women New to Canada and Their Families

[Growing Up in a New Land](#) – A Guide for Newcomer Parents

Health Information Lines

Renfrew County and District Health Unit's Health Info Line

Telephone: 1-800-267-1097 Ext. 666 or 613-735-8666

Telehealth Ontario

Telephone: 1-866-797-0000; TTY: 1-866-797-0007

Eat Right Ontario

Telephone: 1-877-510-5102

Motherisk

Motherisk Helpline

Telephone: 1-877-439-2744

Nausea and Vomiting of Pregnancy Helpline

Telephone: 1-800-436-8477

Alcohol and Substance Use Helpline

Telephone: 1-877-327-4636

Exercise in Pregnancy Helpline

Telephone: 1-866-937-7678

Mental Health Resources

24 Hour Mental Health Crisis Line

Telephone: 1-866-996-0991

Pembroke Regional Hospital Mental Health Services

Telephone: 613-732-8770 Ext. 8006 or 1-800-991-7711 Ext. 8006

Phoenix Centre Crisis Line

Telephone: 1-877-377-7775

North Renfrew Family Services Walk in Counselling

Telephone: 613-584-3358

Fax: 613-584-5520

Postpartum Support Group

Telephone: 613-687-7587 Ext.3224

Smoking/Substance Use

My Quit Program

Telephone: 1-877-376-1701

Website: www.myquit.ca

Pathways Alcohol and Drug Treatment Services of Renfrew County

The Mother Safe Program

Telephone: 613-432-8573 or 1-888-241-1135

Violence/Abuse:

Bernadette McCann House for Women

Telephone: 613-732-3131 or 1-800-267-4930

Assaulted Women's Helpline

Telephone: 1-866-863-0511, TTY# 1-866-863-7868,

Mobile: #SAFE (#7233)

North Renfrew Family Services

Telephone: 613-584-3358

Fax: 613-584-5520

Important! You will need to register your baby for the following:

Service	Telephone Number	Website
Birth Certificate	1-800-461-2156	www.serviceontario.ca
Health Card	1-800-664-8988	www.health.gov.on.ca
Social Insurance Card	1-800-206-7218	www.servicecanada.gc.ca
Universal Child Care Benefit	1-800-959-2221	http://www.cra-arc.gc.ca/uccb/
Canada Child Tax Benefit	1-800-387-1193	www.children.gov.on.ca
Ontario Child Benefit	1-866-821-7770	www.ontariochildbenefit.ca

Adapted with permission from Halton Region

Additional Resources

211 Ontario - <http://www.211ontario.ca/>

Immunizations - <http://www.immunize.ca/en/default.aspx>

Canadian Paediatric Society - [Caring For Kids](http://www.caringforkids.ca)

Car Seats

Pembroke OEYC (Inspections)

Telephone: 613-735-7575

SEATS for Kids - <http://www.seatsforkidscanada.com/home.html>

Parachute Canada - <http://www.parachutecanada.org/>

Ministry of Transportation - <http://www.mto.gov.on.ca/english/safety/choose-car-seat.shtml>

Jump Start Program for recreation subsidies - <http://jumpstart.canadiantire.ca/en/>

Healthy Smiles Ontario - http://health.gov.on.ca/en/public/programs/dental/hso_phu.aspx#

Infant and Child Development Program

Telephone: 613-735-6866 Ext. 4159

Renfrew County Public Libraries - <http://www.countyofrenfrew.on.ca/menu/about-the-county/libraries/>

Sprouting Speech Program

Telephone: 613-732-7007 Ext. 5905

Infant Hearing Program

Telephone: 1-866-432-7447

Petawawa Military Family Resource Centre

Telephone: 613-687-1641