

Community Prenatal Class- Resource List

Online

Best Start Resource Center <https://www.beststart.org/>

OMama (also an app) <http://www.omama.com/en/index.asp>

Toronto Public Health: Welcome to Parenting (Online Prenatal Program) <https://www.toronto.ca/>

Pregnancy to Parenting Blog <https://pregnancytoparenting.ca/>

Pregnancy Weight Gain Calculator

<http://health.canada.ca/en/health-canada/services/food-nutrition/healthy-eating/prenatal-nutrition/pregnancy-weight-gain-calculator.html>

Health Canada: 'Guide to Healthy Pregnancy'

<https://www.canada.ca/en/public-health/services/pregnancy/guide-healthy-pregnancy.html>

Health Canada: 'Is Your Child Safe?' Resource

<https://www.canada.ca/en/health-canada/services/consumer-product-safety/reports-publications/consumer-education/your-child-safe/is-your-child-safe.html>

Toronto Public Health: Breastfeeding Your Baby Booklet

<https://www.toronto.ca/community-people/children-parenting/pregnancy-and-parenting/breastfeeding/>

Helplines

Distress Line (available 24/7) **Free emotional support (translation available)

Call: 416-408-HELP (4357)

Mental Health Helpline (available 24/7) **To find local counselling & community services

Call: 1-866-531-2600

Exercise and Pregnancy Helpline (leave a msg and receive answer within 24hr)

Call: 1-866-973-SPORT (7678)

Community Programs

Canadian Prenatal Nutrition Program (weekly group drop-in pregnancy program)

To find a location visit: <https://www.worthyourweight.ca/>

Sobeys Baby Be Healthy Program (for free prenatal supplements)

For more information visit: <https://sobeypharmacy.com/pharmacy-services/baby-be-healthy/>

Toronto Public Health Pregnancy and Parenting Programs

For more information, visit their website: www.toronto.ca; To register, call: 416-392-1250

Car Seat Installation Clinics

Contact Toronto Detachment to book an appointment for an upcoming child seat clinic

Call: 416-235-4981

For more information on Car Seat Safety visit: <https://www.tc.gc.ca/en/services/road/child-car-seat-safety.html>

Humber River Hospital Booklet

http://hrrcatalog.hrrh.on.ca/InmagicGenie/DocumentFolder/002109_having%20your%20baby%20at%20hrh.pdf