

Having a **Baby** in Thunder Bay **Resource Guide**



This guide contains lists of supports and programs in the region to help you on your journey as a parent.



Thunder Bay District
Health Unit



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Prenatal & Postpartum Care:

Anishnawbe Mushkiki Community Health & Wellness

Indigenous Health Access Centre that offers pre/postnatal education, health promotion, traditional healing, FASD, and primary clinic services.

Call (807) 623-0383 or visit www.mushkiki.com

Beendigen Prenatal Program

Provides health, education, and nutritional support to Indigenous expectant mothers and those with babies up to six months of age who live off-reserve.

Call (807) 631-6182 or visit www.beendigen.com

Dilico Anishinabek Family Care

Education, prenatal monitoring, prenatal classes, HBHC postnatal follow-up, immunization clinics, well-baby clinics, home visiting, parenting support, family preservation, and infant child developmental services.

Call (807) 623-8511 or visit www.dilico.com

Fort William Family Health Team

Multidisciplinary Primary Care Team that consists of physicians, nurse practitioners, registered nurses, social workers, and a dietitian. Accepts referrals for prenatal clients.

Call (807) 626-1234 or visit fortwilliamfhn.ca

Fort W Medical Clinic

Primary health care clinic that offers pregnancy testing and access to referrals to prenatal care. Please call for appointment times.

Call (807) 700-4456 or visit www.fortwmedical.ca

Maternity Centre

Services include pre/postnatal care from an NP or physician, social work services, nutritional support, exercise services, smoking cessation counselling and lactation consultants.

Call (807) 684-6228 or visit tbrhsc.net/maternitycentre



Community Midwives of Thunder Bay

Call (807) 622-2229 or visit www.communitymidwives.net

Maternity Care Midwives

Call (807) 344-2229 or visit www.mcmidwives.ca

Métis Nation of Ontario Prenatal Nutrition Program

Designed to help at risk off-reserve Indigenous mothers, families and their babies (0 to 6 months) with access to knowledge, skills, and food to support healthy pregnancies and infant nutrition.

For more information contact madelineo@metisnation.org

NorWest Community Health Centre Midwifery Program

Prenatal and postpartum care, newborn health, labour and birth preparation, 2SLGBTQI+ care, sexual health planning, reproductive healthcare, specialist referral services, referrals to inter-professional care team, and education and resources.

Call (807) 622-8235 or visit www.norwesthc.org



General Information:

211 Ontario North

Information on social, community, health and government services in Northern Ontario. Dial 2-1-1 to speak with a Community Resource Specialist.

Labour and Delivery Unit, Thunder Bay Regional Health Sciences Centre

Call (807) 684-6540

Precious Bundles

Quality used clothing and essential items for children.

Call (807) 251-7142 or visit www.preciousbundles.org

Service Ontario

Register a birth (new baby) at www.ontario.ca/page/register-birth-new-baby

Infant Hearing Screening

Children's Centre Thunder Bay. Call (807) 343-5000 or visit www.childrenscentre.ca

Telehealth Ontario

For health information and breast/chest feeding support.

Call Toll Free: 1-866-797-0000 or TTY: 1-866-797-0007

Health Care Connect

If you need to apply for a primary health care provider, go to Health Care Connect to speak to a nurse to help you find a care provider.

Call 1-800-445-1822 or visit ontario.ca/healthcareconnect

Thunder Bay District Health Unit

Online prenatal education, lactation clinic, parenting classes and support, sexual health clinic and Healthy Babies Healthy Children home visiting program (in person or virtual).

Call (807) 625-5900 or visit www.tbdhu.com

Thunder Bay District Health Unit Injoy Online Prenatal Class

E-classes understanding pregnancy, birth, breast/chest feeding and your newborn. Visit tbdhu.com/onlineprenatal

Lactation Support:

Thunder Bay District Health Unit Lactation Services

Offers welcoming, evidence based breast/chest feeding support and education from Nurses with advanced training in lactation. Services available to prenatal clients and individuals breast/chest feeding a child of any age.

Call (807) 625-5900 to book an appointment in our clinic, a home visit or a virtual consult.

Maternity Centre Thunder Bay

Individual prenatal breast/chest feeding consultation, Bosom Buddies Support Group and a Lactation Consultant by appointment.

Call (807) 684-6228

La Leche League

Breast/chest feeding support and information.

www.lllc.ca

NorWest Community Health Centre

Offers lactation support to registered clients.

Call (807) 622-8235

Car Seat Safety

St. John Ambulance

Provides car seat and booster seat educational clinics.

Call (807) 345-1712

Thunder Bay Indigenous Friendship Centre

Offers car seat safety clinics with staff trained by the Child Passenger Safety Association of Canada.

Call (807) 345-5840



Community Programs:

Children's Aid Society

Non-profit agency working in local communities to provide help and support to children and their families.

Call (807) 343-6100 or visit www.thunderbaycas.ca

Children's Centre Thunder Bay

Treatment and support services for children and youth, from birth to 18 years, who are experiencing behavioural, emotional, developmental or social difficulties.

Call (807) 343-5000 or visit www.childrenscentre.ca

Communities Together for Children - EarlyON Child and Family Centre

Network of resources for families and caregivers.

Call (807) 624-5690 or visit ctctbay.org and keyon.ca/Events/ViewEvents

Our Kids Count

Community kitchens, drop-ins, parenting support, pre/post-natal support, home visiting, family counselling, and workshops.

Call (807) 623-0292 or visit www.ourkidscount.ca

Ontario Native Women's Association

Programs and services for Indigenous Women in Thunder Bay.

Call (807) 623-3442 or visit www.onwa.ca



Community Cultural Supports:

Thunder Bay Multicultural Association

Newcomer settlement services, language instruction, translation & interpretation and youth settlement services.

Call (807) 345-0551 or 1-866-831-1144 or visit www.thunderbay.org

Thunder Bay Indigenous Friendship Centre

Call (807) 345-5840 or visit www.tbifc.ca

Food Security:

If you are hungry or looking for information about where to get food in Thunder Bay, please call 211 for information about local food banks, community food cupboard and options for free daily meal services.

Housing Support:

Native People of Thunder Bay Housing

Mandate is to purchase and rent homes to Indigenous families and Senior Citizens and to provide a support service to those individuals.

Call (807) 343-9401

Thunder Bay District Social Services

Focus is to provide quality housing choices that are affordable for everyone.

Call (807) 766-2111

Child Care Services:

To learn more about child care options or to register your child visit, call (807) 766-2111 or visit

www.tbdssab.ca/child-care-services/online-child-care-applications



Shelter Services:

Beendigen Wakaigin Housing

Wakaigin Housing offers a safe place for women to live that require safe accommodations. Eligibility for Beendigen's units is limited to women and children, with priority given to women leaving Beendigen's Anishinabe Women's Crisis Home.

Call (807) 624-7779

Beendigen's Anishinabe Crisis Home

Emergency shelter and basic needs for women and children who require safe accommodations and are seeking refuge from abuse.

Call the Crisis Line at (807) 346-HELP (4357) or toll free at 1-888-200-9997

Faye Peterson House

A safe and secure shelter, offering 24 hour/7 days a week crisis intervention and confidential counselling.

Call 24/7 crisis support line at (807) 345-0450 or 1-800-465-6971
or text (807) 700-5011

To chat online visit www.fayepeterson.org

Shelter House

Provides a warm and welcoming space to meet the basic needs of people living in poverty.

Call (807) 623-8182 or visit www.shelterhouse.on.ca



Mental Health Support & Counselling Services:

Pregnancy and Infant Loss (PAIL Network)

Peer support services and group networking.

Call 1-888-303-7245 or visit pailnetwork.sunnybrook.ca

Postpartum Mood Difficulties (PPMD) Group Therapy - SJCG Mental Health Outpatient Programs and TBDHU

Therapy group sessions for new parents suffering from mood changes during pregnancy after new baby.

Call (807) 624-3416, or to speak to a public health nurse call (807)-625-5900

Thunder Bay Counselling

Walk-in sessions 5 days a week.

Call (807) 700-0090 or visit www.tbaycounselling.com

Children's Centre Thunder Bay

Counselling services to children age 0 - 17, which may include case management and advocacy. Counselling Services involve both individual and family therapy.

Call (807) 343-5000 or visit www.childrenscentre.ca

Alpha Court (Mental Health Support)

Virtual services 3 times a week on Mondays, Wednesdays and Fridays 1:00 - 4:00 p.m. (first come, first serve basis).

Call (807) 683-3420 or visit www.alphacourt.ca/en

Dilico Anishinabek Family Care

Walk in counselling Tuesdays 1:00 – 7:00 p.m.

Call (807) 624-5818



Crisis Support:

Crisis Response Services

Mobile crisis response, crisis support residence, and 24/7 telephone services to both youth and adults who are experiencing a mental health crisis.

Call Thunder Bay: (807) 346-8282 or District / Toll-Free: 1-888-269-3100

Sexual Abuse Centre Thunder Bay

Support, counselling and information for women and men 14-years of age and older who have experienced sexual assault, sexual abuse and/or sexual harassment.

24 hour Crisis Line: (807) 344-4502

Business hours: (807) 345-0894 or visit www.tbsasa.org

Talk 4 Healing

A culturally grounded, fully confidential helpline for Indigenous women available in 14 languages.

Call 1-855-554-4325 or visit www.talk4healing.com

ONTX: Ontario Online & Text Crisis Services

Text or web chat from computer or web-based device for crisis services available from 2:00 p.m. to 2:00 a.m.

TEXT 258258 or visit dcontario.org/ontx.html

Poison Control

Call Toll Free: 1-800-268-9017

or visit www.ontariopoisoncentre.ca



Addictions Services:

Smokers Helpline

Call 1-866-366-3667, text iquit to '123456' or visit www.smokershelpline.ca

Teen Challenge Adult Services

Women and men's specific services, provides a 12 month, faith-based, residential drug and alcohol rehabilitation program for individuals.

Call (807) 472-6909

Alpha Court

Promotes living beyond mental illness and addiction through the provision of individualized, recovery-oriented, community-based services that are developed in partnership with consumers.

Call (807) 683-8200 or visit www.alphacourt.ca

Thunder Bay Counselling

Operates as part of an integrated mental health and addiction system.

Call (807) 684-1880 or visit www.tbaycounselling.com

Sister Margaret Smith Centre Adult Addictions Program

Provides a variety of rehabilitation services, mental health and addiction services, and long-term care services.

Call (807) 684-5100 or toll free 1-866-346-0463

HOPE for Mothers Group

Hope for Mothers is a 6-week group for female-identifying caregivers who are pregnant and/or parenting and want to learn more about coping with substance use. This group is an opportunity to meet others with similar experiences.

In partnership with Thunder Bay Counselling and Our Kids Count.

Call Thunder Bay Counselling Intake Services at (807) 684-1880 to register.