



Postpartum Sidekick Doula Services Community Resources

Crisis Resources

Talk Suicide Canada
Call/Text 9-8-8, 24/7
988.ca/

Trans Lifeline
Call
1-877-330-6366
translifeline.org

Hope for Wellness
Helpline
Indigenous, 24/7
Call 1-855-242-3310
hopeforwellness.ca

Local Crisis Resources

Here 24/7
1-844-437-3247
here247.ca

Women's Crisis Centre
519-742-5894
wcsvr.org

Free Pregnancy Support

Shore Centre
519-743-9360
info@shorecentre.ca
shorecentre.ca

The Pregnancy Centre
519-886-4001
info@pregnancycentre.ca
pregnancycentre.ca

EarlyOn Planning for Parenthood
earlyyearsinfo.ca/preparing-for-parenthood

Prenatal Program - Waterloo
Region
regionofwaterloo.ca/en/health-and-wellness/online-prenatal-program.aspx

Free Support Groups

Nurture & Thrive Parent Circle
<https://postpartumsidekick.ca/>

Stork Secrets
<https://www.shorecentre.ca/storksecrets/>

PSI Online Support Meetings
<https://www.postpartum.net/get-help/psi-online-support-meetings/>

Transitioning to Parenthood
<https://earlyyearsinfo.ca/find-a-program-service/program-descriptions/>

Pay What You Can Therapy

Perinatal Wellbeing Ontario
perinatalwellbeing.ca/individual-pwyc

Bodywork Practitioners

Encompass Health & Wellness, Kitchener: pelvic floor physiotherapy, RMT, chiropractic care, and more.

Recharge and Play Wellness Cafe, Waterloo: RMT, occupational therapy, indoor playground, cafe.

Erin Memering Pediatric Physiotherapy, Waterloo: Family centered physiotherapy services for children from birth to 18 years of age.

A Body In Motion, Kitchener: pelvic floor physiotherapy.

The Village Physio, Guelph and Elora: pelvic floor physiotherapy.

Guelph Prenatal Massage, Guelph and Elora: prenatal massage, acupuncture, osteopathy and lactation support.

The WOMB, Guelph: pelvic physiotherapy, chiropractic care, naturopathic medicine, lactation and feeding support, and more.

Postpartum Practitioners

Better Bedtime: baby and adult sleep consulting, Snoo Cot rental.

EarlyON Child and Family Centre, Waterloo Region.

CPSAC: Child Passenger Safety Association of Canada.

Region of Waterloo Public Health Baby Feeding Clinics: free feeding support and education in Cambridge, Kitchener and Waterloo.

The Tiny Human Co: IBCLC certified lactation consultant, prenatal classes

Ten Little Toes, Waterloo: IBCLC certified lactation consultant.



Perinatal Mental Health Therapists Waterloo Region

* sliding scale

Kitchener/ Waterloo

Andrea Wiebe, MSW, RSW*
revelation-counselling.com

Athena Ferraro, MSW, RSW, PMH-C*
athenaferraro.com

Clare Pentelow, MSW RSW*
kitchenertherapy.ca

Fancy Therapy*
fancytherapy.ca

Firouzeh Sharifi, RP*
firouzeh.sharifi.opc@protonmail.com
Services in Farsi, French

Kasi Shan, MSW RSW
kasishantherapy.com
Open Path Collective Member

Nicole Graff-Rowe MSW, RSW
transformationcounselling.com

Rachel Brnjas, MSW RSW*
tapestrycc.com

Rebecca Johnston, MSW RSW*
fireflycounselling.com

Rooted Thistle Counselling*
rootedthistlecounselling.com

Cambridge

Bina Moore, MSW, RSW
embracecounsellingservices.com

Jessica Barnes, MSW, RSW
jessicabarnes.ca/

Nicole Mitten, RSW*
owlwellness.ca

Relationship Matters Therapy*
relationshipmatterstherapy.com

Virtual Practices

Better Bria
betterbria.ca

Elle Therapy
elletherapy.ca/

Whole Family Psychotherapy* (local)
wholefamilypsychotherapy.com

The Well Parent Centre
wellparentscentre.com

Pay What You Can Therapy

Perinatal Wellbeing Ontario
perinatalwellbeing.ca/individual-pwyc