

Agencies Addressing Specific Health Issues

Infant and Child Development Program.....	613-966-7413
Family Space	613-966-9427
Autism Ontario.....	416-246-9592
Canadian Diabetes Association- Belleville.....	613-962-6520
Canadian Diabetes Association- Peterborough	705-742 2733
Canadian Hearing Society- Belleville.....	613-966-8995
Canadian Hearing Society- Peterborough	705-743-1573
Quinte Rehabilitation (Speech and Language).....	613-966-5015

Additional Resources

Maggie's Resource Centre (Bancroft).....	613-332-3010
Three Oaks Toll Free.....	800 267-0533
Sexual Assault Centre.....Crisis line-	613-967-6300
Sexual Assault Centre Toll Free	877-544-6424
Kawartha Sexual Assault Centre.....Crisis line-	866-298-7778
Community Advocacy and Legal Center.....	877-966-8686
Police.....	911

What does a Public Health Unit do?

Health units administer health promotion and disease prevention programs to inform the public about healthy life-styles, communicable disease control, immunization, healthy growth and development including parenting education, health education for all age groups.

What are Ontario Early Years Centres?

Ontario Early Years Centres are places where parents and caregivers can: **(services are free)**

- take part with their children in a range of programs and activities
- get answers to questions
- get information about programs and services that are available for young children and their families
- talk to early years professionals, as well as other parents and caregivers in the community.



Prenatal, Well Baby and Child Community Resources



Medical Emergency.....	911
THAS (rostered patients).....	1-866-553-7205
Telehealth Ontario.....	1- 866-797-0000
Kids Help Phone Line.....	1- 800-668-6868
Ontario Poison Control.....	1- 800-268-9017
Mother Risk Helpline.....	1- 877-439-2744
Children's Aid Society.....	613-962-9291
CAS Toll Free	1-800-267-0570

last updated July 2016

Prenatal - Open to Everyone

Pregnancy Testing/Counseling

Hastings and Prince Edward County Health Unit (HPECHU)	
Belleville.....	613-966-5500
Bancroft.....	613- 332-4555
Peterborough County City Health Unit.....	705- 743-1000
Haliburton, Kawartha, Pine Ridge Health Unit.....	866-888-4577
Belleville Pregnancy & Family Care Centre.....	613-969-7866
Birthright- Belleville.....	613-969-1289
Birthright Crisis Line.....	800- 550-4900
Bancroft Pregnancy Care Centre.....	613-332-4673
Peterborough Women' Health Centre.....	705-743-4132
Peterborough- My Pregnancy Centre.....	705-742-4015

Prenatal Health Care

Central Hastings Family Health Team (rostered patients)	
Madoc.....	613-473-4134
Marmora.....	613-472-6131
Gilmour.....	613-474-0233
Quinte Midwives.....	613-962-3000
Kawartha Community Midwives.....	705- 745-7640

Prenatal Classes

HPECHU (Belleville).....	613-966-5500
HPECHU toll free.....	800-267-2803 ex. 675
Centre Hastings- Gateway Community Health Centre.....	613-478-1211
PCCHU (Peterborough).....	705-743-1000

Breastfeeding Supports

HPECHU.....	613-966-5500
FamilySpace (Belleville).....	613-966-9427
Peterborough Family Resource Centre.....	705-748-9144
PCCHU.....	705-743-1000
Peterborough La Leche League.....	705-740-6188

Well Baby/Child - Open to Everyone

Postpartum Depression

Family Space.....	613-966-9427
Toll free.....	800-952-2279
Open Line Open Mind.....	613-310-6736

Parenting

HPECHU.....	613-966-5500 ex 223
HPECHU toll free.....	800-267-2803 ex 223
Family Space/Early Years Belleville.....	613-966-9427
Gateway CHC/Early Years Tweed.....	613-478-1211
Ontario Early Years Campbellford.....	705-632-1144
Peterborough Family Resource Centre.....	705-748-9144

Nutrition

HPECHU.....	613-966-5500 ex 610
PCCHU.....	705-743-1000
HKPRHU.....	866-888-4577
Eat Right Ontario.....	877-510-5110
Good Food Box/Good Baby Box/Good Backpack Distribution Depot	
Bancroft Pregnancy Care Centre.....	613-332-4673
Madoc Helping Hands Food Bank.....	613-473-2374
Marmora Helping Hands Food Bank.....	613-472-3594

Safety

Motherisk.....	416-813-6780
Safe Kids Canada (Parachute Canada).....	888-537-7777
Health Canada.....	866-225-0709

Clothing Programs (Free)

Belleville Pregnancy and Family Care Centre.....	613-969-7866
Centre Hastings People Helping People..Ontario Works.....	613-473-5258
Anchor of Hope Pregnancy Centre.....	613-473-0606

Acute Care Clinic

Quinte Pediatrics.....	613 966 1999
------------------------	--------------