



# Community Resources

## **Hospitals:**

### **Deep River and District Hospital**

117 Banting Drive  
Deep River, ON K0J1P0  
Telephone: 613-584-3333 / 1-866-571-8168

### **Arnprior and District Memorial Hospital**

350 John Street North, Arnprior, ON K7S 2P6  
Telephone: 613-623-7962

### **St. Francis Memorial Hospital**

7 St. Francis Memorial Drive  
Barry's Bay, ON K0J 1B0  
Telephone: 613-756-3044

### **Pembroke Regional Hospital**

705 Mackay Street, Pembroke, ON K8A 1G8  
Telephone: 613-732-2811

### **Renfrew Victoria Hospital**

499 Raglan Street North, Renfrew, ON K7V 1P6  
Telephone: 613-432-4851



**Renfrew County and District Health Unit**  
"Optimal Health for All in Renfrew County and District"

## **Midwives:**

### **Madawaska Valley Midwives**

(<https://www.mvmidwives.ca/>)  
15 Lake Street, Killaloe, ON K0J 2A0  
Telephone:  
*Petawawa area* – 1-877-757-0808  
*Killaloe area* – 613-757-0808  
Email: [info@mvmidwives.ca](mailto:info@mvmidwives.ca)

### **Ottawa Valley Midwives**

(<https://ottawavalleymidwives.com/>)  
1-1 Costello Drive, Carleton Place, ON  
K7C 0B4  
Telephone: 613-253-3148  
Fax: 613-253-2550  
Email: [admin@ottawavalleymidwives.com](mailto:admin@ottawavalleymidwives.com)  
\*Midwife Languages: English, French & Russian

### **The Midwifery Collective of Ottawa**

(<https://www.midwiferycollective.com/>)  
88 CentrepoinTE Dr., Suite 200  
Ottawa, ON K2G 6B1  
Telephone: 613-730-bebe (2323)  
Fax: 613-260-2880  
Email: [reception@midwiferycollective.com](mailto:reception@midwiferycollective.com)

### ***Prenatal Classes/Support:***

#### **Renfrew County and District Health Unit (RCDHU)**

##### **Prenatal Education Program**

(<https://www.rcdhu.com/clinics-classes/prenatal-education/>)

Telephone: 613-735-8651 Ext. 589 /  
1-800-267-1097 Ext. 589

#### **Canada Prenatal Nutrition Program**

*Community Resource Centre*

15 Lake Street, Killaloe, ON K0J 2A0

Telephone: 613-757-3108 / 1-888-757-3108

Email: [askus@crc-renfrewcounty.com](mailto:askus@crc-renfrewcounty.com)

Website: <https://www.crc-renfrewcounty.com/programs/prenatal/>

### ***Sexual Health:***

#### **RCDHU Community Sexual Health Clinics**

(<https://www.rcdhu.com/clinics-classes/sexual-health-clinics/>)

### ***Breastfeeding:***

#### **Breastfeeding Consults**

(<https://www.rcdhu.com/clinics-classes/feeding-your-baby/>)

Telephone: 613-735-9774 /

1-800-267-1097 Ext. 589

Email: [familyhealth@rcdhu.com](mailto:familyhealth@rcdhu.com)

#### **Health811**

(<https://health811.ontario.ca/static/guest/home>)

Telephone: dial 811

TTY: 1-866-797-0007

#### **Breastfeeding Supports, including Ontario Human Rights Code on breastfeeding**

(<https://www.ontario.ca/page/breastfeeding>)

#### **Le Leche League** (<https://www.lllc.ca/>)

Breastfeeding Referral Line: 1-800-665-4324



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## Postpartum Support Groups/Playgroups/Parenting Support:

### **The Phoenix Centre** (<https://phoenixctr.com/>)

#### *Pembroke Office*

130 Pembroke Street West (2<sup>nd</sup> Floor),  
Pembroke, ON K8A 5M8  
Telephone: 613-735-2374 / 1-800-465-1870

#### *Renfrew Office*

191 Plaunt Street South, Renfrew, ON  
K7V 1M7  
Telephone: 613-432-7936

\*For additional satellite locations, visit The Phoenix Centre website at: <https://phoenixctr.com/>.

### **Community Resource Centre**

15 Lake Street, Killaloe, ON K0J 2A0  
Telephone: 613-757-3108 / 1-888-757-3108  
Email: [askus@crc-renfrewcounty.com](mailto:askus@crc-renfrewcounty.com)

### **Let's Grow Clinics**

(<https://www.rcdhu.com/clinics-classes/parenting/>)

\*To **schedule an appointment**, call the Family Health intake line: 613-735-9774 / 1-800-267-1097 Ext. 589.

### **Family and Children's Services**

#### *Pembroke Office*

77 Mary Street, Suite 100, Pembroke, ON  
K8A 5V4  
Telephone: 613-735-6866  
Toll Free: 1-800-267-5878

#### *Renfrew Office*

114 Argyle Street South, Renfrew, ON  
K7V 1T5  
Telephone: 613-735-6866  
Toll Free: 1-800-267-5878

### **Columbus House/Young Parent Support Program**

#### *Pembroke Site*

73 Renfrew St., Pembroke, ON K8A 5R7  
Telephone: 613-732-1767

#### *Renfrew Site*

140 Munroe Ave. E., Renfrew, ON K7V 3K4

## Financial Help/Assistance with Getting Baby Items:

### **Jubilee Place**

1144 Lea Street, Pembroke, ON K8A 4Z6  
Telephone: 613-732-8434  
Email: [jubileeplace@nrtco.net](mailto:jubileeplace@nrtco.net)

### **Ontario Works**

(<http://www.countyofrenfrew.on.ca/departments/social-services/ontario-works/>)



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### **CPAN**

#### **Operation Snowsuit**

(<https://renfrewcountycpan.ca/operation-snowsuit/>)

#### **Tools for School Program**

(<https://renfrewcountycpan.ca/tools-for-school/>)

### **First Step Options – Pregnancy Resource Centre**

(<https://www.firststepoptions.com/>)  
337 Murray Street, Pembroke, ON K8A 4P3  
Telephone: 613-635-7440  
Email: [fsocentre@gmail.com](mailto:fsocentre@gmail.com)

\*Open Mon. to Weds., 10:00 a.m. to 4:00 p.m.

## EarlyON Child & Family Centres:

### Centre-Based Program:

#### EarlyON Arnprior

16 Edward Street South, Suite 130, Arnprior,  
ON K7S 3W4

Email: [oeey.arn@hotmail.com](mailto:oeey.arn@hotmail.com)

Telephone: 613-623-8224

#### EarlyON North Renfrew

33110 D Highway 17, Deep River, ON

Telephone: 613-735-6866 Ext. 3001

Cell: 613-602-6328

Email:

[EarlyON.NorthRenfrew@fcsrenfrew.on.ca](mailto:EarlyON.NorthRenfrew@fcsrenfrew.on.ca)

#### EarlyON Pembroke

464 Isabella St., Pembroke, ON K8A 5T9

Telephone: 613-735-7575

Email: [EarlyON.Pembroke@fcsrenfrew.on.ca](mailto:EarlyON.Pembroke@fcsrenfrew.on.ca)

### French services:

On y Va

1253 rue Pembroke ouest

Telephone: 613-732-3986

Email:

[padroulin.onyvacomtederenfrew@gmail.com](mailto:padroulin.onyvacomtederenfrew@gmail.com)

#### EarlyON Petawawa Play Troop

1578 Wolfe Avenue, Petawawa, ON

K8H 1L3

Telephone: 613-687-2104

Email: [Playtroop@PetawawaMFRC.com](mailto:Playtroop@PetawawaMFRC.com)

#### EarlyON Renfrew

115 Veteran's Memorial Boulevard

Renfrew, ON K7V 2R5

Telephone: 613-433-9901

Email: [crcren@bellnet.ca](mailto:crcren@bellnet.ca)

### Mobile Programs:

#### Bonnechere Inodewiziwin Abinodjinish

Kikinamagan (BIAK) EarlyON Bonnechere

(Indigenous Teachings)

Telephone: 613-639-5780

Email: [n.ward@bell.net](mailto:n.ward@bell.net)

\*Serving various communities throughout  
Renfrew County

#### EarlyON Toy Bus

Telephone: 613-757-3108

Email: [toybus@crc-renfrewcounty.com](mailto:toybus@crc-renfrewcounty.com)

\*Serving Barry's Bay, Cobden, Eganville,  
Beachburg, Killaloe, Golden Lake, and  
Palmer Rapids

For more information and monthly calendars,  
visit:

<https://www.countyofrenfrew.on.ca/en/community-services/earlyon-child-and-family-centres.aspx>.



**Renfrew County and District Health Unit**  
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**Family Health Teams (FHT) and  
Community Health Centres (CHC):**

**Algonquins of Pikwakanagan**

(<https://www.algonquinsofpikwakanagan.com/health-services/>)

Health Services

Telephone: 613-625-2259

Community Health Nurse

Telephone: 613-625-2259 Ext. 225

Email: [chn@pikwakanagan.ca](mailto:chn@pikwakanagan.ca)

**Arnprior and District FHT** (<https://arnpriorfht.ca/>)

Telephone: 613-622-5763 / 1-877-622-5763

**Madawaska Valley FHT**

(<https://madawaskavalleyfht.com/>)

Telephone: 613-756-9888

**Petawawa Centennial Family Health Centre**

(<http://pcfhc.ca/>)

Telephone: 613-687-7641

**Rainbow Valley CHC**

(<https://www.rainbowvalleychc.on.ca/>)

Telephone: 613-757-0004

**Algonquin FHT** (<http://algonquinfht.ca/>)

Telephone: \*see website for telephone options

**West Champlain FHT**

(<https://www.westchamplainfht.com/>)

Telephone: \*See website for telephone options

**Whitewater Bromley CHC**

(<https://connectwell.ca/>)

Telephone: \*See website for telephone options



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**Mental Health Resources:**

**24 Hour Mental Health Crisis Line (ages 16 or older)**

(<http://www.crisisline.ca/>)

Telephone: 1-866-996-0991

**Suicide Crisis Helpline** (<https://988.ca/>)

Call or text 9-8-8

**Mental Health and Addiction Resources for  
Residents in Renfrew County and District**

(<https://www.rcdhu.com/healthy-living/mental-health/>)

**Health Information Lines:**

**Renfrew County and District Health Unit Family  
Health Intake Line**

Telephone: 613-735-9774 / 1-800-267-1097 Ext. 589

**Renfrew County Virtual Triage and Assessment  
Centre** (<https://rcvtac.ca/>)

Telephone: 1-844-727-6404

**Health811**

(<https://health811.ontario.ca/static/guest/home>)

Telephone: dial 811

TTY: 1-866-797-0007

**Smoking/Substance Use:**

**Telephone Support**

Free and confidential smoking cessation information and support.

Telephone: 1-866-797-0007

**Smokers' Helpline**

(<https://www.smokershelpline.ca/>)

Support services available online and through text messaging.

Text: iQuit to 123456

**Pathways Alcohol and Drug Treatment Services of  
Renfrew County** (<https://pathwaysts.ca/>)

Telephone: 613-432-8573 / 1-888-241-1135

Email: [info@pathwaysts.ca](mailto:info@pathwaysts.ca)

## Violence/Abuse:

### [Bernadette McCann House for Women](#)

(<http://wsssbmh.org/en/>)

Telephone: 613-732-3131 / 1-800-267-4930c

Text: 613-639-1233 (response time may vary)

Email: [help@wsssbmh.org](mailto:help@wsssbmh.org) (response time may vary)

### [Assaulted Women's Helpline](#)

(<http://www.awhl.org/>)

Telephone: 1-866-863-0511 / 1-866-863-7868

Text: #SAFE (#7233)

### [North Renfrew Family Services Walk-in Counselling](#)

(<http://bright-ideas>

[software.com/nrfs/index.html](http://software.com/nrfs/index.html))

P.O. Box 1334, Deep River, ON K0J 1P0

Telephone: 613-584-3358

Email: [office@nrfs.ca](mailto:office@nrfs.ca)

\*For additional resources, visit: [RCDHU's After Birth Package](#) and click on "Intimate Partner Violence"

## Emergency Food Access:

### [Renfrew County Food Banks](#)

(<https://www.champlainhealthline.ca/listServices.aspx?id=10572&amp%3bregion=Renfrew&region=Renfrew>)

## Housing/Shelter:

### [Renfrew County Housing Corporation](#)

(<http://www.countyofrenfrew.on.ca/departments/social-services/renfrew-county-housing-corporation/>)

-Renfrew, Telephone: 613-432-3679 /

1-855-432-6450

-Pembroke, Telephone: 613-735-0782 /

1-888-256-0063



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## New to Canada:

### [Health Care Connect](#)

(<https://www.ontario.ca/page/find-family-doctor-or-nurse-practitioner>) – Find a family doctor or nurse practitioner

Telephone: 1-800-445-1822

**Giving Birth in a New Land** – A guide for women new to Canada and their families

English:

<https://resources.beststart.org/product/e30e-giving-birth-in-new-land-book/>

French:

<https://resources.beststart.org/product/e30f-donner-naissance-dans-nouveau-pays-livre-en/>

**Growing Up in a New Land** – A guide for newcomer parents

English:

<https://resources.beststart.org/product/k36e-growing-up-new-land-parents-booklet/#:~:text=Description,their%20children%20aged%20%2D6>

French:

<https://resources.beststart.org/product/k36f-grandir-dans-nouveau-pays-livre-parents-en/>

## Registering Your Baby:

Website:

<https://www.ontario.ca/page/register-birth-new-baby>



## Additional Resources:

**211 Ontario** (<https://211ontario.ca/>)

**Immunizations** (<https://www.immunize.ca/>)

### **Canadian Paediatric Society**

**Caring for Kids**

(<https://www.caringforkids.cps.ca/>)

### **Car Seats**

(<https://www.fcsrenfrew.on.ca/services/early-on-child-family-centre/>)

Pembroke EarlyON Child & Family Centre

(Inspections)

Telephone: 613-735-7575

**SEATS for Kids** (<https://seatsforkids.ca/>)

### **Parachute Canada**

(<https://parachute.ca/en/>)

### **Ministry of Transportation**

(<http://www.mto.gov.on.ca/english/safety/choose-car-seat.shtml>)

### **Jump Start Program for Recreation Subsidies**

(<https://jumpstart.canadiantire.ca/>)

### **Healthy Smiles Ontario**

(<https://www.ontario.ca/page/get-dental-care>)

### **Infant and Child Development Program**

(<https://www.fcsrenfrew.on.ca/services/developmental-services/>)

Telephone: 613-735-6866 Ext. 4128

### **Renfrew County and District Public Libraries**

(<https://www.countyofrenfrew.on.ca/en/living-here/libraries.aspx>)

### **First Words** (<https://www.firstwords.ca/>)

Telephone: 613-732-7600 Ext. 1656 / 1-888-421-2222

Email: [first.words@pachc.com](mailto:first.words@pachc.com)

### **Infant Hearing Program**

(<https://www.ontario.ca/page/infant-hearing-program>)

Telephone: 613-688-3979 / 1-866-432-7447

(Pinecrest Queensway Community Health Centre)

### **The motHERS Program**

(<https://www.themothersprogram.ca/>)

### **Champlain Maternal Newborn Regional Program (CMNRP)**

([http://www.cmnrp.ca/en/cmnrp/Home\\_p2974.html](http://www.cmnrp.ca/en/cmnrp/Home_p2974.html))



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