

Perinatal Mental Health Services in Ottawa

Drop-In Services			
Date	Program/Organization	Day/Time	Contact
Mondays	Mothercraft Ottawa Postpartum Support Drop-In *No Drop-In Group on Holiday Mondays	Mondays 10:00AM - 12:00pm	Courtney Holmes at 613-728-1839 X227
Fridays	Family Services Ottawa Perinatal Wellness Drop-In *No registration required, babies and supporters welcome	Fridays 10:00 to 11:30am	Contact – Intake 613-725-3601 X117
Saturdays	Mothercraft Ottawa Postpartum Support Drop-In (For DADS) *Workshops also offered, call contact for more information.	Saturdays 9:30 am to 11:30 am Every 2nd and 3rd Saturday of the month	Courtney Holmes at 613-728-1839 X227

*** In addition, the **WALK-IN COUNSELLING CLINIC** offers single session drop-in counselling.

No referral is required for the Walk-In Counselling Clinic. You will be assisted, with no appointment, on a first-come, first-serve basis during our Walk-In Counselling Clinic hours. The Walk-In Counselling Clinic is open to Ontario residents within the greater

The Walk-in Counselling Clinic offers counselling services in English, French, Arabic, Spanish, Somali, Cantonese and Mandarin at a variety of different locations. Clinic hours are available at different locations throughout the week, including evenings and weekends.

For more information or to inquire about Clinic hours and language availability, please visit:
<http://walkincounselling.com>

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

Hospital Based Programs			
Hospital	Description of Program/Services	Referral Needed	Contact
The Ottawa Hospital	<p>Ottawa Regional Perinatal Mental Health Program. Services include assessment, psychiatric medication consultation/monitoring, and group therapy for depression and anxiety.</p>	<p><u>Yes</u>, by physician or midwife (needs to be co-signed by family doctor) who is affiliated with the hospital.</p> <p>Can access program through ER walk-in.</p>	<p>For a referral form: 613-737-8899 X73986</p>
Montfort Hospital	<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
Ottawa Public Health	<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"> • Meet with you at your home to discuss how we can help your family • Assess your family's health, including your child's growth and development, mental health, parenting challenges and stresses affecting your family • Provide health teaching, counseling, and active support • Help you to connect with community resources <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, Toll free: 1-866-426-8885</p> <p>Monday to Friday from 8:30 am to 4:30 pm</p>

For more information and programming, please visit our website at www.familyservicesottawa.org