

Prenatal/Postpartum Supports

Pregnancy Testing/Counselling

- [Birthright International](#) 1-800-550-4900
North Bay Office 705-474-2999
- The Clinic—North Bay Parry Sound District Health Unit
1-800-563-2808 Ext. 2289

Prenatal Classes

- [North Bay Parry Sound District Health Unit Prenatal Classes](#) 1-800-563-2808
- [Great Beginnings Prenatal Nutrition Program](#) 1-800-668-8555

Medication & Substance Abuse Supports

- [Motherisk - Hospital for Sick Children](#) 1-877-327-4636
- [Centre for Addiction and Mental Health](#) 1-800-463-6273
- [Muskoka Parry Sound Addiction Outreach](#) 1-800-668-5192

Prenatal/Postpartum/Family Home Visiting

- [North Bay Parry Sound District Health Unit Healthy Babies Healthy Children Program](#) 1-800-563-2808

Breastfeeding Supports

- [Maternal Newborn Clinic, North Bay General Hospital](#)
- [Breastfeeding Peer Support Program](#) 1-800-563-2808 Ext. 2356
- [Breastfeeding Coalition of North Bay and Area](#) 1-800-563-2808 Ext. 2356
- [La Leche League Canada](#)
Huntsville La Leche League 705-385-8721
- [North Bay Parry Sound District Health Unit](#) 1-800-563-2808
- Huntsville Hospital: Breastfeeding Clinic 705-789-2311

Postpartum Depression

- [North Bay Parry Sound District Health Unit Healthy Babies Healthy Children Program](#) 1-800-563-2808
- [Muskoka Parry Sound Community Mental Health Service](#)
- [Life With New Baby](#)

Other

- [Multiple Births Canada](#) 1-866-228-8824

Parent Resources

Parenting

- [Hands TheFamilyHelpNetwork.ca](#) 1-800-668-8555
Treatment and Intervention Preschool to Six (T.I.P.S.)
Infant Development Program
Great Beginnings Growing Up Program
- [North Bay Parry Sound District Health Unit](#) 1-800-563-2808
- [Ontario Early Years Programs/ Best Start Child & Family Centres](#) 1-866-850-8855

Child Health & Well-Being

- [North Bay Parry Sound District Health Unit](#) 1-800-563-2808
- [Immunization Information \(Health Unit\)](#)
- [Oral Health Information \(Health Unit\)](#)
- [Telehealth Ontario Phone Line](#) 1-866-797-0000
- [Health Care Connect](#) (find a family doctor) 1-800-445-1822
- [Kids Help Phone Line](#) 1-800-668-6868
- [Nipissing & Parry Sound Children's Aid Society](#)
Burk's Falls 705-382-1333
Parry Sound 705-746-9354
North Bay 705-472-9010

Nutrition

- [North Bay Parry Sound District Health Unit](#) 1-800-563-2808
- [Eat Right Ontario](#) 1-877-510-5102

Safety

- [Infant Toddler Safety Association](#) 1-888-570-0181
- [Safe Kids Canada—Hospital for Sick Children](#) 1-888-723-3847
- [Health Canada - Kids' Health and Safety](#) 1-866-225-0709
- [Transport Canada \(Car Seats & Seat Belts\)](#) 1-800-333-0371
- [Ontario Poison Centre \(Poison Control\)](#) 1-800-268-9017

Licensed Early Learning & Child Care

- [Home Child Care](#) 1-800-563-4201
- [Fairview - Powassan](#) 705-724-5462
- [First Steps - South River](#) 705-386-0553
- [Highlands - Emsdale](#) 705-636-0202
- [YMCA - Callander](#) 705-752-3277

Children's Services

(also see Enhanced 18-Month Well-Baby Visit Referral Pathway under "Services")

- District of Parry Sound Best Start Screening Clinics
1-800-461-4464
- [Almaguin Highlands Community Living](#) 705-384-5384
- [Hands TheFamilyHelpNetwork.ca](#) 1-800-668-8555
- [Integration Support Services](#) 1-800-563-4201
- [Nipissing & Parry Sound Children's Aid Society](#)
Burk's Falls 705-382-1333
Parry Sound 705-746-9354
North Bay 705-472-9010
- [North East Community Care Access Centre](#)
Parry Sound 1-800-440-6762
North Bay 1-800-533-2222
- [North Bay Parry Sound District Health Unit](#) 1-800-563-2808
- [One Kids Place Children's Treatment Centre](#) 1-866-232-5559

Education

- [Near North District School Board](#) 1-800-278-4922
- [Nipissing-Parry Sound Catholic District School Board](#) 705-472-1201

Community Supports

- Child Care Subsidy 1-800-461-4464 Ext. 235/277
- Income Assistance: Ontario Works 1-800-661-3230 Ext. 253
- Community Housing /General Housing 1-877-767-6060
- Community Support Worker 1-877-767-6060
- Emergency Shelter - Women & Children
Esprit Place 1-888-892-2229
Community Outreach 1-800-461-1707
- Sexual Assault Helpline 1-800-461-2929
- Food Banks
North Bay [Callander](#) [Powassan](#)
[Argyle](#) [South River](#) [Sundridge](#)
[Burk's Falls](#) [Parry Sound - Salvation Army](#)
[Parry Sound - Harvest Share/Lunch Bunch/Bargain Box](#)
[Huntsville - The Table Soup Kitchen Foundation](#)
[Huntsville - Salvation Army](#)
- [Carpool Almaguin](#) 705-386-8472

Recreation/Children's Programming

Best Start Child & Family Centres

- [Callander - M.T. Davidson Public School](#) 705-472-7015
Ext. 8985
- [South River - 16 Toronto Avenue](#) 705-386-2552
- [Burk's Falls - M.A. Wittick Public School](#) 705-386-2387
Ext. 8986

Ontario Early Years Programs

1-866-850-8855

- Loring - Argyle Public School - Tuesdays 9:30-11:30
- Powassan - Mapleridge School - Tuesdays/Thursdays 9:30-11:30
- Sundridge Centennial School - Thursdays 9:30-11:30
- Magnetawan Community Centre - Tuesdays 9:30-11:30
- Emsdale - Evergreen Heights - Tuesdays/Thursdays 9:30-11:30
- Kearney Community Centre - Tuesdays 9:30-11:30
- Novar Community Centre - Wednesdays 9:30-11:30

Libraries

- [Callander Public Library](#) ☺📖 705-752-2544
- [Powassan & District Union Public Library](#) ☺📖 705-724-3618
- [Argyle Community Library](#) 705-472-8170
Ext. 8595
- [South River Machar Union Public Library](#) 📖 705-386-0222
- [Sundridge-Strong Union Public Library](#) ☺📖 705-384-7311
- [Burk's Falls, Armour & Ryerson Union Public Library](#) 📖 705-382-3327
- [Magnetawan Public Library](#) ☺📖 705-387-4411
- [Perry Township Public Library \(Emsdale\)](#) 📖 705-636-5454
- [Kearney and Area Public Library](#) 📖 705-636-5849

☺ = Weekly/Periodic children's programming
📖 = Summer children's programming

Municipal Recreation Facilities and Programs

Callander

705-752-1410

- Community Centres
- 2 Outdoor Ice Rinks
- Ball Fields
- Tennis Court
- Skateboard Park
- Municipal Parks and Playgrounds
- Beaches
- Trails

Programs: Summer Mini Day Camp (Camp Callander)

Recreation/Children's Programming

Municipal Recreation Facilities and Programs

Powassan

705-724-2813

- Community Centres
- Indoor and Outdoor Ice Rinks
- Curling Club
- Ball Fields
- Municipal Parks and Playgrounds
- Outdoor Pool
- Beach
- Trails

Programs: Soccer, Public Skating

Chisholm

705-724-3526

- Tennis Court
- Beaches
- Trails

Loring and Area

fitness@loringslb.ca

- Community Centres
- Outdoor Rink
- Beaches
- Trails

Restoule

- Beaches
- Trails
- Provincial Park

Nipissing

705-724-2144

- Community Centre
- Fitness Centre
- Outdoor Ice Rink
- Beaches
- Trails

South River and Machar

South River 705-386-2573
Machar 705-386-7741

- Community Centre
- Indoor Ice Rink
- Curling Club
- Ball Fields
- Tennis Courts
- Municipal Parks and Playgrounds
- Provincial Park
- Beaches
- Trails

Programs: Soccer, Public Skating, Summer Day Camp

Recreation/Children's Programming

Municipal Recreation Facilities and Programs

Sundridge, Strong, and Joly

Sundridge 705-384-5316
Strong 705-384-5819
Joly 705-384-5428

- Community Centre
- Indoor Ice Rink
- Ball Fields
- Municipal Parks and Playgrounds
- Beaches
- Trails

Programs: Softball, Public Skating

Burk's Falls, Armour, and Ryerson

Burk's Falls 705-382-3138
Armour 705-382-3332
Ryerson 705-382-3232

- Community Centre
- Indoor Ice Rink
- Ball Fields
- Municipal Parks
- Beaches
- Trails

Programs: Softball, Soccer, Public Skating, Summer Day Camp

Magnetawan

705-387-3947

- Community Centre
- Outdoor Ice Rink
- Municipal Park and Playground
- Outdoor Fitness Centre
- Beach
- Trails

Programs: Public Skating, Swimming Lessons

McMurrich/Monteith (Sprucedale)

705-685-7901

- Community Centre
- Outdoor Ice Rink
- Beaches
- Baseball Field
- Soccer Field
- Trails

Perry (Emsdale and Novar)

705-636-5941

- Community Centres
- Outdoor Ice Rinks
- Municipal Parks
- Beaches
- Trails

Programs: Ball Hockey

Kearney

705-636-7752

- Community Centre
- Outdoor Ice Rink
- Municipal Parks
- Beach
- Trails

Programs: Swimming Lessons