

# Youth Pregnancy Care Pathway

## Resource for Care Providers

Revised May 2019

Is the youth in an immediate crisis or emergency situation?

YES

NO

**EMERGENCY HOUSING:** Notre Dame Youth Shelter (FR) (co-ed, ages 16-21, no children) 905-308-8090; Shelters for women of any age with or without children see reverse.

**MENTAL HEALTH CRISIS:** Hamilton Crisis Outreach and Support Team (COAST) (FR) 905-972-8338  
Sexual Assault Centre Crisis Line 905-525-4162 (24-hr)  
Fem'aide: Francophone Women's Support Line (FR-only) 1-877-336-2433

### DETERMINE IF YOUTH IS AT RISK FOR CRISIS BY ASSESSING NEEDS IN AREAS LISTED BELOW

Be careful in phrasing questions, youth are likely to feel judgment here! When concerns are identified, link to system navigation and address immediate needs. Communicate risk factors when connecting with services.

- **\*Mental Wellness and Illness:** Youth Wellness Centre 905-522-1155 x31725
- **\*Tobacco Cessation:** Smokers' Helpline, connect to local cessation supports and phone counselling (FR) 1-877-513-5333
- **\*Substance Use:** Alternatives for Youth (12-22) 905-527-4469
- **\*Housing Case Management:** Early Intervention (16-21) or Homelessness Prevention (16-25), Living Rock 905-528-7625 x246 or Notre Dame House (FR) 905-308-8090
- **\*Abuse and Violence:** Good Shepherd Women's Services 905-523-6277 or call Women's Shelter (for a full list see reverse). If under 16, consult with Children's Aid or Catholic Children's Aid Society (C/CAS) (FR)
- **\*Legal Issues:** Jared's Place Legal Advocacy 905-522-0127 x202

**NOTE:** Healthy Babies Healthy Children Screen, Child and Adolescent Needs and Strengths (CANS) tool, and Antenatal 1 can assist in assessing risk factors.

\*Francophone supports for all of the above (mental health, tobacco, substance use, housing, abuse and violence, legal issues) are provided by the Centre de santé communautaire Hamilton-Niagara: 905-528-0163 (FR-only)

Does the youth need and want to confirm pregnancy?

YES

NO

Use Young Parent Resource Tool to connect youth to additional supports:  
[www.yppresourcetool.ca](http://www.yppresourcetool.ca)

Pregnancy Test: Family Doctor or Maternity Centre of Hamilton 905-528-5553 (or see reverse).

**COUNSEL YOUTH** on full range of options and resources available.  
Atwell Centre (formerly Pregnancy Support Services of Hamilton) 905-393-8525, or Health Connections Phone Line 905-546-3550. **Pregnancy decision is time sensitive!**  
Flip to back of page for information immediately.

Does the youth have a community service provider to offer support and system navigation?

GOLD STANDARD

Does the youth have a health care provider that they trust to provide comprehensive prenatal care?

NO

YES

NO

### MAKE CONNECTION TO:

- Nurse-Family Partnership or Healthy Babies Healthy Children (HBHC); Refer through: Health Connections 905-546-3550
  - Home visiting from Public Health Nurse throughout pregnancy and postpartum and from a Family Home Visitor in the HBHC Program
- Young Parent & Infant Centres: Grace Haven 905-522-7336 and St. Martin's Manor 905-575-7500 (Young Parent Navigator x341)
  - Comprehensive prenatal and parenting programs, onsite school & residence
- Social Worker where youth is already comfortable accessing supports (Hospital, Maternity Centre, School, Library, C/CAS)
- Hamilton Regional Indian Centre 905-548-9593
  - Comprehensive holistic prenatal and postpartum programs
- Centre de Santé Communautaire - Services périnataux (FR-only) 905-528-0163 - Francophone community health centre and prenatal care

### CONNECT YOUTH TO

- The Maternity Centre 905-528-5553
  - A health care team offering comprehensive pregnancy care
- Midwifery Services: A registered midwife is a primary caregiver throughout pregnancy, labour, and 6 weeks postpartum.
  - Access Midwives (Stoney Creek) 905-546-5002
  - Community Midwives of Hamilton (downtown Hamilton) 905-546-5444
  - Hamilton Midwives (downtown Hamilton) 905-527-8919
  - Mountain Midwifery Care (central mountain) 905-296-3665
- Family Doctor or Nurse Practitioner. If they don't have one, contact: Health Care Connect (FR) 1-800-445-1822 or Hamilton Academy of Medicine at [www.hamiltondoctors.ca](http://www.hamiltondoctors.ca)
- CSCHN - Family Doctor or Midwife (FR- only) 905-528-0163

Is the youth accessing prenatal education in a peer environment?

- Hamilton Prenatal Nutrition Project (Welcome Baby) 905-546-3550
  - Free weekly drop-in pre and postnatal (to 6-mth) support groups throughout the city; snack and food gift card provided
- Prenatal Education:
  - Public Health Services 905-546-3591

Is the youth late to care or declining support?

Link to Social Work at hospital, Maternity Centre, Midwifery Services, or Shelter Health Network on call Maternity Care Team for immediate on site prenatal support 905-561-0738

If more support is needed and you are concerned about the safety of the infant, connect with C/CAS. A referral can be made prior to birth. Educate youth on C/CAS support role, encourage youth to call. CAS 905-522-1121 or CCAS 905-525-2012.

**LABOUR AND BIRTH:** Critical moment where support is needed as youth feel vulnerable.

Involve clients in care decisions and take time to address concerns.

Does the youth have support for parenting and early child development?

- Young Parent Navigator 905-575-7500 x341
- Housing: Regina's Place offers transitional housing and support for moms 21 & under with their children 905-549-4276
- Parenting Groups and Classes: Grace Haven, St. Martin's Manor; see [www.mchcommunityed.ca](http://www.mchcommunityed.ca) for all parenting course listings
- EarlyON sites and Early Years Resources (FR) [www.hamilton.ca/earlyyearsprograms](http://www.hamilton.ca/earlyyearsprograms)
- Hamilton Regional Indian Centre 905-548-9593 [www.hric.ca/programs.php](http://www.hric.ca/programs.php)
- Check-It-Out Clinics: For dates, call Health Connections 905-546-3550
- Use 18-month well child visit pathway [www.yppc.ca/18mo](http://www.yppc.ca/18mo)
- Early Words: Infant Language, Hearing, and Vision Programs [www.yppc.ca/ew](http://www.yppc.ca/ew)

Does the youth have support for birth and immediate postpartum?

### IN HOSPITAL:

- Key learning time for new parents where extra support is needed.
- Review and acknowledge birth plan
- At the time of birth, if you are concerned about the safety of the infant, you have a duty to report your concerns to C/CAS.
- Breastfeeding: Immediate and accessible breastfeeding support at both McMaster and St. Joseph's Hospitals. Ongoing: Public Health Services 905-546-3550, La Leche League 1-800-665-4324, Telehealth (FR) 1-866-797-0000
- Mental Wellness: encourage counselling as a normal part of adjusting to major change via the Women's Health Concerns Clinic 905-522-1155 x33979
- Ensure 24-48 hour post-discharge visit is booked with health care provider
- Discuss postpartum contraceptive plans
  - Sexual Health Clinic 905-528-5894 or care provider for birth control
- Use Perinatal Mental Health Care Path
- Provide information around obtaining child identification and birth certificate
  - If youth needs own ID, connect with Urban Core ID clinic 905-522-3233

Does the youth have a plan for continuing education or employment?

- Review childcare subsidy application and criteria [www.hamilton.ca/childcare](http://www.hamilton.ca/childcare)
- Encourage tax filing to access financial benefits. Hamilton Tax Help 905-522-1148 x456
- Learning Earning And Parenting (LEAP): supports youth under 26 on Ontario Works to complete high school: 905-546-2424 x3088
- YWCA Employment Services 905-522-9922
- Collège Boréal: AFB/ACE Accès carrières études (FR-only) 905-544-9824 x7320
- Use the Financial Supports Catalogue from Best Start [www.yppc.ca/fsc](http://www.yppc.ca/fsc)
- English Public (HWDSB) School Board Navigation: Young Parent Navigator 289-237-0915 (Sept - June)

Flip to back for: Catholic and Public Board young parent focused high school completion programs, and French Catholic and Public School Board Navigation

# Hamilton Care Pathway Resources

FOR MOST UP-TO-DATE VERSION OF THE YOUTH PREGNANCY PATHWAY, GO TO: [www.yppcp.ca](http://www.yppcp.ca)

TO USE THE YOUNG PARENT RESOURCE TOOL, GO TO: [www.ypresourcetool.ca](http://www.ypresourcetool.ca)

## Prenatal

### PREGNANCY TESTING

Birthingright Hamilton (pro-life)	905-527-3677
City of Hamilton Sexual Health Line (FR)	905-528-5894
Maternity Centre Hamilton	905-528-5553
Atwell Centre	905-393-8525

### PERINATAL HEALTH CARE

Centre de sante communautaire Hamilton-Niagara (FR-only)	905-528-0163
De Dwa Da Dehs Nyes Aboriginal Health Centre	905-544-4320
Maternity Centre Hamilton	905-528-5553

### MIDWIFERY PRENATAL CARE

Access Midwives (Stoney Creek)	905-546-5002
Community Midwives of Hamilton	905-546-5444
Hamilton Midwives	905-527-8919
Mountain Midwifery Care	905-296-3665

### PERINATAL EDUCATION AND SUPPORT

Aboriginal Prenatal Nutrition Program	905-548-9593
Regina's Place (under 21, postnatal)	905-549-4276
Centre de santé communautaire Hamilton-Niagara (FR-only)	905-528-0163
City of Hamilton Prenatal Classes	905-546-3591
Grace Haven (under 21)	905-522-7336
Hamilton Prenatal Nutrition Project	905-546-3550
Living Rock Prenatal Support Group	905-528-7625
St. Martin's Manor (under 21)	905-575-7500

### PERINATAL SUPPORT AND HOME VISITING

Aboriginal HBHC Program	905-548-9593
Centre de santé communautaire Hamilton-Niagara (FR-only)	905-528-0163
City of Hamilton HBHC Program	905-546-3550
City of Hamilton Nurse-Family Partnership (21 and under)	905-546-3550

### SUBSTANCE USE AND ADDICTION

Aboriginal Alcohol & Drug Program	905-548-9593
Alternatives for Youth (12-22)	905-527-4469
Centre de santé communautaire Hamilton-Niagara (FR-only)	905-528-0163
Salvation Army-New Choices	905-522-5556
Smokers' Helpline and Quit Clinic (FR)	877-513-5333
Womankind Addiction Service (FR)	905-521-9591

### CHILD PROTECTION (EXTRA SUPPORT)

Catholic Children's Aid Society	905-525-2012
	1-855-550-3571 (FR)
Hamilton Children's Aid Society	905-522-1121
	1-855-550-3571 (FR)

## Housing

### EMERGENCY SHELTERS

Inasmuch House (women & children) (FR)	905-529-8600
Interval House (women & children) (FR)	905-387-8881
Martha House (women & children) (FR)	905-523-6277
Mary's Place (women 18+, no children)	905-540-8000
Native Women's Centre (women & children)	905-664-1114
Notre Dame House (16-21, no children) (FR)	905-308-8090
The Family Centre (families)	905-528-9442

### YOUNG PARENT & INFANT CENTRES (RESIDENTIAL)

Regina's Place (under 21, postnatal) (FR)	905-549-4276
Grace Haven (under 21, prenatal & postnatal)	905-522-7336
St. Martin's Manor (under 21, prenatal & postnatal)	905-575-7500

### HOUSING SUPPORT

Centre de santé communautaire Hamilton-Niagara (FR-only)	905-528-0163
Hamilton Housing Help Centre	905-526-8100
Home Management Program (skills)	905-546-4804
Living Rock (13-25)	905-528-7625
Notre Dame House (15-21) (FR)	905-308-8090
Wesley Urban Ministries (16-21)	905-527-4430 x28

## Newcomer Services

### HEALTH CARE ACCESS

Hamilton Centre for Newcomer Health	905-526-0000
Urban Core CHC Health in Settlement	905-522-3233

### SUPPORTS

Centre de sante communautaire Hamilton-Niagara (FR-only)	905-528-0163
Immigrants Working Centre	905-529-5209
Wesley Urban Ministries	905-528-5629
YWCA Settlement Services	905-522-9922

## Postpartum

### BREASTFEEDING SUPPORTS

Centre de santé communautaire Hamilton-Niagara (FR-only)	905-528-0163
La Leche League	1-800-665-4324
Public Health Breastfeeding Support	905-546-3550
Telehealth Breastfeeding Support	1-866-797-0000

### POSITIVE PARENTING

Centre de la petite enfance de l'Ontario (FR-only)	905-549-3383
Centre de santé communautaire Hamilton-Niagara (FR-only)	905-528-0163
Early Years Information Line	905-524-4884
Parenting With LOVE/Triple P	905-546-3550
Right from the Start/COPEing with Toddler Behaviour Infant-Parent Program	905-521-2100 x77406

### CHILD CARE

Child Care Subsidy Hamilton	905-546-4870
Early Years Information Line	905-524-4884

### CHILD DEVELOPMENT

Blind-Low Vision Early Intervention	905-385-7927
CNIB Hamilton/Halton/Niagara	905-528-8555
Contact Hamilton (FR)	905-570-8888
Check It Out Drop-in Clinics	905-546-3550
Early Words Hamilton (Speech)	905-381-2828

### CONTRACEPTION AND SEXUAL HEALTH

Hamilton Sexual Health Clinics	905-528-5894
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### RECREATION

Boys and Girls Clubs (FR)	905-549-2814
City of Hamilton Recreation	905-546-3747
Hamilton Public Library (Main Branch)	905-546-3200
Recreation Fee Assistance	905-546-2424 x4569
YWCA Health and Wellness	905-522-9922

## Education and Employment

### HIGH SCHOOL COMPLETION (SEPT - JUNE)

Regina's Place Alt School (postnatal)	905-549-4276
HWCDSEB St. Charles Adult Education (all year)	905-577-0555
HWCDSEB St. Martin's Manor Young Parent School	905-575-7500 x327
HWDSB Assessment Centre	905-521-2554
HWDSB Grace Haven Young Parent School	905-522-7336
HWDSB Young and Expecting Parent Program (YEPP)	905-308-1543
HWDSB Young Parent Navigator	289-237-0915
Collège Boréal – AFB/ACE Accès carrières études (FR-only)	905-544-9824 x7320

French Catholic - CSDCCS: connect via principal or resource teacher at school to access the success team or social worker for support (FR-only)

French Public - CS Viamonde: connect via principal or guidance counsellor at school for support to finish high school (FR-only)

### EMPLOYMENT & FINANCIAL SUPPORT SERVICES

Collège Boréal: Options Emploi (FR-only)	905-777-1562
Employment Hamilton	905-522-4902
Financial Supports Catalogue from Best Start <a href="http://www.yppcp.ca/fsc">www.yppcp.ca/fsc</a>	
Hamilton Tax Help	905-522-1148 x456
Home Management Program	905-546-4804
Learning, Earning, and Parenting (LEAP) (under 26) – support to complete high school	905-546-2424 x 3088
Ontario Works	905-546-4800
Wesley Employment Services	289-396-5864
YWCA Employment Services	905-522-9922

## Nutrition and Food Access

City of Hamilton Info & Workshops	905-546-3550
Essential Aid	289-799-9514
Telehealth Ontario	1-866-797-0000

### HOT MEALS

Living Rock Ministries offers breakfast M-F 7:45-9:30am for youth 13-25 at 30 Wilson Street.

Notre Dame House offers hot nutritious meals 7 days per week for youth aged 16-25. Lunch 11:30am-12:15pm, dinner 4-4:45pm at 14 Cannon Street West.

Many other locations across Hamilton offer hot meals throughout the week, food banks, and other programs.

Hamilton Food Access Guide offers a full list of places in Hamilton where food can be obtained for free or at low cost: [www.foodaccessguide.ca](http://www.foodaccessguide.ca)

## Mental Health and Wellness

### COUNSELLING AND PROFESSIONAL SUPPORT

Catholic Family Services (FR)	905-527-3823
Centre de santé communautaire Hamilton-Niagara (FR-only)	905-528-0163
Child and Adolescent Services (access through Contact Hamilton)	905-570-8888
The Women's Centre	905-522-0127
Women's Health Concerns Clinic	905-522-1155 x 33868
Wraparound Hamilton	905-528-0353
Youth Wellness Centre	905-522-1155 x31725

### CHILD RESPITE

Grace Haven (under 21)	905-522-7336
St. Martin's Manor (under 21)	905-575-7500
Regina's Place (under 21)	905-549-4276
YWCA Good Beginnings (postpartum)	905-522-9922 x310

### WOMEN'S EMERGENCY SUPPORT

Assaulted Women's Helpline	1-866-863-0511
CFS Abuse Counselling	905-527-3823 x279
Fem'aide: Francophone Women's Support Line (FR-only)	1-877-336-2433
Sexual Assault Centre Crisis Line	905-525-4162

Women's Shelters listed under Housing

## Pregnancy Options

### PREGNANCY AND POST-DECISION COUNSELLING

Atwell Centre	905-393-8525
Health Connections Phone Line	905-546-3550

### ADOPTION

Beginnings Family Services	905-528-6665
Catholic Children's Aid Society	905-525-2012 (EN)
	1-855-550-3571 (FR)
Hamilton Children's Aid Society	905-522-1121 (EN)
	1-855-550-3571 (FR)

### ABORTION SERVICES

Medical abortion available up until 7 weeks, surgical abortion until 15 weeks in Hamilton. If under 15 weeks gestation, call Surgical Clinic (HHS) Mon-Fri 8am-4pm 905-389-5068.

For resources outside of Hamilton or beyond 15 weeks, refer to Action Canada (FR) 1-888-642-2725 or AIDS and Sexual Health InfoLine (FR) 1-800-668-2437.

## Legal Advocacy and Intervention

Banyan Community Services (12-18)	905-545-0133
Centre de santé communautaire Hamilton-Niagara (FR-only)	905-528-0163
Hamilton Community Legal Clinic	905-527-4572
Jared's Place Legal Advocacy	905-522-0127 x202
John Howard Society	905-522-4446

## 24-Hour Support

Barrett Centre Crisis Line (16+)	905-529-7878
COAST Crisis Outreach (FR)	905-972-8338
Fem'aide: Francophone Women's Support Line (FR-only)	1-877-336-2433
Grace Haven Young Parent Support	905-522-7336
Kids Help Phone Line (FR)	1-800-668-6868
Ontario 211 Community Service Helpline (FR)	211
Ontario Poison Control (FR)	1-800-268-9017
Police Non-Emergency (FR)	905-546-4925
St. Martins Manor Young Parent Support	905-575-7500 ext 0
Sexual Assault Centre Crisis Line	905-525-4162
Telehealth Phone Line Ontario (FR)	1-866-797-0000

Emergency shelters also offer 24-hour phone support

## Services for Young Fathers

Dad Central Hamilton	905-549-4276
HWDSB Young Parent Navigator (Sept - June)	289-237-0915
Kiwanas MENToring Programs	365-336-8844
Young Parent Navigator	905-575-7500 x341

## System Navigation and Peer Support

Young Parent Peer Support (Regina's Place)	905-549-4276
Young Parent Navigator	905-575-7500 x341

## Legend

**FR:** means the service is also provided by French-speaking staff in addition to English

**FR-only:** means the service is available only in French

# Healthy Birth Weights Coalition

The Healthy Birth Weights (HBW) Coalition was a community-wide collaborative made up of more than 50 members from 30 organizations, representing: health care providers, community organizations, researchers, and youth within the City of Hamilton. This Care Pathway was developed to support holistic and integrated care for pregnant youth.

## Each organization adopts and applies the Care Pathway according to their respective mission, vision, and values.

This Care Pathway is not comprehensive of all the community resources available in Hamilton but reflects a variety of commonly used services. Given how frequently website links and phone numbers change, we recommend you also refer to the Young Parent Resource Tool and online version of the Care Pathway for the most up-to-date resources: [www.yppcp.ca](http://www.yppcp.ca)

Use the contact form on [www.yppcp.ca](http://www.yppcp.ca) for questions, feedback, or if any of the links or phone numbers are no longer in service.

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