

# Perinatal Mental Health Services in Ottawa

Drop-In Services			
Date	Program/Organization	Day/Time	Contact
Mondays	<b>Mothercraft Ottawa</b> Postpartum Support Drop-In *No Drop-In Group on Holiday Mondays	Mondays 10:00AM - 12:00pm	Courtney Holmes at 613-728-1839 X227
Wednesdays	The Joys and Challenges of Mothering <b>Shirley E. Greenberg Resources Centre for Women at the Royal Ottawa Hospital</b>	Wednesdays 10:00AM-11:30AM	Ann-Marie O'Brien at 613-722-6521 X6879
Fridays	<b>Family Services Ottawa Perinatal Support Drop-In</b> *No registration required, babies welcome	TBA	Contact – Intake 613-725-3601 X117

Support Groups and Services			
Organization	Program Description	Day/Time	Registration Contact
<b>Family Services Ottawa/ Services à la famille Ottawa</b>	<b>MOMS Therapy Support Group</b> 8 week group session including an assessment, exit interview and information session for partners.  Fee based on sliding scale and childcare recommended.	Wednesdays 10:00AM - 12:00pm  Offered throughout the year. September, November, February and April.	Please call intake to register at 613-725-3601 X117 or intake@familyservicesottawa.org
<b>Wabano Centre for Aboriginal Health</b>	Wabano Post Natal Support Group	Tuesdays 1:00 to 2:30pm	Please call Belinda Larente to Register (613) 748-0657 or blarente@wabano.com

Hospital Based Programs			
Hospital	Description of Program/Services	Referral Needed	Contact
<b>The Ottawa Hospital</b>	Ottawa Regional Perinatal Mental Health Program. Services include assessment, psychiatric medication consultation/monitoring, and group therapy for depression and anxiety.	<u>Yes</u> , by physician or midwife (needs to be co-signed by family doctor) who is affiliated with the hospital.  Can access program through ER walk-in.	For a referral form: 613-737-8899 X73986

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<b>Montfort Hospital</b>	<p>Mental Health Clinic</p> <p>Consultation and group therapy.</p> <p>Languages served – French, English (Groups are Francophone)</p>	<p><u>Yes</u>, through outpatient or a family doctor.</p> <p>Referral through Emergency services available 24-7 at Emergency Department</p>	<p>Contact Outpatient for initial appointment: 613-746-4621, X3909</p>
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## In Home/Telephone Support

Organization	Program Description	Services	Contact
<b>Ottawa Public Health</b>	<p>Healthy Babies/Healthy Children</p> <p>The Healthy Babies, Healthy Children program provides home visiting, to expectant mothers and families with children from birth to their transition to school.</p> <p>This program is designed to help parents who need more support give their children a healthy start.</p> <p>A public health nurse is available to:</p> <ul style="list-style-type: none"> <li>• Meet with you at your home to discuss how we can help your family</li> <li>• Assess your family's health, including your child's growth and development, mental health, parenting challenges and stresses affecting your family</li> <li>• Provide health teaching, counseling, and active support</li> <li>• Help you to connect with community resources</li> </ul> <p>Involve other members of her team - family visitors and a social worker, as needed</p>	<p>Home visiting by Public Health Nurse.</p> <p>May include the support other members of her team - family visitors and a social worker, as needed</p> <p>The service is available in the language that you speak and there is no cost to you for this service.</p>	<p>613-PARENTS [613-727-3687]</p> <p>TTY: 613-580-9656, <b>Toll free:</b> 1-866-426-8885</p> <p>Monday to Friday from 8:30 am to 4:30 pm</p>

For more information and programing, please visit our website at [www.familyservicesottawa.org](http://www.familyservicesottawa.org)