



# Perinatal Resource Guide

PERINATAL CARE SUPPORTS AND SERVICES  
Provincial (Ontario), Canadian and International Resources



# Are you planning for a family, expecting a baby, or on your postpartum journey?

Then this Perinatal Resource Guide is for you.

At Cherry Tree Counselling, we truly believe it takes a village. The mental health and well-being of women is vital to our communities, yet there continues to be a lack of support for those issues specific to women and maternal health. As women, mothers and therapists ourselves, we recognize the gaps in care that currently exist.

We want to close that gap by building and offering a community of care that is inclusive and equitable. A community where women and their families feel empowered throughout the perinatal journey including post-partum depression, infant loss, termination, and parenting.

This Perinatal Resource Guide contains a list of provincial, national, and international perinatal supports including: therapists, doulas and perinatal support workers, chiropractors, acupuncturists, naturopaths, pelvic floor physiotherapists, and more.

This guide is by no means a complete list of all of the perinatal resources and supports available. If you know of, would like to recommend, or are an organization/individual/business that offers perinatal resources or supports, please contact us via email at: [admin@cherrytreecounselling.ca](mailto:admin@cherrytreecounselling.ca)

# Why is perinatal care important?

## Let's start by defining what perinatal care is...

Perinatal care refers to the period of time when you become pregnant and up to a year after giving birth.

You might also have heard of the following terms:

- Antenatal or pre-natal meaning 'before birth'
- Postnatal or postpartum meaning 'after birth'

There's no right or wrong word to describe the period of time around pregnancy and after birth. In this guide, the perinatal period refers to the time from conception to one year postpartum.

## Perinatal care isn't just about physical 'check-ups'.

Perinatal care should include discussions and follow-up regarding emotional and mental health. Perinatal mental health concerns often begin prior to conception or during pregnancy.

## Why is it important to reach out for support?

Perinatal mental wellness, although not talked about enough or normalized, is crucial in ensuring the health and well-being of both the parent and baby.

If you are suffering from symptoms of a perinatal mood disorder, it's even more difficult to take care of yourself and your child.

Maintaining a sense of wellness during the perinatal journey will look different for everyone and each person will have different needs throughout the different stages. Therefore, it's important to be aware of what help is available and can look like for you.

Quality perinatal care should always be trauma-informed. The ultimate goal of trauma-informed care is to actively prevent re-traumatization and empower healing. That means that the focus shifts away from "What's wrong with you?" to "What happened to you?" With this kind of therapeutic approach the care you receive should make you feel safe and validated within your experience.

**We invite you to look through  
this guide and explore the  
range of support that is waiting  
to help empower you through  
this transformative experience.**

## PROVINCIAL

# Western Ontario

Bruce, Grey, Huron, Wellington, Perth, Brant, Oxford, Lambton, Middlesex, Essex, Kent, Elgin and Haldimand-Norfolk as well as Halton Region, Region of Waterloo, the Niagara Region and the City of Hamilton.

**Abaton Integrative Medicine**  
Lactation consulting available  
Website: <https://abatonim.com/>

**Allie Witek: Infant, Early Child, & Family Support Services**  
Infant & Early Childhood Mental Health Specialist and Perinatal Mental Health Professional (PMH-C Candidate)  
Website: <https://alliewitek.com/>

**Ashley Pickett, IBCLC**  
Offering doula and consulting services during pregnancy, breastfeeding, and parenting.  
Website: <https://www.ashleypickett.com/>

**Atwell Centre**  
Nondenominational support clinic for women experiencing unplanned pregnancies and more.  
Website: <https://atwellcentre.ca/>

**Babies Naturally**  
Childbirth education, doula/labour support, postpartum and breastfeeding support as well as transitional support in feeding, parenting, and sleep. Also provides fertility, loss, and termination support.  
Website: <http://www.babiesnaturally.org/>

**Balancing Birth to Baby**  
Offering various classes, doula services, and birth coaching.  
Website: <https://balancingbirthbaby.com/>

**Bellies2Babies**  
Birth and postpartum doula services, as well as childbirth education, birth pool rentals, and placenta encapsulation.  
Website: <https://www.bellies2babies.com/>

## PROVINCIAL

# Western Ontario

### Birth Brave Doula Services

Doula services and support throughout pregnancy, labour and delivery, as well as postpartum support.

Website: <https://www.birthbrave.ca/services>

### Birth Mark

Accessible doula support including planning for your reproductive journey, prenatal and postpartum services, abortion, and birth education.

Website: <https://birthmarksupport.com/>

### Blueberry Therapy

In addition to psychotherapy, Blueberry Therapy offers registered massage therapy, pelvic health and pediatric physiotherapy, child psychology, osteopathy, speech language pathology, acupuncture and lactation consultation services.

Website: <https://www.blueberrytherapy.ca/>

### Body by Kez

Offering prenatal and postnatal, infant and child, and therapeutic massage therapy.

Website: <https://www.bodybykez.ca/>

### Born to Be in the Ottawa Valley

Birth and postpartum doula as well as childbirth education.

Website: <https://www.borntobeintheov.com/>

### Bruce Village Chiropractic

Pregnancy and postpartum chiropractic care.

Website: <https://www.brucevillage.ca/pregnancy>

### Camilla Aviss

Lactation consultation services available.

Website: <https://camillaaviss.com/>

### Crown Point Midwives Perinatal Support

Perinatal groups available, open to non-clients.

Website: <https://www.crownpointfhc.ca/perinatal>

### Doula Care London

Childbirth education, birth and night doula services, postpartum support, massage, breastfeeding and chestfeeding, as well as pregnancy support.

Website: <https://doulacarelondon.com/>

## PROVINCIAL

# Western Ontario

### GentleCore

Perinatal Centre

Phone: 1-800-545-0253

### Graceful Birth Doula Services

Labour and birth support, night doula/nanny support, hypnobirthing, and placenta encapsulation.

Website: <https://www.gracefulbirth.ca/>

### Grey Bruce Health Services - Women and Child Care Unit

Provides care for women and children (up to 18 years of age) including new mothers and babies.

Website: <https://www.gbhs.on.ca/women-labour-and-child-care/>

### Hamilton Family Doulas

Services include perinatal classes, belly binding, sleep consulting, birth and postpartum doulas, night nanny, and VBAC specialist.

Website: <https://hamiltonfamilydoulas.com/>

### Hamilton Postpartum

Services and support for anxiety, depression, and other mental health concerns in pregnancy and after childbirth.

Website: <https://www.hamiltonpostpartum.ca/>

### Hamilton Women's Clinic | Medical Abortion Clinic

Providing safe and confidential abortions and reproductive services.

Website: <https://www.hwclinic.org/online-booking/>

### Hesed Birth

Childbirth education and doula collective providing support throughout pregnancy, birth, and beyond.

Website: <https://hesedbirth.com/>

### Innerworks Counselling London

Therapeutic services including perinatal counselling, parent coaching, infant and toddler sleep consulting and more.

Website: <https://innerworkslondon.com/>

## PROVINCIAL

# Western Ontario

### Jodi Rouah

Jodi and her team of Registered Social Workers and Registered Psychotherapists offer attachment-based counselling in perinatal mental health.

Website: <https://jodirouah.com/>

### Mama Llama Lactation Consultant

Breastfeeding support & consultation, prenatal classes, labour and birth support, postpartum doula/night nanny services.

Website: <https://www.mama-llama.ca/>

### Maternal Health Niagara

Therapeutic services for reproductive mental health, pregnancy and infant loss, perinatal mental health, parenting, and more.

Website: <https://maternalniagara.ca/>

### Maternity Centre of Hamilton

Prenatal, labour and delivery, and postpartum care offered.

Website: <https://mch.mcmaster.ca/>

### Momma's Doula Services

Doula services and support throughout pregnancy, labour and delivery, as well as postpartum support and infant care.

Website: <https://mommassupport.wixsite.com/website>

### Mum's Collective

Doula services from pregnancy to postpartum as well as breastfeeding support.

Website: <https://www.mumscollective.ca/>

### NewM Clinic - Perinatal and Family Care

Perinatal/pregnancy support, postpartum and newborn care.

Website: <https://newmclinic.com/>

### Niagara Parents

Parenting support (postpartum depression in-person groups), pregnancy and parenthood clinics and classes, education on prenatal supports and planning a healthy pregnancy, as well as baby feeding support.

Website: <https://www.niagararegion.ca/parents/>



## PROVINCIAL

# Western Ontario

### Our Mama Village

Practical parenting courses and support for raising children from infancy to kindergarten.

Website: <https://ourmamavillage.com/>

### Postpartum Counselling Centre London

Team of therapists with specialized training in perinatal mental health.

Website: <https://postpartumcounselling.com/>

### Postpartum Parent Network

Individual and family therapy, perinatal workshops, parent & baby mindfulness classes, and more.

Website: <https://www.postpartumparentnetwork.com/>

### PUSH - Mama Care

Fertility and preconception, pregnancy and prenatal care, postpartum and infant care services.

Website: <https://www.pushmamacare.com/>

### Raising Families Therapy

Counselling services including perinatal and behaviour counselling available.

Website: <https://raisingfamieliestherapy.com/>

### Rebecca Claire Wellness

In-home or virtual breastfeeding, doula support, as well as prenatal classes.

Website: <https://www.rebeccaclairewellness.com/>

### Rebirth Wellness Centre

Prenatal yoga, birth prep courses, speech, language, and feeding support, pelvic floor physiotherapy, prenatal massage, mom groups, stroller bootcamp, registered acupuncture, and counselling services.

Website: <http://www.rebirthwellness.ca/>

### Ruh Doula Care and Photography

Pregnancy, birth, and postpartum doula services and childbirth education.

Website: <https://ruhdoulacare.ca/>

Instagram: @this\_ruh

## PROVINCIAL

# Western Ontario

### Roseland Wellness

Pre- and postnatal chiropractic care.

Website: <https://www.roselandwellness.com/>

### Seed to Sapling

Consultant services, prenatal classes, perinatal mental health, infant feeding, and sleep support.

Website: <https://seedtosapling.ca/>

FB: <https://www.facebook.com/seed2sapling/>

### Steph Bouwman - Pelvic Floor Doula

Birth doula support, prenatal classes, core and pelvic floor rehab, prenatal and postpartum fitness.

Website: <https://stephbouwman.com>

### St. Joseph's Healthcare Hamilton - Women's Health Concerns Clinic

Multi-professional evaluation and treatment for changes in mood and anxiety related to pregnancy and postpartum as well as psychoeducation and skills groups for perinatal women.

Website: <https://www.stjoes.ca/hospital-services/mental-health-addiction-services/mental-health-services/women's-health-concerns-clinic-whcc>

### Sunnybrook Pregnancy and Infant Loss Network (PAIL)

Assists with free group and individual peer-support services for families.

Website: <https://pailnetwork.sunnybrook.ca/>

### Sydney Friesen - Perinatal Therapist

Perinatal Therapist, CAT(C) and Post Natal Fitness Specialist.

Website: <https://www.yourperinatalat.com/>

### The Compassion Project

Therapeutic services including perinatal and maternal mental health.

Website: <https://www.thecompassionproject.ca/>

### The Family Wellness Centre

Pregnancy Care Centre

Phone: (519) 259-9560

## PROVINCIAL

# Western Ontario

### The Health Centre Integrative Therapies

Perinatal chiropractic, naturopathic, and massage services.

Website: <https://thehealthcentredundas.com/>

### The Mama's Physio

Pregnancy, birth, postnatal, and pelvic health services.

Website: <https://themamasphysio.com/>

### The Nesting Instinct

Pregnancy Care Centre

Phone: (519) 998-4476

### The Radiant Doula

Doula services and childbirth classes

Website: <http://www.theradiantdoula.ca/>

### The WOMB: The World of My Baby

Wellness centre providing a range of health and wellness care services including workshops and classes, acupuncture, breastfeeding and infant feeding, chiropractic care, counselling, craniosacral therapy, doula support, holistic nutrition, naturopathy, occupational therapy, osteopathy, pediatric physiotherapy, pelvic health physiotherapy, registered massage therapy, sleep support, and speech and language therapy.

Website: <https://www.thewomb.ca/>

### TLC Birth and Beyond

Provide childbirth education, prenatal support, labour and delivery support, and postpartum care.

Website: <https://tlcbirthandbeyond.com/>

### Well Moms & Co.

Wellness services made by moms for moms including registered massage therapy, naturopathic medicine, acupuncture, chiropractic care, pelvic health physiotherapy, and counselling/psychotherapy.

Website: <https://wellmomsandco.com/>

PROVINCIAL

# Central West Ontario

Peel Region, York Region, Dufferin County and Simcoe County.

## Onyx Doula Services

Different service packages available for labour and birth, postpartum, breastfeeding, and newborn care.

Website: <https://www.onyxdoula.com/>

## Parenting From Within

Offers evidenced based prenatal, birthing, postpartum, parenting and feeding information for informed decision-making throughout the parenting journey.

Website: <https://www.parentingfromwithin.ca/>

## The Fairy Godmothers

PNSWs offering night shift perinatal support services.

Website: <https://canadiannightnannies.weebly.com/>

PROVINCIAL

# Central East Ontario

North York, Scarborough, City of Toronto and Durham Region.

## Abiona Centre for Infant & Early Mental Health

Programs include prenatal residential program, postnatal transitional housing program as well as maternal infant mental health, and more.

Website: <https://www.abionacentre.ca/>

## Barry's Bay Acupuncture

Naturopathic Doctor, Registered Acupuncturist, birth and postpartum doula, childbirth educator and breastfeeding counsellor.

Website: <https://barrysbayacupuncture.com/>

## BRIA

Virtual mental health clinic for pregnant, postpartum, perimenopausal women or women trying to conceive.

Website: <https://betterbria.com/>

## Bright Birth Perinatal Services

Doula, lactation, and midwife services, as well as support for the Ukraine community.

Website: <https://www.brightbirth.ca/>

## Frame Fidelity

Perinatal pediatric and family wellness services - chiropractic care and pelvic floor physiotherapy.

Website: <https://www.framefidelity.com/>

## From Bump to Baby

Live, online prenatal classes.

Website: <https://frombumpstobaby.ca/>

## Happy Hips Prenatal Belly Dance

Perinatal Center

Phone: (416) 220-2229

## PROVINCIAL

# Central East Ontario

### Kate Sissons

Doula services, childbirth, infant sleep and breastfeeding education, as well as prenatal and postnatal movement support.

Website: <https://www.katesissons.com/>

### Lifetime of Love Doula Services

Prenatal and birth doula, postpartum doula, and sleep coaching support, as well as baby carrier consultations and birth pool rentals.

Website: <https://lifetimeoflovedoula.com/>

### New Life Prenatal Classes Toronto

Prenatal classes

Website: <https://www.newlifeprenatal.org/>

### Nourished Roots Doula Services

Postpartum doula services and meal delivery.

Website: <https://www.nourishedrootsdoula.ca/>

### Ohana Wellness Clinic

Providing both mental and physical health services for all ages with specific services for fertility, pregnancy, and postpartum.

Website: <https://ohanawellnessclinic.com/>

### Oona

Offering services for fertility, prenatal, postnatal, pediatric, and whole family care support.

Website: <https://oonacares.com/>

### Peridot Wellness

Pelvic health physiotherapy services for expecting and postpartum mothers available.

Website: <https://www.peridotwellnessto.ca/>

### Perinatal Mobile Massage

Registered Massage Therapy.

Phone: (365) 656-5338

### Perinatal Wellbeing Ontario

Not-for-profit organization offering support planning for parents, individual and group peer support, low to no-cost therapy and online therapeutic programming.

Website: <https://www.perinatalwellbeing.ca/>

PROVINCIAL

# Central East Ontario

## Precious Moments Babeez Inc.

Perinatal services provided by PNSWs, Labour and Postpartum Doulas, Registered Nurses, Night Nannies, and Sleep Consultants.

Website: <https://www.preciousmomentsbabeez.com/>

## Dr. Stefanie Trowell, ND

Fertility care services provided by a naturopathic doctor.

Website: <http://nourishtoronto.com/>

## The Well Parents Centre

Parenting, lactation, and newborn support.

Website: <https://www.wellparentscentre.com/>

## Toronto Lactation

Breastfeeding and maternity services

Phone: (647) 981-1961

## Toronto Prenatal Nutrition

Perinatal nutrition and doula services.

Website: <https://www.torontoprenatalnutrition.com/>

## Women's College Hospital

Reproductive Life Stages Program and Mothers Matter support group available.

Website: <https://www.womenscollegehospital.ca/care-programs/mental-health/>

PROVINCIAL

# Eastern Ontario

Ottawa, Cornwall, Kingston, Peterborough and covers Prescott and Russell, Stormont, Dundas and Glengarry, Ottawa, Renfrew, Lanark, Leeds and Greenville, Frontenac, Lennox and Addington, Hastings, Prince Edward, Northumberland, Peterborough, Haliburton, Muskoka and Kawartha Lakes.

## Dr. Amy Dobbie

Fertility and Prenatal Focused Naturopathic Doctor.

Website: <https://www.dramydobbie.com/>

## Champlain Maternal Newborn Regional Program

Patient-focused planning of quality maternal and newborn services.

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

## Fearless Wellness Centre

Full spectrum doula support, pregnancy and infant loss, prenatal classes and workshops, and more.

Website: <https://www.fearlesswc.com/>

## Maternal Instincts Doula Services

Birth support, postpartum care, and infant massage.

Website: <https://www.maternalinstinctsdoulaservices.com/>

## Ottawa Birth and Wellness Centre

Midwife-led, community-based healthcare facility offering pregnancy and birth support.

Website: <https://ottawabirthcentre.ca/>

## Rooted Family Wellness Centre

Holistic wellness and community hub for families at all stages of their birthing and parenting journey.

Website: <https://www.rootedfamily.ca/>

## Royal Ottawa Mental Health Centre

Diverse services including women's mental health support.

Website: <https://www.theroyal.ca/>

## Transition Postpartum Support

Postpartum consultant and doula offering one-on-one support and workshops.

Website: <https://transitionpostpartum.com/>



PROVINCIAL

# Northern Ontario

Nipissing, Parry Sound, Manitoulin, Timiskaming, Sudbury, Algoma, Cochrane, Thunder Bay, Rainy River and Kenora.

## Core Vitality & Sudbury Birth Coaches

Prenatal education and postnatal fitness as well as pregnancy, birth, and postpartum support.

Website: <https://www.corevitality.fit/>

## Growing Together Doula Services

Certified doulas and perinatal educators.

Website: <https://www.growingtogetherdoulaservices.com/>

## North East Community Care Access Centre

Resource website for health services including support for pregnancy, postpartum depression, parenting, as well as doula care.

Website: <https://www.northeasthealthline.ca/>

## Northern Mama Maternal Services

Infant sleep, birth and postpartum support in Northern Ontario.

Website: <https://northernmama.com/>

## Positive Perinatal Services

Prenatal and postpartum education, in-home perinatal support, online postpartum conversations groups, online birth story circles, breastfeeding support, and infant and pregnancy loss support.

Website: <https://www.positivebirthservices.ca/>

## Serene Holistic Wellness

Holistic reproductive care for fertility, reproductive wellness, birth, and postpartum.

Website: <https://www.sereneholisticwellness.ca/>

## Sudbury Community Midwives

Complete primary maternity care.

Website: <https://sudburymidwives.com/>

## The Gentle Doula

Offering prenatal, labour and birth, as well as postpartum support.

Website: <https://www.gentledoulasudbury.com/>

NATIONAL

# Canada

## **Anxiety Canada**

Educational resources, online support groups, and anxiety management resources.

Website: <https://www.anxietycanada.com/>

## **Baby's Breath Canada**

Resources and counselling for infant loss.

Website: <https://www.babysbreathcanada.ca/>

## **Best Start**

Information and resource sharing including "Managing Depression - A Self-help Resource for Parents Living With Depression During Pregnancy, After Delivery and Beyond" workbook.

Website: <https://en.beststart.org/>

## **Canadian Mental Health Association**

Nationwide organization that promotes mental health and supports people recovering from mental illness. See their New Parents Skill-building Program through BounceBack at [www.bouncebackontario.ca](http://www.bouncebackontario.ca).

Website: <https://cmha.ca/>

## **Canadian Perinatal Mental Health Collaborative**

Canada's first and only perinatal mental health advocacy organization calling on the federal government to enact a national perinatal mental health strategy.

Website: <https://cpmhc.ca/>

## **Canadian Perinatal Mental Health Trainings**

Various perinatal certifications available as well as peer supervision opportunities and client tools.

Website: <https://www.canadianperinatalmentalhealthtrainings.com/>

## **Fathers Mental Health**

Resource website to support fathers struggling during the perinatal journey.

Website: <http://fathersmentalhealth.com/>

## **Pacific Postpartum Support Society**

Support services include telephone and text and support groups.

Website: <https://postpartum.org/>

NATIONAL

# Canada

## Postpartum Men

Resource website promoting self-help and information on depression, anxiety, or other problems with mood after the birth of a child.

Website: <https://postpartummen.com/>

## INTERNATIONAL

# Worldwide

### **Birthright International**

Non-profit charitable organization providing support for women facing unplanned pregnancies. Centres in Canada, US, and Africa. 24/7 North American toll-free helpline.

Website: <https://birthright.org/>

### **Global Alliance for Maternal Mental Health**

Advocates for increasing international knowledge, awareness and action on maternal mental health with educational resources available.

Website: <https://www.globalalliancematernalmentalhealth.org/>

### **Global Perinatal Services**

Provides community based doula services to educate, respect, and empower black, refugee and immigrant families during pregnancy, birth and into early parenting.

Website: <https://www.globalperinatal.org/>

### **Perinatal Mental Health Project**

Digital resources available for parents and families.

Website: <https://pmhp.za.org/>

### **Postpartum Support International (PSI)**

Numerous online support groups available as well as a provider directory and helpline.

Websites: <https://www.postpartum.net/> and <https://psidirectory.com/>

# We offer a community of care.

We are a team of mental health professionals based in Ontario who offer online counselling and specialized therapeutic services for women, mothers, couples, teachers, therapists and other 'helper professionals'.

Our goal is to build an inclusive and equitable community where women feel empowered to find their voice, share their story, and recognize their greatest potential.

**CherryTree**  
C O U N S E L L I N G



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