

# Family Supports



NAME	SERVICES OFFERED
<p><b>Orillia Native Women's Group</b> 705-329-7755</p>	<p>Orillia Native Women's Group (ONWG) offers programs and services to support Indigenous women and their families. Programs offered are the Indigenous Parenting Program and the Biinoojihm Mno-Bmaadziwin program which is rooted in physical, mental, emotional, and spiritual health, with a large focus on parenting, attachment, and nutrition. Indigenous families with children aged 0-6 are welcome.</p>
<p><b>Barrie Native Friendship Centre</b> 705-721-7689</p>	<p>Engages Indigenous families in holistic life-affirming activities to increase knowledge about the importance of balancing mental, physical, emotional and spiritual well-being. The Aboriginal Healthy Babies/Healthy Children Program assists Aboriginal families to provide the best opportunities for healthy development for children 0 - 6 years of age through education, family home visiting, service coordination and referrals.</p>
<p><b>Georgian Bay Native Friendship Centre</b> 705-526-5589</p>	<p>The Young Children and Family Program (YCFS) is designed to provide Indigenous families healthy opportunities for the development of their children (0 – 6 years of age) through education, family home visiting, service coordination and referrals. The Healthy Kids Program allows children to build relationships, increase confidence, reach personal goals and live healthy lifestyles.</p>
<p><b>EarlyON Child and Family Centre Simcoe Norrth</b> 705-325-1299</p>	<p>Provides families and caregivers with children from prenatal stages up to 6 years old with a range of free core services designed to support them in their parenting or caregiving roles. These centres offer a safe and nurturing environment where children can engage in various learning activities and develop new skills.</p>
<p><b>Empower Simcoe Family Services</b> 705-726-9082 ext. 2911</p>	<p>Supports and uplifts children, youth, adults, and their families through services such as the infant and child development and the youth program. The Youth Program is available to all high school aged youth and also provides an after-school and evening program designed for youth of all abilities in Simcoe County.</p>
<p><b>Chippewas of Rama First Nation Health Centre: Healthy Babies Healthy Children Program</b> 705-325-3611</p>	<p>Services are for First Nations Health Centre clients only. A comprehensive program from prenatal education, through to healthy newborn/healthy child. Home visiting for pregnant women and families with children up to 6 years of age. Breastfeeding support available.</p>

# Family and Parenting Supports



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<p><b>Mother Matters</b></p>	<p>Mother Matters is an online support group for birthing mothers with mood/adjustment challenges following the birth of their baby. If you are a mother with a new baby and finding it hard to cope with how your life has changed, or feeling isolated and alone, you can self refer to this program. To register visit: <a href="https://www.womenscollegehospital.ca/care-programs/mental-health/mother-matters/">https://www.womenscollegehospital.ca/care-programs/mental-health/mother-matters/</a></p>
<p><b>Postpartum Support International</b> 1-800-944-4773</p>	<p>Provides services such as mood and mental health support for moms/birthing people, parenting, BIPOC groups, loss and grief support through over 50 online support groups. Registration required please visit: <a href="https://www.postpartum.net/get-help/psi-online-support-meetings/">https://www.postpartum.net/get-help/psi-online-support-meetings/</a></p>
<p><b>New Path Youth &amp; Family Counselling Services</b> 705-725-7656</p>	<p>Free Mental Health Services for Children and Youth, their Families and Caregivers.</p>
<p><b>Orillia Pregnancy Resource Centre</b> 705-326-8228</p>	<p>The Orillia Pregnancy Resource Centre (OPRC) provides many services within the Orillia community such as counselling, pregnancy and loss supports, and practical supports such as prenatal vitamins, baby food, diapers, formula etc. OPRC also provides abortion and adoption supports. Living in Colour is a post-abortion recovery program for women who are struggling with a past abortion experience.</p>
<p><b>Nurturing Fathers</b> 705-326-8228</p>	<p>Mentoring support for dads. A 12 week program for men who actively want to provide guidance, love and support to their children. Some of the services include mentoring support and life-long skills, improved relationships are some of the goals.</p>
<p><b>Rainbows Canada</b> 705-726-7407</p>	<p>Provides support and advocacy for youth and children grieving a loss from a life-altering crisis. Offers different services such as crisis response, age specific groups, and support for single and step-parents experiencing grief.</p>
<p><b>Seasons Centre for Grieving Children</b> 705-721-5437</p>	<p>A peer support centre for children who are experiencing grief as a result of death or living with someone diagnosed with a terminal illness. Extends grief support services to the family, caregivers, schools and the community. Groups include Sons and Daughters, Siblings and Friends, Little People, Teen Group, Young Adults, and the Parent Group.</p>
<p><b>Youth Mobile Crisis Response Simcoe County</b> 705-728-5044</p>	<p>Crisis line in mental health support for youth experiencing emotions of sadness, anxiety, suicidal thoughts, aggressive and threatening behaviour, or who may have concerns about disturbing or unusual behaviours.</p>

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<b>Catulpa - Mothercare/Baby Steps/Next Step/CAPC</b> 705-733-3227	These free programs are available to individuals and families who are pregnant and/or parenting children 0- 6 years of age and who are living on a limited annual household income (less than \$40,000 before taxes) in Simcoe County.
<b>Orillia Soldiers' Memorial Hospital: Warmline</b> 705-325-2201 exxt. 3667	The warmline is a 24-hour telephone advice service that is available for new parents up to three weeks after the birth of their baby. Health teaching and post delivery information is available from nursing staff.
<b>After Baby Group Orillia</b> 705-722-1581	A free group for parents who are struggling with postpartum mood changes. This group will offer tools and strategies to help parents cope. Various locations. Contact 705-722-1581 to register for <b>Orillia</b> which is located at the Orillia EarlyON.
<b>CHIGAMIK - Embrace the Shift</b> 705-527-4154	A free, 6 week, in-person, therapeutic group to support mothers navigating the challenges of postpartum anxiety and depression.
<b>Orillia Soldiers' Memorial Hospital Perinatal Mental Health</b> 705-325-2201 ext. 3122	The Regional Perinatal Mental Health Program is intended for individuals 16 years of age or older who are preconception, pregnant or within one year postpartum and at risk of developing psychiatric problems and/or have a history of mental illness and/or experiencing postpartum mood disorders, anxiety disorders, psychotic disorders, or complicated perinatal related bereavement (up to one year after loss) or birth trauma.
<b>Georgian Bay Native Women's Association</b> 705-245-7044	Provides supports and advocacy to the Indigenous women and children in the Midland and Penetanguishene area. Facilitates various community-based programs for children, women and families combining traditional cultural teachings and activities. Aims to improve overall Indigenous community health and reduce family violence.