



Community Resources

PLEASE BE ADVISED: If you are having pain, bleeding or you feel as if there is something wrong, call your health care provider immediately, head to your hospital's nearest emergency department or dial 911 for help.

WE ARE HERE TO HELP. Make note of any questions or comments and email them to us at CKhealth@chatham-kent.ca. We will do our best to respond within 2-3 business days.

Highlights of Resources Available to Parents Living in Chatham-Kent

Hospitals

Chatham-Kent Health Alliance

- Chatham Campus 519.352.6400
- Sydenham Campus 519.627.1461

24 hour Health Information Line

[Telehealth Ontario](#) 1.866.797.0000

TTY 1.866.797.0007

Health Care Connect

For assistance in finding a doctor or nurse practitioner 1.800.445.1822

Social and Financial Resources

Employment and Social Services in Chatham-Kent

519.351.8573

www.chatham-kent.ca

- Financial support
- Call for information on the application process
- A telephone interview will be arranged to determine eligibility for financial assistance

Chatham-Kent Access to Housing and Subsidized Housing

519.351.8573

Employment Insurance Maternity and Parental Benefits

1.800.206.7218

- For parents of new babies

Ontario Child Benefit

1.866.821.7770

- Financial support for low-income families to help provide for their children

[Canada Child Benefit](#)

1.800.387.1193

- Tax-free monthly payment made to eligible families to help with the cost of raising children under age 18

Childcare and Childcare Subsidy Programs

519.351.8573

- Information on childcare centres
- Assistance with childcare costs for eligible parents in Chatham-Kent
- Childcare Registry: <https://chathamkent.onehnsn.com>



Food Banks

Food and Nutrition Services

Directory 519.352.7270

www.chatham-kent.ca

- Food and diapers for families in need
- List of food banks in your area

Additional Sources of Information and Support

Assaulted Women's Helpline 1.866.863.0511

24 hours

Canadian Pediatric Society: Caring for Kids

www.caringforkids.cps.ca/

Multiple Births Canada

www.multiplebirthscanada.org

Ontario Newborn Screening Program

www.newbornscreening.on.ca

Ontario Poison Centre

1.800.268.9017

Pregnancy and Postpartum Mood and Anxiety Support Group

519.352.7270

Chatham-Kent Women's Centre

519.354.6360

www.ckwc.ca

or 1.800.265.0598

Telehealth Ontario 24/7

Breastfeeding Supports

1.866.797.0000

Website Resources in

Chatham-Kent

[List of websites for planning a pregnancy, pregnancy and parenting](#)

[Health Unit Pregnancy & Parenting](#)

[videos Back to Sleep...Tummy to Play](#)

[Breastfeeding Support Services in Chatham Kent](#)

Service Provider	Description	Target Audience	Contact Information
Community Partners	Information on supports and services in Chatham-Kent	All families with children 0-6 years of age	Toll free 1.866.720.7975
PRECONCEPTION AND PRENATAL RESOURCES			
London Regional Medical Genetics Centre	Genetic counseling enables prospective parents to make informed decisions about childbearing, birth defects, and human genetics	All prospective parents with doctor referral	1.519.685.8140
Prenatal Education Classes	Topics include pregnancy and lifestyle choices, nutrition, comfort measures, labour and birth, baby care, safety, community supports, and breastfeeding. Online or in-class	All expectant parents - early registration recommended	CK Public Health Unit 519.352.7270 1.866.251.7270
Building Healthy Babies	Serves pregnant women through education and nutrition support. Participants receive a grocery voucher and may receive assistance with prenatal vitamins. Meetings in Chatham, Blenheim, Tilbury, Wallaceburg, and for High/Low German speaking women	For pregnant mothers and women with babies up to three months of age	
Healthy Babies, Healthy Children	Home visits with a Public Health Nurse and Family Home Visitor for education, support, advice, and referral to services	Voluntary program for expectant parents and families with children up to six years of age	
CK Community Health Centre	Help with appointments, bi-monthly drop in for peer support, nutritious meal ideas and much more	Low & High German speaking women, especially mothers who are expecting or have children up to six years of age	519.397.5455, ext.158 Call for location information
Refuge	Practical pregnancy support, education and counselling	Young moms, crisis/unexpected pregnancies, women in need	Refuge 519.352.3576
Midwives of Chatham-Kent	Complete midwifery care for the prenatal, labour, birth, and postpartum period	All expectant parents	Self-referral 519.358.1888
Thamesview Maternity Care Group	Maternity care (including pre-natal, intra-partum and post-partum care) by Family Physicians at the Thamesview Family Health Team	All expectant parents	Self-referral 519.354.3200 or referral by Primary Care Provider. Please visit Maternity Care
BABY/CHILD FEEDING SUPPORTS			
Baby Weigh-in and Developmental Clinics	Drop-in clinic with a Public Health Nurse for baby's weight check, developmental screening and/or informal question/answer. Weekly clinics at Chatham and Wallaceburg EarlyON Child & Family Centre. Monthly clinics at EarlyON Child & Family Centres in outlying areas	Parents with children birth to six years of age	CK Public Health Unit 519.352.7270 1.866.251.7270
Lactation Consultant	Breastfeeding advice and support by phone, appointment with a lactation consultant or drop in clinic at Refuge.	Breastfeeding mothers	
Nutrition Services	Nutrition education specific to healthy weights, healthy shopping, meal preparation, and balanced eating based on Canada's Food Guide. NutriSTEP™ is a program that screens children's nutrition status (18 months - 5 years of age) and links families to appropriate community supports	Parents and children	
La Leche League	Mother-to-mother breastfeeding information and support.	Breastfeeding families	La Leche League Chatham llchathamgroup@gmail.com
Telehealth Ontario	24/7 Breastfeeding Support Food and healthy eating (you will be connected to a registered dietitian) Monday to Friday 9:00 a.m. -5:00 p.m.	Breastfeeding parents	1.866.797.0000 TTY 1.866.797.0007
Dietitians of Canada	Nutrition information, recipe collection, menu plans, videos and healthy eating tools		UnlockFood.ca

PARENTING RESOURCES			
Service Provider	Description	Target Audience	Contact Information
One Day At a Time	A support group for pregnant and new moms with anxiety and/or depression	Pregnant and new moms	CK Public Health Unit 519.352.7270 1.866.251.7270
Expectant and New Parent Programs	Drop-in groups to discuss various parenting topics. Public Health Nurse and/or Lactation Consultant present	Expectant parents and/or parents with young babies	
Healthy Babies, Healthy Children	Home visits with a Public Health Nurse and Family Home Visitor for education, support, advice and referral to services	Voluntary program for expectant parents and families with children up to six years of age	
Parenting Programs/Classes	Parenting programs provide support and education for parents raising young children	Parents with children from birth to 6 years of age	
EarlyON Child & Family Centres	Various literacy, play group and parenting programs with centres in Chatham, Wallaceburg, Tilbury, Ridgetown, Thamesville, Dresden, and Blenheim to encourage literacy, development, and learning	Families with children aged 0-6 years	519.351.1228 ext 2429
Family Service Kent	Provide a wide range of counselling and community-based services including anger management, stress management, family issues, relationship issues, budgeting, etc.	Families or individuals dealing with life challenges	519.354.6221 or Toll free 1.855.4FSKENT (437.5368)
Learning/Earning and Parenting Program (L.E.A.P.)	Supports parents aged 16-25 to complete high school, be job ready, and be effective caregivers	Young parents eligible for/or receiving Ontario Works	C-K Community & Social Services 519.351.8573
A.L.L. for Kids	Subsidy for sports and recreational programs	Families in financial need	
Healthy Smiles Ontario (HSO)	Programs for children and families in need of dental care	Families in financial need	Public Health Unit, Clinic Services 519.355.1071
Multiple Births Canada	Online support, information, and referral to available services	Parents of multiple birth http://www.multiplebirthscanada.org/	
EARLY EDUCATION EXPERIENCES			
EarlyON Child & Family Centre	Various literacy, play group and parenting programs to encourage literacy, development, and learning. Locations throughout Chatham-Kent	Families with children aged 0-6 years	519.351.1228 ext. 2429
Early Learning Program	Prepares young children for school entry by developing school readiness skills	2.5 to 4 year olds residing in specific areas in Chatham-Kent	
RecConnect	Connects citizens to area recreation programs and courses	All ages	Rec Connect 519.360.1998
Library Services	Children's programs encouraging literacy, such as preschool story time and the Mother Goose program	All ages	Library Services 519.354.2940
SPECIAL SERVICES FOR CHILDREN			
Children's Treatment Centre of Chatham-Kent	Provides screening and treatment for children including, physiotherapy, occupational therapy, speech/language and hearing services, social work, family services, music therapy, and recreation	Birth to nineteen years of age	Children's Treatment Centre of Chatham-Kent 519.354.0520
Autism Ontario Chatham-Kent	Regular meetings to provide emotional support and advocacy	Families coping with autism	chathamkent@autismontario.com
Chatham-Kent Children's Services	Developmental, behavioural, and mental health services	0-6 years of age	519.352.0440
Chatham-Kent Down Syndrome Association	Support, meetings, and information sessions for families and caregivers of children with Down Syndrome	Parents of children with Down Syndrome	519.436.8192
Learning Disabilities Association of CK	Tutoring, Social Skills Program, resources	Families and children with learning disabilities, ADD/ADHD, and social skills or school related difficulties	519.352.2024
HELP LINES			
Motherisk	Counselors will provide guidance and support to women and their healthcare providers on the safety of medications, infections, chemicals, personal products and everyday exposures during pregnancy and breastfeeding. Weekdays, 9:00 am – 5:00 pm.	Alcohol and Substance Abuse 1.877.327.4636 Prescription and over-the-counter drugs, herbal products, chemicals, x-rays, chronic disease and infections during pregnancy 1.877.439.2744 Motherisk	
Telehealth Ontario	24/7 Breastfeeding Support Food and healthy eating (you will be connected to a registered dietitian) Monday to Friday 9:00 a.m. -5:00 p.m.	All ages	1.866.797.0000 TTY 1.866.797.0007