

Visit our website for direct links at: www.southlakefht.ca or call us at 905-853-3103

Breastfeeding Support - 905-853-3103

On site at Southlake Family Health Team: Trained registered nurses are available to assist with prenatal breastfeeding education and in office postpartum visits.

Motherisk - 1-416-813-6780

Information regarding medication use during pregnancy

www.motherrisk.org

Simcoe Muskoka District Health Unit - 1-877-721-7520

Information on website regarding pregnancy, prenatal classes for Simcoe County residents

www.simcoemuskokahealth.org

Midwives of York Region - 905-713-0022

www.midwivesofyorkregion.com

York Region - 1-800-361-5653

Visit website for information regarding pregnancy, prenatal classes for York Region residents

www.york.ca -search for pregnancy

All Babies Count - 1-877-516-3715

Free prenatal nutrition programs

www.york.ca - search ABC Program

Prenatal Education Classes and Tour (Southlake Regional Health Centre)

905-895-4521 extension 2724

Visit their website and go to Patient Services, Maternal Child Program, and Prenatal Services

www.southlakeregional.org

Prevention of Gestational and Neonatal Exposure to Tobacco Smoke (PREGNETS)

Smoking cessation help and support for pregnant women

www.pregnets.org

Guide to Understanding Prenatal Screening Tests (Mount Sinai Hospital)

http://www.mountsinai.on.ca/care/family-medicine-genetics-program/resources/prenatal_screening2008.pdf

Society of Obstetricians & Gynaecologists of Ontario

Information on pregnancy, prenatal screening, umbilical cord blood, etc.

<http://www.sogc.org>

American Congress of Obstetricians and Gynecologists

Information on pregnancy, prenatal screening, etc.

<http://www.acog.org>