



Community Resources

Hospitals:

Deep River and District Hospital

117 Banting Drive
Deep River, ON K0J1P0
Telephone: 613-584-3333 / 1-866-571-8168

Arnprior and District Memorial Hospital

350 John Street North, Arnprior, ON K7S 2P6
Telephone: 613-623-7962

St. Francis Memorial Hospital

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

Pembroke Regional Hospital

705 Mackay Street, Pembroke, ON K8A 1G8
Telephone: 613-732-2811

Renfrew Victoria Hospital

499 Raglan Street North, Renfrew, ON K7V 1P6
Telephone: 613-432-4851



Renfrew County and District Health Unit
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Midwives:

Madawaska Valley Midwives

(<https://www.mvmidwives.ca/>)
15 Lake Street, Killaloe, ON K0J 2A0
Telephone:
Petawawa area – 1-877-757-0808
Killaloe area – 613-757-0808
Email: info@mvmidwives.ca

Ottawa Valley Midwives

(<https://ottawavalleymidwives.com/>)
1-1 Costello Drive, Carleton Place, ON
K7C 0B4
Telephone: 613-253-3148
Fax: 613-253-2550
Email: admin@ottawavalleymidwives.com
*Midwife Languages: English, French & Russian

The Midwifery Collective of Ottawa

(<https://www.midwiferycollective.com/>)
88 CentrepoinTE Dr., Suite 200
Ottawa, ON K2G 6B1
Telephone: 613-730-bebe (2323)
Fax: 613-260-2880
Email: reception@midwiferycollective.com

Prenatal Classes/Support:

Renfrew County and District Health Unit (RCDHU)

Prenatal Education Program

(<https://www.rcdhu.com/clinics-classes/prenatal-education/>)

Telephone: 613-735-8651 Ext. 589 /
1-800-267-1097 Ext. 589

Canada Prenatal Nutrition Program

Pembroke

Jubilee Place
1144 Lea Street, Pembroke, ON K8A 4Z6
Telephone: 613-732-8434
Email: jubileeplace@nrtco.net

Petawawa

St. Francis of Assisi Church
9 Festubert Boulevard, Petawawa, ON K8H
2X3
Telephone: 613-687-5511 Ext. 5434

Renfrew

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

Arnprior

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

Killaloe

Community Resource Centre
15 Lake Street, Killaloe, ON K0J 2A0
Telephone: 613-757-3108 /
1-888-757-3108

Sexual Health:

RCDHU Community Sexual Health Clinics

(<https://www.rcdhu.com/clinics-classes/sexual-health-clinics/>)

Breastfeeding:

RCDHU Breastfeeding ABC's

(<https://www.rcdhu.com/clinics-classes/prenatal-education/>)

Telephone: 613-735-8651 Ext. 589 /
1-800-267-1097 Ext. 589

Email: onlineprenatal@rcdhu.com

Breastfeeding Consults

(<https://www.rcdhu.com/clinics-classes/feeding-your-baby/>)

Telephone: 613-735-8651 Ext. 589 /
1-800-267-1097 Ext. 589

Email: onlineprenatal@rcdhu.com

Telehealth Ontario

24/7 Breastfeeding Supports

(<https://www.ontario.ca/page/breastfeeding>)

Telephone: 1-866-797-0000

TTY: 1-866-797-0007

Le Leche League (<https://www.lllc.ca/>)

Breastfeeding Referral Line: 1-800-665-4324

Additional Websites

www.ontariobreasfeeds.ca

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



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Postpartum Support Groups/Playgroups/Parenting Support:

Baby & Me Group

Jubilee Place
1144 Lea Street, Pembroke, ON K8A 4Z6
Telephone: 613-732-8434
Email: jubileeplace@nrtco.net

The Phoenix Centre (<https://phoenixctr.com/>)

Pembroke Office

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

Renfrew Office

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

*For additional satellite locations, visit The Phoenix Centre website at: <https://phoenixctr.com/>.

Petawawa Postnatal Nutrition Program

St. Francis of Assisi Church
9 Festubert Boulevard, Petawawa, ON K8H 2X3
Telephone: 613-687-2104

Community Resource Centre

15 Lake Street, Killaloe, ON K0J 2A0
Telephone: 613-757-3108 / 1-888-757-3108
Email: askus@crc-renfrewcounty.com

RCDHU Parent-Child Drop-Ins

(<https://www.rcdhu.com/clinics-classes/parenting/>)

Family and Children's Services

Pembroke Office

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

Renfrew Office

114 Argyle Street South, Renfrew, ON
K7V 1T5
Telephone: 613-735-6866
Toll Free: 1-800-267-5878

Columbus House/Young Parent Support Program

Pembroke Site

73 Renfrew St., Pembroke, ON K8A 5R7
Telephone: 613-732-1767

Renfrew Site

140 Munroe Ave. E., Renfrew, ON K7V 3K4
Telephone: 613-432-4241

Financial Help/Assistance with Getting Baby Items:

Jubilee Place

1144 Lea Street, Pembroke, ON K8A 4Z6
Telephone: 613-732-8434
Email: jubileeplace@nrtco.net

Ontario Works

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

CPAN

Operation Snowsuit

(<https://renfrewcountycpan.ca/operation-snowsuit/>)

Tools for School Program

(<https://renfrewcountycpan.ca/tools-for-school/>)

First Step Options – Pregnancy Resource Centre

(<http://www.firststepoptions.com/wp/>)
337 Murray Street, Pembroke, ON K8A 4P3
Telephone: 613-635-7440

*Open Mon. to Weds., 10:00 a.m. to 4:00 p.m.



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EarlyON Child & Family Centres:

Centre-Based Program:

EarlyON Arnprior

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

EarlyON North Renfrew – two locations

-33110 D Highway 17, Deep River, ON
-34465 Highway 17, Point Alexander, ON
Telephone: 613-602-3593
Email:
EarlyON.NorthRenfrew@fcsrenfrew.on.ca

EarlyON Pembroke

464 Isabella St., Pembroke, ON K8A 5T9
Telephone: 613-735-7575
Email: EarlyON.Pembroke@fcsrenfrew.on.ca

French services:

On y Va
1253 rue Pembroke ouest
Telephone: 613-732-3986
Email: onyvacomtederenfrew@gmail.com

EarlyON Petawawa Play Troop – two locations

-30 Festubert Blvd., Petawawa, ON K8H 1C6
Telephone: 613-687-1641
-1578 Wolfe Avenue, Petawawa, ON
K8H 1L3 (Tues. only from Sept. to June)
Telephone: 613-687-2104

EarlyON Renfrew

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

Mobile Programs:

Bonnechere Inodewiziwin Abinodjinish
Kikinamagan (BIAK) EarlyON Bonnechere
(Indigenous Teachings)

Telephone: 613-639-5780

*Serving various communities throughout
Renfrew County

EarlyON Toy Bus

Main Office: 15 Lake Street, Killaloe, ON
K0J 2A0

Telephone: 613-757-3108

*Serving Barry's Bay, Cobden, Eganville,
Beachburg, Killaloe, Golden Lake, and
Palmer Rapids

For more information and monthly calendars,
visit: <http://www.countyofrenfrewelcc.com/>.



Renfrew County and District Health Unit
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Family Health Teams (FHT) and Community Health Centres (CHC):

[Algonquins of Pikwakanagan](https://www.algonquinsofpikwakanagan.com/health-services/)

(<https://www.algonquinsofpikwakanagan.com/health-services/>)

Health Services

Telephone: 613-625-2259

Family Health Team

Telephone: 613-625-1175

[Arnprior and District FHT](https://arnpriorfht.ca/) (<https://arnpriorfht.ca/>)

Telephone: 1-877-622-5763

[Madawaska Valley FHT](https://madawaskavalleyfht.com/)

(<https://madawaskavalleyfht.com/>)

Telephone: 613-756-9888

[Petawawa Centennial Family Health Centre](http://pcfhc.ca/)

(<http://pcfhc.ca/>)

Telephone: 613-687-7641

[Rainbow Valley CHC](https://www.rainbowvalleychc.on.ca/)

(<https://www.rainbowvalleychc.on.ca/>)

Telephone: 613-757-0004

[Algonquin FHT](http://algonquinfht.ca/) (<http://algonquinfht.ca/>)

Telephone: 705-787-0846

[West Champlain FHT](https://www.westchamplainfht.com/)

(<https://www.westchamplainfht.com/>)

Telephone: 1-866-553-7205 (after-hours questions or concerns)

**See website for additional telephone numbers according to location*

[Whitewater Bromley CHC](https://www.wbchc.on.ca/)

(<https://www.wbchc.on.ca/>)

Telephone: 613-582-3685



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Mental Health Resources:

[24 Hour Mental Health Crisis Line](http://www.crisisline.ca/) (ages 16 or older)

(<http://www.crisisline.ca/>)

Telephone: 1-866-996-0991

Mental Health and Addiction Resources for Residents in Renfrew County and District:

[https://www.rcdhu.com/wp-](https://www.rcdhu.com/wp-content/uploads/2019/06/Mental_Health_and_Addiction_Services_of_Renfrew_County_June_2019.pdf)

[content/uploads/2019/06/Mental_Health_and_Addiction_Services_of_Renfrew_County_June_2019.pdf](https://www.rcdhu.com/wp-content/uploads/2019/06/Mental_Health_and_Addiction_Services_of_Renfrew_County_June_2019.pdf)

For additional mental health information and resources, visit the **RCDHU website at:*

<https://www.rcdhu.com/healthy-living/mental-health/>.

Health Information Lines:

Renfrew County and District Health Unit Family Health Intake Line

Telephone: 613-735-8651 Ext. 589 or 1-800-267-1097
Ext. 589

Telehealth Ontario

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

Smoking/Substance Use:

Telephone Support

Free and confidential smoking cessation information and support.

Telephone: 1-866-797-0000

[Smokers' Helpline](https://www.smokershelpline.ca/)

(<https://www.smokershelpline.ca/>)

Support services available online and through text messaging.

Text: iQuit to 123456

Pathways Alcohol and Drug Treatment Services of Renfrew County [The Mother Safe Program](http://www.renfrewcountyaddictiontreatment.ca/index.htm)

(<http://www.renfrewcountyaddictiontreatment.ca/index.htm>)

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

Email: info@pathwaysts.ca

Violence/Abuse:

[Bernadette McCann House for Women](#)

(<http://wsssbmh.org/en/>)

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

[Assaulted Women's Helpline](#)

(<http://www.awhl.org/>)

Telephone: 1-866-863-0511 / TTY: 1-866-863-7868

Text: #SAFE (#7233)

[North Renfrew Family Services Walk-in Counselling](#)

(<http://bright-ideas-software.com/nrfs/index.html>)

P.O Box 1334, Deep River, ON K0J 1P0

Telephone: 613-584-3358

Email: nrfs@drdh.org

Emergency Food Access:

[Renfrew County Food Banks](#)

(<https://www.champlainhealthline.ca/listServices.aspx?id=10572®ion=Renfrew>)

Housing/Shelter:

[Renfrew County Housing Corporation](#)

(<http://www.countyofrenfrew.on.ca/departments/social-services/renfrew-county-housing-corporation/>)

-Renfrew, Telephone: 613-432-3679

-Arnprior, Telephone: 613-623-7951

-Pembroke, Telephone: 613-735-0782 /
1-888-256-0063

[Renfrew County Housing Corporation](#)

(<http://www.countyofrenfrew.on.ca/departments/social-services/renfrew-county-housing-corporation/>)

- rent geared to income housing



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New to Canada:

[Health Care Connect](#)

(<https://www.ontario.ca/page/find-family-doctor-or-nurse-practitioner>) – Find a family doctor or nurse practitioner

Telephone: 1-800-445-1822

Giving Birth in a New Land – A guide for women new to Canada and their families

English:

<https://resources.beststart.org/wp-content/uploads/2019/02/E30-E.pdf>

French:

<https://resources.beststart.org/wp-content/uploads/2019/02/E30-F-1.pdf>

Growing Up in a New Land – A guide for newcomer parents

English:

<https://resources.beststart.org/wp-content/uploads/2019/01/K36-E.pdf>

French:

<https://resources.beststart.org/wp-content/uploads/2019/01/K36-F-1.pdf>

Registering Your Baby:

Website:

<https://www.ontario.ca/page/register-birth-new-baby>



Additional Resources:

[211 Ontario](https://211ontario.ca/) (https://211ontario.ca/)

[Immunizations](https://www.immunize.ca/) (https://www.immunize.ca/)

Canadian Paediatric Society

[Caring for Kids](https://www.caringforkids.cps.ca/)

(https://www.caringforkids.cps.ca/)

Car Seats

(https://www.fcsrenfrew.on.ca/services/early-on-child-family-centre/)

Pembroke EarlyON Child & Family Centre
(Inspections)

Telephone: 613-735-7575

[SEATS for Kids](https://seatsforkids.ca/) (https://seatsforkids.ca/)

Parachute Canada

(https://parachute.ca/en/)

Ministry of Transportation

(http://www.mto.gov.on.ca/english/safety/choose-car-seat.shtml)

Jump Start Program for Recreation Subsidies

(https://jumpstart.canadiantire.ca/)

Healthy Smiles Ontario

(https://www.ontario.ca/page/get-dental-care)

Infant and Child Development Program

(https://www.fcsrenfrew.on.ca/services/developmental-services/)

Telephone: 613-735-6866 Ext. 4159 OR 4129

Renfrew County and District Public Libraries

(http://www.countyofrenfrew.on.ca/menu/about-the-county/libraries/)

First Words

(http://www.children.gov.on.ca/htdocs/English/topics/earlychildhood/hearing/index.aspx)

Telephone: 613-732-7007 Ext. 5905

Infant Hearing Program

(http://www.children.gov.on.ca/htdocs/English/topics/earlychildhood/hearing/index.aspx)

Telephone: 1-866-432-7447

The mothers Program

(https://www.themothersprogram.ca/)

Champlain Maternal Newborn Regional Program (CMNRP)

(http://www.cmnrp.ca/en/cmnrp/Home_p2974.html)



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