

# Hamilton Pregnancy Care Pathway

## Resource for Care Providers

March 2019

For most up-to-date version of the Hamilton Pregnancy Care Pathway, Go To: [www.hpcp.ca](http://www.hpcp.ca).

If person is under age 23 use Youth Pregnancy Care Pathway, [www.ypcp.ca](http://www.ypcp.ca).

### Is the person in an immediate crisis or emergency situation?

YES

NO

**EMERGENCY HOUSING:** Good Shepherd Women's Services 905-523-6277; for full list of shelters 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 PERSON IS AT RISK FOR CRISIS BY ASSESSING NEEDS IN AREAS LISTED BELOW

Be careful in phrasing questions, people 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:** Women's Health Concerns Clinic 905-522-1155 x33979

\***Tobacco Cessation:** Smokers' Helpline, connect to local cessation supports and phone counselling (FR) 1-877-513-5333

\***Substance Use:** Alcohol, Drugs and Gambling Services 905-546-3606, Rapid Access Addiction Medicine (RAAM) Clinic 905-522-1155 x35800

\***Housing Case Management:** Housing Help Centre 905-526-8100; Native Women's Centre 905-664-1114

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)

\***Abuse and Violence:** Good Shepherd Women's Services 905-523-6277 or call Women's Centre 905-522-0127 (for a full list see reverse).

\***Legal Issues:** Jared's Place Legal Advocacy 905-522-0127 x207

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

### Does the person need and want to confirm pregnancy?

YES

NO

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

**COUNSEL** 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 person have a community service provider to offer support and system navigation?

GOLD STANDARD

NO

#### MAKE CONNECTION TO:

- 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
- Social Worker where client is already comfortable accessing supports (Hospital, Maternity Centre, School, Library, C/CAS, Primary Care Provider)
- 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

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

NO

#### CONNECT 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, Crown Point region) 905-546-5444
    - Hamilton Midwives (downtown Hamilton) 905-527-8919
    - Mountain Midwifery Care (central mountain): [www.mountainmidwiferycare.com](http://www.mountainmidwiferycare.com)
  - Family Doctor or Nurse Practitioner. If they don't have one, contact: Health Care Connect 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
- OBSTETRICIANS: St. Joseph's Hospital 2F, 905-521-6041

### Is the person 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; meal and food gift card provided
- Prenatal Education:
  - Public Health Services 905-546-3550

### Is the person 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 905-974-1735

If more support is needed, connect with C/CAS. Educate client on C/CAS support role, encourage client to make call if needed or desired. CAS 905-522-1121 or CCAS 905-525-2012.

**LABOUR AND BIRTH: Critical moment where support is needed as client feels vulnerable.**

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

### Does the person have support for parenting and early child development?

#### LINK TO SUPPORTS FOR SYSTEM NAVIGATION

- Housing: Hamilton Housing Help Centre 905-526-8100
- Parenting Groups and Classes: <http://www.mchcommunityed.ca>
- EarlyON sites & Early Years Resources (FR): [www.hamilton.ca/earlyyearsprograms](http://www.hamilton.ca/earlyyearsprograms)
- Hamilton Regional Indian Centre programs: <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.ypcp.ca/18mo](http://www.ypcp.ca/18mo)
- Early Words: Infant Language, Hearing, and Vision Programs [www.ypcp.ca/ew](http://www.ypcp.ca/ew)

### Does the person 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 905-522-1148 x456
- Use the Financial Supports Catalogue from Best Start <https://www.ypcp.ca/fsc>
- Learning Earning And Parenting (LEAP): supports parents under 26 on Ontario Works to complete high school (flip to the back for a list of high school completion programs): 905-546-2424 x3088
- YWCA Employment Services 905-522-9922
- Collège Boréal: AFB/ACE Accès carrières études (FR-only) 905-544-9824 x7320

### Does the person 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
- Breastfeeding: Immediate and accessible breastfeeding support at both McMaster and St. Joseph's Hospitals. Ongoing: PHS 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 client needs own ID, connect with Urban Core ID clinic 905-522-3233

# Hamilton Care Pathway Resources

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

## Prenatal

### PREGNANCY TESTING

Birtheright 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 santé 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

### OBSTETRICIANS:

St. Joseph's Hospital 2F,	905-521-6041
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### 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
Alcohol, Drugs, and Gambling Services	905-546-3606
Centre de santé communautaire Hamilton-Niagara (FR-only)	905-528-0163
City of Hamilton Prenatal Classes	905-545-3591
Hamilton Prenatal Nutrition Project	905-546-3550

### 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

### 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
Motherisk - Hospital for Sick Children	1-877-439-2744
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

### 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 Services	905-546-3550

### POSITIVE PARENTING

Centre de santé communautaire Hamilton-Niagara (FR-only)	905-528-0163
Incredible Years/ Parenting With LOVE/Triple P	905-546-3550
Right from the Start/ COPEing with Toddler Behaviour	
Infant-Parent Program	905-521-2100 x74406
Early Years Information Line	905-524-4884

### CHILD CARE

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

### CHILD DEVELOPMENT

Blind-Low Vision Early Intervention	905-381-2828
C.N.I.B. 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

- For clients under 23 see Youth Pregnancy Care Pathway

### HIGH SCHOOL COMPLETION

HWCDSD St. Charles Adult Education	905-577-0555
HWDSB Assessment Centre	905-521-2554
HWDSB Next Steps High School Completion Program for parents 19-25	905-561-2190

### EMPLOYMENT & FINANCIAL SUPPORT SERVICES

Collège Boréal: Options Emploi (FR-only)	905-777-1562
Employment Hamilton	905-522-4902
Free Tax Filing and Financial Counselling	905-522-1148 x456 or <a href="http://www.HamiltonTaxHelp.ca">www.HamiltonTaxHelp.ca</a>

### Financial Supports Catalogue from Best Start

<a href="https://www.hamilton.ca/social-services/early-years-and-child-care-services/resources/early-years-community-partners">https://www.hamilton.ca/social-services/early-years-and-child-care-services/resources/early-years-community-partners</a>	
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

Many 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)

### 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

## 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
The Women's Centre	905-522-0127
Women's Health Concerns Clinic	905-522-1155 x 33979
Wraparound Hamilton	905-528-0353
Youth Wellness Centre (17-25)	905-522-1155 x31725

### CHILD RESPITE

YWCA Good Beginnings (postpartum)	905-522-9922 x310
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### WOMEN'S EMERGENCY SUPPORT

Assaulted Women's Helpline	1-866-863-0511
CFS Abuse Counselling	905-527-3823 x269
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

Action Canada for Sexual Health Phone Line	1-888-642-2725
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 1-888-642-2725 or AIDS and Sexual Health InfoLine 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 x207
John Howard Society	905-522-4446

## 24-Hour Support

Action Canada for Sexual Health (FR)	1-888-642-2725
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
Kids Help Phone Line (FR)	1-800-668-6868
Ontario 211 Community Service Helpline (FR)	211
Ontario Mental Health Helpline	1-866-531-2600
Ontario Poison Control (FR)	1-800-268-9017
Police Non-Emergency (FR)	905-546-4925
Sexual Assault Centre Crisis Line	905-525-4162
Telehealth Phone Line Ontario (FR)	1-866-797-0000

Emergency shelters and Young Parent & Infant Centres also offer 24-hour phone support.

## Services for Fathers

Kiwanas MENtoring Programs	905-549-2814 x230
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## Services for Pregnant and Parenting Youth <23

\*See Youth Pregnancy Care Pathway for complete listing

Young Parent & Infant Centres: comprehensive prenatal and parenting programs, onsite school and residence.

Grace Haven	905-522-7336
Regina's Place (postpartum)	905-549-4276
St. Martin's Manor	905-575-7500

Healthy Babies, Healthy Children (HBHC): home visiting from Public Health Nurse throughout pregnancy and postpartum, refer through Health Connections 905-546-3550

Young Parent Navigator	(905) 575-7500 x341
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## Healthy Birth Weights Coalition

The Healthy Birth Weights 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. The original Youth Pregnancy Care Pathway was developed by the Care Pathway Action Team, a working group of the coalition, to support holistic and integrated care for pregnant youth. In 2018, the Safe Transitions Steering Committee created a universal pathway for use by service providers serving people over the age of 23, the Hamilton Pregnancy Care Pathway.

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

This Care Pathway is not comprehensive of all of 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 online version of the Care Pathway for the most up-to-date resources: [www.hpcp.ca](http://www.hpcp.ca)

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

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