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 PERINATAL COALITION
Advocate, Collaborate, Educate

Thunder Bay District Health Unit

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General Information

211 Ontario North

https://211ontario.ca/

Call or Text 211

211 is a 24/7 helpline connecting people to social services and community support in 150+ languages.

Health811

www.health811.ontario.ca

811 | TTY: 1-866-797-0007

Access free, secure, and confidential health advice from a registered nurse anytime

Health Care Connect

https://hcc3.hcc.moh.gov.on.ca/HCCWeb/

1-800-445-1822

Register for Health Care Connect to find a local doctor or nurse practitioner accepting new patients.

Infant Hearing Screen

https://www.childrenscentre.ca/infant-hearing-program

807-343-6364

Newborns living in Thunder Bay and district are eligible for a hearing screening at the Children's Centre.

Labour and Delivery Unit, Thunder Bay Regional Health Sciences Centre

https://tbrhsc.net/programs-services/women-and-childrens-program/labour-delivery-maternal-newborn-unit/

807-684-6540

For more information about the Labour & Delivery department itself, please call us directly.

Ontario's Routine Immunization Schedule

See **www.ontario.ca/vaccines** for a full list of the FREE vaccines available, beginning at 2 months old.

Ontario Poison Control

www.ontariopoisoncentre.ca

1-800-268-9017

Offers 24/7 expert poison advice, operated by SickKids in Toronto with a bilingual site in Ottawa.

Service Ontario

www.ontario.ca/page/register-birth-new-baby

1-800-461-2156

TTY: 416-325-3408

Register the birth of your new baby with the province of Ontario through the 5-in-1 newborn bundle.

Pregnancy and Postnatal Care

Anishnawbe Mushkiki Community Health & Wellness

www.mushkiki.com

807-623-0383

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

Beendigen Prenatal Program

www.beendigen.com

807-628-0624

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

Community Midwives of Thunder Bay

www.communitymidwives.net

807-622-2229

Midwifery care in Ontario is free and easily accessible. Please call or complete our online 'Request a Midwife' form.

Dilico Anishinabek Family Care Health Services

www.dilico.com

807-623-8511

Offers prenatal and postnatal care, education, immunization clinics, well-baby checks, home visiting, parenting support, family preservation, as well as infant and child developmental services.

Dilico Anishinabek Family Care Midwifery Services

www.dilico.com

Lisa Bishop, Midwife
807-632-3570

Suzanne Fitzpatrick, Midwife
807-633-4710

Amy Pelletier, Midwife
807-632-4831

Madison Morgan, Social Worker
807-629-1860

Provides culturally appropriate, barrier-free support throughout pregnancy and up to 6 weeks postpartum, including prenatal and postnatal care, labour support, home visits (including travel to our 13 affiliated communities), immunizations, and parenting support, along with traditional activities and teachings.

Thunder Bay Family Medicine Obstetrics

807-626-1236

Group of local family physicians offering full prenatal, intrapartum (during labour & delivery), postpartum, and newborn care. Patients can be referred by a primary care provider or self-refer anytime during pregnancy by calling us.

Lakehead Nurse Practitioner-Led Clinic – Well-Baby Exams for 0-18 months

https://lnplc.ca/clinic-updates/well-baby-exams-for-0-18-months/

807-475-9595

Offers well-baby exams and immunizations for infants 0-18 months without a primary care provider.

Maternity Care Midwives

www.mcmidwives.ca

807-344-2229

We accept clients at any stage of pregnancy, including shared care with physicians/nurse practitioners.

Métis Nation of Ontario – Métis Health Babies Healthy Children (HBHC) Program

https://www.metisnation.org/programs-and-services/community-wellbeing/metis-healthy-babies-healthy-children-program/

1-800-263-4889 Ext. 7

The Métis HBHC Program offers support grounded in Métis culture to parents and caregivers with children 0-6 years of age including home visits and programming to support pre/postnatal wellbeing.

Métis Nation of Ontario – Pre-Natal Nutrition Program

https://www.metisnation.org/programs-and-services/community-wellbeing/canada-pre-natal-nutrition-program/

1-800-263-4889 Ext. 7

This program supports parents and families by sharing nutritional knowledge and resources to pregnant people or families with infants aged 0-6 months in our communities with a Métis focus.

NorWest Community Health Centres Midwifery Program

https://norwestchc.org/programs-services/midwifery-program/

Please note that our midwifery program does not perform labour and birth care.

807-626-7872

NWCHC Midwives provides pre/postnatal care, well baby care to 18 months, sexual health and education including STI testing and treatment, contraceptive services, unplanned pregnancy services, menstrual care and supportive gender-affirming care.

Our Kids Count – Pre-Post Natal Supports

https://www.ourkidscount.ca/current-programs/

807-346-6863

Offers a variety of pre and postnatal programs, including support groups, walking groups, individual sessions, cooking classes, and baby care workshops. Home visits are also available.

Thunder Bay District Health Unit – Healthy Babies Healthy Children (HBHC) Program

https://www.tbdhu.com/hbhc

807-625-8814

A free, voluntary program that supports pregnant individuals and families with children aged 0-6 offering home visits and guidance from HBHC staff to promote healthy growth and development from pregnancy through early childhood.

Thunder Bay District Health Unit – Online Prenatal Classes

www.tbdhu.com/onlineprenatal

807-625-5900

Bump to Baby is a free self-guided web-based prenatal program with audio, videos, and games covering pregnancy, labour, birth, breastfeeding, postpartum health, and newborn care.

Thunder Bay District Health Unit – Sexual Health Services

https://www.tbdhu.com/sexualhealthclinic

807-625-5976

The TBDHU Sexual Health Clinic offers birth control, emergency contraception, pregnancy testing, STI testing and treatment, sexual health education, and pap tests. Call for appointments and inquiries.

Thunder Bay Regional Health Sciences Centre – Exercise Services

https://tbrhsc.net/programs-services/women-and-childrens-program/maternity-centre/exercise-services/

807- 684-6228

The Maternity Centre offers FREE group prenatal and postnatal exercise classes facilitated by a registered kinesiologist. Call to register.

Thunder Bay Regional Health Sciences Centre – Nutritional Support during Pregnancy

https://tbrhsc.net/programs-services/women-and-childrens-program/maternity-centre/nutritional-support/

807-684-6228

The Maternity Centre offers FREE one to one nutritional support during pregnancy with a Registered Dietitian. Call for appointments and inquiries.

Thunder Bay Regional Health Sciences Centre – Prenatal Care

https://tbrhsc.net/programs-services/women-and-childrens-program/maternity-centre/

807-684-6228

The Maternity Centre offers FREE prenatal care to pregnant individuals with an Ontario health card. Those without a healthcare provider can contact for prenatal care appointments. Call for appointments and inquiries.

Car Seat Safety

Thunder Bay Indigenous Friendship Centre

https://tbifc.ca/program/waabogonee-earlyon/

807-345-5840

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

Thunder Bay District Health Unit – Injury Prevention Program

https://www.tbdhu.com/health-topics/injury-prevention/car-seat-safety

807-625-5900

The TBDHU Car Seat Safety page offers guidelines for selecting, installing, and using car seats to protect children during travel. It provides tips for proper use based on age, weight, and height to prevent injuries in car accidents.

Lactation & Infant Feeding Support

La Leche League Canada

Offers breastfeeding/chestfeeding support and information. Visit www.lllc.ca for more information.

NorWest Community Health Centre

https://norwestchc.org/programs-services/midwifery-program/

807-626-7858

NWCHC Lactation Consultant provides prenatal breast/chestfeeding education, postnatal home visits up to 1 month, and continuous follow up care for infant feeding concerns. Self-referral and referral by health care providers accepted.

Open to all people in Northwestern Ontario, services free of charge.

Thunder Bay District Health Unit – Lactation Services

https://www.tbdhu.com/lactation

807-625-8827

TBDHU offers free breastfeeding/chestfeeding support from trained lactation nurses, including prenatal consults, clinic visits, home visits, phone consultations, support groups, and virtual sessions.

Thunder Bay Regional Health Sciences Centre – Lactation Support

https://tbrhsc.net/programs-services/women-and-childrens-program/maternity-centre/prepostnatal-care/

807-684-6228

The Maternity Centre offers FREE prenatal breastfeeding/chestfeeding education, classes, and individual pre and postnatal consultation by appointment. Call for appointments and inquiries.

Thunder Bay Regional Health Sciences Centre – Introducing Baby to Solid Foods

https://tbrhsc.net/programs-services/women-and-childrens-program/maternity-centre/nutritional-support/

807-684-6228

The Maternity Centre offers FREE education and support with a Registered Dietitian about introducing solid foods to your baby. Call for appointments and inquiries.

Oral Health Programs

Healthy Smiles Ontario

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

1-844-296-6306

TTY: 1-800-387-5559

Healthy Smiles Ontario (HSO) offers no-cost dental services for children 17 and under who meet the program's eligibility requirements. If you need assistance the TBDHU can help you access this program.

Thunder Bay District Health Unit – Oral Health Program

https://www.tbdhu.com/oralhealth

807-625-5900

TBDHU offers preventive dental services for children 17 and under, including scaling, fluoride, sealants, and oral health instruction. Eligibility requires screening by a TBDHU Dental Hygienist, contact us for more information.

Parenting Supports

Several organizations in Thunder Bay offer parenting programs to provide parents/caregivers with the knowledge, tools, and support needed to strengthen their parenting skills and improve family well-being. Contact any of the organizations below or visit their websites for more information.

Anishnawbe Mushkiki EarlyON

https://mushkiki.com/program/earlyon-centre/

807-623-0383 ext. 610 or 611

Bingwi Neyaashi Anishinaabek EarlyON

http://www.bnafn.ca/family-well-being-earlyon/

807-344-3055 ext. 228

Brass Bell Family Resource Centre

https://www.brassbell.org/

1-888-260-6382

Children's Centre Thunder Bay

https://www.childrenscentre.ca/parenting-programs

807-346-6260

Dilico Anishinabek Family Care

https://www.dilico.com/mental-health-addictions/child-youth-family-services/
807-623-8511

Ontario Native Women's Association

www.onwa.ca
807-623-3442

Thunder Bay District Health Unit

https://www.tbdhu.com/health-topics/parenting
807-625-5900

Thunder Bay Indigenous Friendship Centre

www.tbifc.ca
807-345-5840

Child Care Services

Thunder Bay District Social Services Administration Board (TBDSSAB)

https://www.tbdssab.ca/early-years/
807-766-2111
TBDSSAB manages the licensed child care wait list and offers child care fee subsidies to offset the costs of child care. Pleases call or visit the website to learn more about child care options or to register your child.

Our Kids Count – Short Term Emergency Childcare

https://www.ourkidscount.ca/short-term-emergency-childcare/
807-632-9357
This program provides free short-term childcare relief for errands, appointments, self-care, or mental health breaks. Availability is limited by the number and ages of children.

Community Programs

Anishnawbe Mushkiki Community Health & Wellness

www.mushkiki.com

807-623-0383

Indigenous Health Access Centre that offers pre/postnatal education, health promotion programming, healthy eating and active living program for youth 7- 17, traditional wellness programs for all ages, and primary clinic services.

Brass Bell Family Resource Centre

https://www.brassbell.org/

1-888-260-6382

Provides programs and services across the region with EarlyON Child and Family Centres in the communities of: Dorion, Red Rock, Nipigon, Schreiber, Terrace Bay, Manitouwadge, and Marathon.

Children's Centre Thunder Bay

www.childrenscentre.ca

807-343-5000

Children's Centre Thunder Bay provides a wide range of services related to child development needs, speech and language, parenting and mental health. Please call for more information.

Communities Together for Children

https://www.ctctbay.org/early-on

807-624-5690

Communities Together for Children provides opportunities and resources for children 0 – 6, families and caregivers to learn, grow and connect in welcoming, inclusive, and nurturing environments.

Dilico Anishinabek Family Care

https://www.dilico.com/

807-623-8511

Toll-free: 1-855-623-8511

We provide services to support children, youth, and families in living healthy, balanced lives. Rooted in culture, our programs focus on child welfare, mental health, substance use, and primary health.

EarlyON Child and Family Centres

Visit **https://www.ontario.ca/page/find-earlyon-child-and-family-centre** to find a centre near you.

EarlyON Child and Family Centres offer free, high-quality programs for families and children from birth to 6 years old. Learn and play with your child, meet people and get advice from professionals.

George Jeffrey Children's Centre

www.georgejeffrey.com

807-623-4381

SmartStart Hub 807-625-6994

Provides a wide range of developmental services for infants and children ages birth to 21 years (in school) including occupational therapy, physiotherapy, speech-language therapy, and behavioral services. Please contact the SmartStart Hub for more information.

KeyON Calendar

Visit **www.keyon.ca/Events/ViewEvents** and select the EarlyON site you are interested in to see their calendar.

*Ensure the City/Area selected is: District of Thunder Bay Social Services Administration Board.

Our Kids Count

https://www.ourkidscount.ca/calendars/

807-623-0292

Our Kids Count (OKC) is a community-based program supporting families with children under 6. Services include community kitchens, drop-in programs, toy libraries, home visits, and a young parents program.

Ontario Native Women's Association

www.onwa.ca

807-623-3442

Programs and services for Indigenous Women in Thunder Bay.

Thunder Bay District Health Unit – Vaccine Preventable Disease Program

www.tbdhu.com/vaxreport

807-625-5900

If you don't have a healthcare provider, call TBDHU to be connected with one for infant vaccines and check-ups. Keep your child's records up to date by reporting all vaccines to TBDHU. Learn how on our website.

Thunder Bay Indigenous Friendship Centre

https://tbifc.ca/programs/

807-345-5840

We offer a variety of community programs, including Children & Family Services, Employment, Education, Wellness, Justice, and Indigenous Youth Transitional Housing. Call for more information or visit our website.

Community Cultural Supports

Thunder Bay Indigenous Friendship Centre

www.tbifc.ca

807-345-5840

We offer cultural and traditional support for Indigenous children, youth, and families. Please call for more information or explore our programs on the website.

Thunder Bay Multicultural Association

www.thunderbay.org

807-345-0551

Toll free: 1-866-831-1144

Newcomer settlement services, language instruction, translation & interpretation and youth settlement services. Contact for more information.

Basic Needs Support

211 Ontario North

https://211ontario.ca/

Call or Text 211

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.

Where to Get Food in Thunder Bay

In partnership with the Thunder Bay + Area Food Strategy and the Thunder Bay District Health Unit.

https://www.tbdhu.com/communityfoodmap

A List of Food Programs and Services in Thunder Bay.

Community Clothing Assistance

https://clothingassistance.com/main_website/index.html

807-474-3583

Community Clothing Assistance's goal is for everyone in Thunder Bay to have appropriate clothing for every season.

The Gathering Place

https://www.thegatheringplacetbay.ca/

807-623-8184

"Hope"-fully Yours Free Clothing and Household Items: all are welcome to access this area. Call or visit website for more information.

Our Kids Count

https://www.ourkidscount.ca/current-programs/

807-629-6433

We offer free programs focused on food security, providing fresh, nutritious ingredients and helping participants build kitchen skills.

Precious Bundles

www.preciousbundles.org

807-251-7142

Precious Bundles is a 100% volunteer funded organization that strives to support families in Thunder Bay with quality used clothing and essential items for children to help lessen the expenses associated with raising children.

Native People of Thunder Bay Development Corporation

www.nptbdc.org

807-343-9401

The Urban Native Housing Program by the Native People of Thunder Bay Development Corporation offers safe and affordable housing for Native families and Elders as well as liaison services for tenants facing urban challenges.

Thunder Bay District Social Services Administration Board

https://www.tbdssab.ca/housing-homelessness/

807-766-2111

TBDSSAB manages the community housing and houselessness prevention system in the District of Thunder Bay with housing programs that assist individuals and families by offering affordable housing and rent supports.

Shelter Services & Family Violence Support

Assaulted Women's Helpline

www.awhl.org

1-866-863-0511

The Assaulted Women's Helpline is a free, anonymous 24/7 crisis line for women in Ontario experiencing abuse. They offer crisis counseling, safety planning, emotional support, and referrals.

Beendigen Wakaigin Housing

https://www.beendigen.com/programs/wakaigin-housing/

807-624-7779

We offer income-based transitional and permanent housing in Thunder Bay, with supportive services for families in transitional units. Priority is given to women and children, especially those leaving Beendigen's Anishinabe Crisis Home.

Beendigen's Anishinabe Crisis Home

https://www.beendigen.com/programs/anishinabe-womens-crisis-home/

807-346-4357

Toll free: 1-888-200-9997

We offer free 24/7 emergency shelter and basic needs for women and children fleeing abuse. Our staff provide crisis counseling, safety planning, and support to help you build a life free from violence.

Centr'Elles

www.centrelles.com

807-788-0614

Sans frais: 1-888-415-4156

Un organisme sans but lucratif au service de la diversité des femmes d'expression française qui luttent contre toutes les formes de violence dans le Nord-Ouest de l'Ontario.

Children's Centre Thunder Bay – Supervised Child Access Program

www.childrenscentre.ca

807-343-5031

We provide supervised visits and exchanges in a safe, neutral space. Any caregiver or parent can use the service through a professional or self-referral. A $24 fee may be shared, adjusted on a sliding scale, or waived based on need.

Faye Peterson House – Transition House

www.fayepeterson.org

807-345-0450

Toll Free: 1-800-465-6971

Text: 807-700-5011

We offer safe shelter for women and children fleeing abuse, along with 24/7 crisis support, confidential counseling, and referrals. Our staff provide confidential phone support and information. Contact us for more information.

Faye Peterson House – Family Court Support Worker Program

www.fayepeterson.org

807-345-0450

Toll free: 1-800-465-6971

Text: 807-700-5011

Family Court Support Workers provide direct support to victims of domestic violence who are involved in the family court process. Contact us for more information.

Faye Peterson – Sexual Violence Services

https://fayepeterson.org/sexual-violence-services/
807-345-0450
Text: 807-700-5011

We offer free services and support to woman-identifying survivors of sexual assault, abuse, or violence in Thunder Bay. All our programs are available at no cost to survivors and are provided for survivors in the City of Thunder Bay.

Fem'aide

www.femaide.ca
1-877-336-2433
SMS: 1-877-336-2433

Fem'aide offre aux femmes d'expression française aux prises avec la violence sexiste, du soutien, des renseignements et de l'aiguillage vers les services appropriés dans leur collectivité, 24 heures par jour, 7 jours par semaine.

iHEAL

https://ihealapp.ca/en/
iHEALapp@uwo.ca

The iHEAL app helps Canadian women experiencing abuse with personalized safety plans, local resources, and cross-device compatibility. It addresses immediate safety and supports long-term health and well-being.

Kinna-aweya Legal Clinic

www.kalc.ca
807-344-2478
Toll free: 1-888-373-3309

Kinna-aweya Legal Clinic offers legal advice and assistance with poverty law issues to Thunder Bay District residents, especially Indigenous people. They do not handle criminal or family law matters. Contact for more info.

Legal Aid Ontario

www.legalaid.on.ca
1-800-668-8258

Provides free information and advice from a lawyer for those who are low income and often for women who have experienced violence.

Northwestern Ontario Women's Centre

https://nwowomenscentre.org/
807-345-7802

Offers frontline advocacy, support and information to local and regional women experiencing violence, poverty, human rights concerns or problems with legal (family, criminal) or administrative systems.

Ontario Native Women's Association

www.onwa.ca
807-577-1492
Toll free: 1-800-667-0816

ONWA offers trauma-informed care and culturally relevant support for Indigenous women escaping violence, as well as advocacy for survivors and the families of missing and murdered women.

Shelter House

www.shelterhouse.on.ca

807-623-8182

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

Thunder Bay and Area Victim Services

www.tbayvictimservices.ca
807- 684-1051

Thunder Bay and Area Victim Services is available 24/7 for emotional and practical support. They also provide crisis response, supports, programs and services to help alleviate the trauma associated with victimization.

Thunder Bay Counselling – The Child Victim Witness Program

www.tbaycounselling.com
807-684-1880

The Child Victim Witness Program supports children under 18 who testify in court as victims or witnesses of crime, offering sensitive, informed, and effective assistance.

Thunder Bay Counselling – Support Services for Male Survivors Program

www.tbaycounselling.com
807-684-1880

Male Survivors Group provides counselling for male-identifying individuals age 16 and over who have experienced sexual abuse or assault. Family and significant others can also access counselling to support their loved one.

Thunder Bay Counselling – Tomorrow without Violence Program

www.tbaycounselling.com
807-684-1880

A group for mothers and female-identifying caregivers and their children and teens who have experienced intimate partner violence.

Thunder Bay Counselling – The Violence against Women Program

www.tbaycounselling.com
807-684-1880

Provides counselling services to female identifying individuals who have experienced or are experiencing emotional, physical and/or sexual abuse, including historic sexual abuse in childhood.

Thunder Bay Indigenous Friendship Centre – Kizhaay Anishinaabe Niin Program (I am a Kind Man)

https://tbifc.ca/program/kizhaay-anishinaabe-niin-program/
807-345-5840, ext. 9079

Kizhaay Anishinaabe Niin Program encourages men and boys of our community to speak out against violence toward women and build healthy relationships. It offers culturally specific healing, support groups, counseling, and educational workshops for those ready to take responsibility for their actions.

Thunder Bay Multicultural Association – Language Interpreter Service Program

www.thunderbay.org
807-345-0551
Toll Free: 1-866-831-1144

The program offers confidential interpretation and translation services for non-English speakers dealing with abuse, sexual assault, and human trafficking, in over 48 languages. Fees apply but may be waived in domestic violence cases.

Thunder Bay Regional Health Sciences Centre – Sexual Assault/Domestic Violence Treatment Centre

https://tbrhsc.net/programs-services/emergency-critical-care-services/sexual-assault-domestic-violence-treatment-centre/
807-684-6751

The Centre provides health services and consultation for survivors of sexual assault and domestic violence, including sexual assault evidence (rape) kits, pregnancy prevention and follow-up nurses.

Victim/Witness Assistance Program

https://www.ontario.ca/page/victimwitness-assistance-program#section-2

Victim Support Line at 416-314-2447
Toll-free: 1-888-579-2888

A court-based program that provides information, help and support to victims and witnesses of crime so they can understand and participate in the criminal court process.

Crisis Response Services

9-8-8 (Services en français disponibles)

https://988.ca

Call or text 9-8-8 toll-free

For anyone who is thinking about suicide, or who is worried about someone they know. Connect to a responder to get help without judgement anytime.

24-hour Crisis Response Line

www.cmha-tb.on.ca
807-346-8282
Toll Free: 1-866-888-8988

A free 24/7 mental health phone line for Northwestern Ontario. Anyone can call, text, or chat online with trained crisis workers for confidential support. Data or Wi-Fi required.

Canadian Mental Health Association – Mobile Crisis Response Team

https://thunderbay.cmha.ca/programs/crisis-response-services/
807-346-8282
Toll Free: 1-866-888-8988

Consists of two crisis response workers who are available 12pm to 12am daily within the City of Thunder Bay. The focus of the team is to de-escalating the immediate crisis and provide support to individuals and families of all ages.

Canadian Mental Health Association – IMPACT Team

https://thunderbay.cmha.ca/programs/crisis-response-services/
807-346-8282
Toll Free: 1-866-888-8988

The IMPACT team pairs a crisis worker with a specially trained Thunder Bay police officer to respond 24/7 to mental health and substance use calls, providing ongoing support and crisis de-escalation in the community.

Canadian Mental Health Association – Crisis Safe Beds

https://thunderbay.cmha.ca/programs/crisis-response-services/
807-346-8282
Toll Free: 1-866-888-8988

This service provides safe beds and 24/7 support for individuals aged 16+ facing mental health and substance use crises, offering short-term stabilization. Eligibility requires recent contact with law enforcement or IMPACT team.

NAN HOPE – 24/7 Crisis/Distress Support line

https://nanhope.ca/
1-844-626-4673

Our team of trained experts is here for you in times of crisis, offering both support and resources to guide you through difficult situations. We understand the importance of timely and effective mental health support, and we are dedicated to providing it to those in the NAN territory who need it most. Contact us now for immediate support and guidance.

Mental Health and Substance Use Support Services

Adult & Teen Challenge

https://teenchallenge.tc/
807-472-6909

Adult & Teen Challenge is a faith-based program helping individuals overcome substance use. It offers men's and women's services, live-in rehabilitation, outpatient support, family groups, and one-on-one counseling.

Alpha Court

www.alphacourt.ca
807-683-8200

Promotes recovery from mental illness and substance use, offering support, information, and referrals for mental health services, housing, employment, and financial assistance. Connect with the Alpha Court Day Centre for further support.

Beendigen Talk 4 Healing

www.talk4healing.com
1-855-554-4325

A culturally grounded helpline for Indigenous women, offering support in 14 languages. Services provide a safe space with understanding, empowerment, and solutions for safety.

Biidaaban Healing Lodge

https://www.biidaaban.com/
807-229-3592
Toll free: 1-888-432-7102

The Biidaaban Healing Lodge is a 12-unit facility offering residential and community programs for the Aboriginal population in the Robinson-Superior Area. Located in Pic River First Nation on Lake Superior.

Canadian Mental Health Association

https://thunderbay.cmha.ca/
807-345-5564

Mental health support, information on mental health and substance use supports, housing, employment and financial supports, assistance with appropriate referrals, and CMHA programming.

Children's Centre Thunder Bay

www.childrenscentre.ca
807-343-5000

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

ConnexOntario

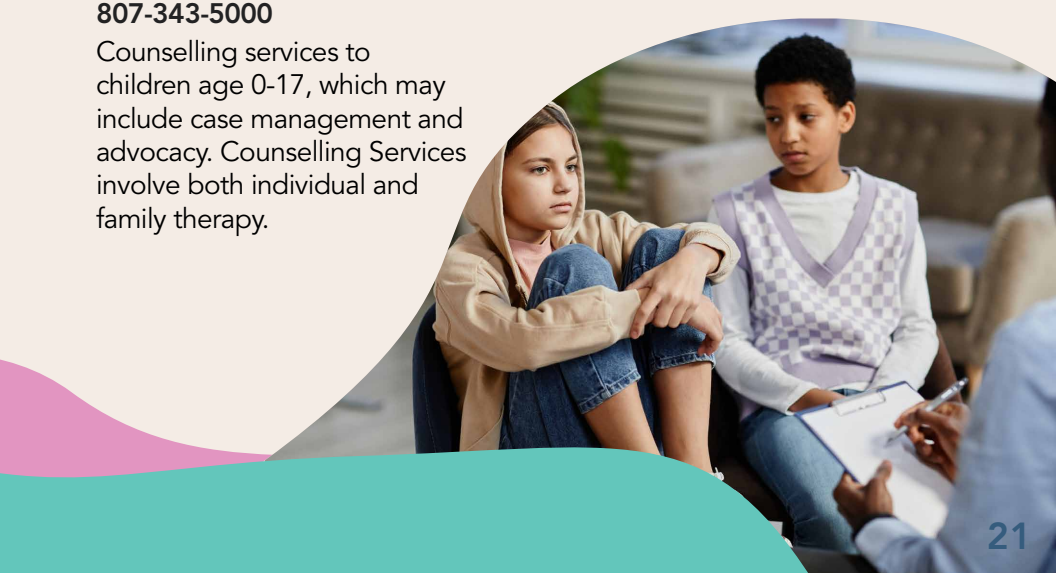
https://www.connexontario.ca/en-ca/
1-866-531-2600

ConnexOntario provides free and confidential health services information for people experiencing problems with alcohol and drugs, mental illness or gambling by connecting them with services in their area.

Dilico Anishinabek Family Care

https://www.dilico.com/mental-health-addictions/walk-in-counselling-clinic/
807-624-5818

Mental health and substance use counselling across the lifespan, parenting, domestic violence, family therapy, and housing support.



Heads UP Guys

https://headsupguys.org/

For men, about men. HEADSUPGUYS is the world's leading men's mental health resources. Topics include depression, suicide, self-care, building a support team, news articles and stories, friends and family resources, and assistance with finding a therapist.

HOPE for Mothers Group

https://www.tbaycounselling.com/groups/hope-for-mothers/

In partnership with Thunder Bay Counselling and Our Kids Count.

807-684-1880

Hope for Mothers is a 6-week group for female-identifying caregivers who are pregnant and/or parenting children 0-6 years old and want to learn more about coping with substance use and connect with others in a similar situation.

Hope for Wellness Helpline

https://www.hopeforwellness.ca/

1-855-242-3310

The Hope for Wellness Helpline is available to all Indigenous people across Canada. Experienced and culturally competent counsellors are reachable by telephone and online 'chat' 24 hours a day, 7 days a week.

Ka-Na-Chi-Hih

https://kanachihih.org/

807-627-3524

We offer trauma-informed and strengths-based programs with an Indigenous focused lens for First Nation people, ages 18-29 years old with polysubstance use and mental health challenges.

Kids Help Phone

https://kidshelpphone.ca/

1-800-668-6868

Text CONNECT to 686868

Kids Help Phone is Canada's only 24/7 e-mental health service offering free, multilingual and confidential support to help kids, teens and young adults from coast to coast to coast.

Lutheran Community Care

807-345-6062

Toll free: 1-855-376-6673

Offers a variety of programs and services ranging from social support to spiritual wellbeing.

Mother Matters

https://www.womenscollegehospital.ca/care-programs/mental-health/mother-matters/
mothermatters@wchospital.ca

Mother Matters is an online support group for new mothers facing mood or adjustment challenges after childbirth. If you're struggling to cope or feeling isolated, you can self-refer to this program.

NAN HOPE

https://nanhope.ca/
1-844-626-4673

Rapid-Access Counselling Services are available for anyone facing mental health challenges, including substance use, domestic violence, suicidality, self-harm, depression, anxiety, and grief.

North of Superior Counselling Programs

https://www.nosp.on.ca/walk-in-counselling-clinics/
1-877-895-6677

Mental health and substance counselling across the lifespan, parenting and housing support, and community referrals.

NorWest Community Health Centre

https://www.norwestchc.org/locations/thunder-bay
807- 622-8235
1-866-357-5454

Rapid Access Addictions Medicine where any individuals that are 16 years of age and over experiencing substance use issues can receive counselling, appropriate addiction medications, and connections to community treatment programs.

Our Kids Count

https://www.ourkidscount.ca/current-programs/
807-629-6433

A family counselor offers free, short-term counseling for individuals and families. We also offer group programs on topics like depression, grief, and suicide. Call to book an appointment or register.

Pregnancy and Infant Loss Network (PAIL Network)

www.pailnetwork.sunnybrook.ca
1-888-303-7245

Peer support services and group networking. Support services have been tailored to meet the specific needs of grieving families, and are available at no cost to all families in the province of Ontario.

Postpartum Mood Difficulties (PPMD) Group Therapy

https://www.tbdhu.com/ppmd

In partnership with SJCG Mental Health Outpatient Program and the Thunder Bay District Health Unit.

807-624-3445

Group therapy for women 16+ who are pregnant or have given birth within the past 12-18 months and are experiencing mood changes for 2+ weeks. Referrals can be made by a healthcare provider or self-referral.

Postpartum Support International (PSI)

https://www.postpartum.net/
Call or Text 1-800-944-4773 (4PPD)

The PSI HelpLine is not a crisis hotline and does not handle emergencies, but offers information, support services, and resources for new parents and their partners and families.

Smokers Helpline

www.smokershelpline.ca
1-866-366-3667
Text iquit to '123456'

Smokers' Helpline has proven, free and personalized tools to help you quit successfully.

St. Josephs Care Group – Mental Health and Addictions Services

https://sjcg.net/services/mental-health_addictions/main.aspx

807-624-3400

A range of mental health and substance use services programs. Call or visit The Access Point Northwest to connect to our direct referral services for mental health, housing, case management and chronic pain.

Thunder Bay Counselling

www.tbaycounselling.com
807-684-1880

Provides mental health and substance use health services.

Thunder Bay Counselling – Pregnancy and Parenting Health Case Management

www.tbaycounselling.com
807-684-1880

Individual counselling and case management services available to female identifying individuals pregnant or with children under 6 who are looking to make changes to their substance use.

Thunder Bay District Health Unit – Smoking Cessation Treatment

https://www.tbdhu.com/health-topics/smoking-vaping-tobacco
807-625-5900

The Thunder Bay District Health Unit provides nicotine replacement therapy and counselling support for individuals who want to reduce or quit their tobacco use. Please call to set up an appointment.

Thunder Bay Indigenous Friendship Centre

www.tbifc.ca
807-345-5840

The Thunder Bay Indigenous Friendship Centre supports Indigenous people through holistic services, advocacy, and programs, including a monthly food bank, child wellness, family therapy, and substance abuse support.

Walk-In / Talk-in Counselling

https://www.childrenscentre.ca/walk-in-talk-in

In partnership with Children's Centre Thunder Bay and Thunder Bay Counselling
807-700-0090

Single-session counseling is available for individuals, couples, and families of all ages. No appointment is needed during walk-in hours, and services are provided on a first-come, first-served basis, free of charge.

Having a baby is an exciting time!

It can also be stressful.

You are not alone!

The agencies and programs listed in this resource are available to support families prenatally and throughout the early childhood years.