

## Prenatal/Postpartum Supports

### Pregnancy Testing/Counselling

- [Birthright International](#) 1-800-550-4900
- 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

- [Breastfeeding Peer Support Program](#) 1-800-563-2808 Ext. 2356
- [La Leche League Canada](#)
- [North Bay Parry Sound District Health Unit](#) 1-800-563-2808

### 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](#)  
Parry Sound 705-746-9354

### 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

- [New Horizon Montessori Early Learning Centre](#) 705-774-9222
- [Parry Sound Co-op Nursery School Inc.](#) 705-746-9612
- [Waubeeek Early Learning and Child Care Centre](#) 705-746-8332
- [YMCA Child Care](#) 705-746-0511

## 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
- [Community Living Parry Sound](#) 705-746-9330
- [Hands TheFamilyHelpNetwork.ca](#) 1-800-668-8555
- [Integration Support Services](#) 1-800-563-4201
- [Nipissing & Parry Sound Children's Aid Society](#)  
Parry Sound 705-746-9354
- [North East Community Care Access Centre](#)  
Parry Sound 1-800-440-6762
- [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
- New Horizon Montessori Early Learning Centre 705-774-9222
- Otter Lake Christian School 705-378-4960
- [Shawanaga First Nation](#) 705-366-2029
- [Simcoe Muskoka Catholic District School Board](#) 705-722-3559
- [Wasauksing First Nation](#) 705-746-2531
- White Pine Home Schooling Network

## 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
- [Parry Sound - Salvation Army](#)
- [Parry Sound - Harvest Share/Lunch Bunch/Bargain Box](#)

## Recreation/Children's Programming

### Best Start Child & Family Centres

- [Parry Sound Mall](#) 705-751-7776  
Ext. 601
- [64 Waubeek Street, Parry Sound](#) 705-
- [Nobel Public School](#) 705-776-9371  
Ext. 8987

### Ontario Early Years Programs 1-866-850-8855

- Whitestone Lake Public School - Tuesdays 9:30-11:30
- McDougall Public School - Wednesdays 9:30-11:30
- Parry Sound Friendship Centre - Mondays 9:30-11:30
- Orrville – Wednesdays /Fridays 9:30-11:30
- Humphrey - Mondays/Thursdays 9:30-11:30
- Rosseau - Tuesdays 9:30-11:30

### Libraries

- [Dunchurch](#) ☺📖 705-389-3311
- [Pointe au Baril](#) 705-366-2515
- [McKellar](#) 705-389-2611
- [Parry Sound](#) ☺📖 705-746-9601
- [Orrville](#) 📖 705-732-2850
- [Foley](#) 📖 705-378-0742
- [Humphrey](#) 📖 705-732-4526
- [Rosseau](#) 📖 705-732-4231
- [Mactier](#) ☺ 705-375-5430

☺ = Weekly/Periodic children's programming

📖 = Summer children's programming

### Municipal Recreation Facilities and Programs

[The Archipelago](#) (Pointe au Baril, Woods Bay) 705-746-4243

[Carling](#) 705-342-5856

[McKellar](#) 705-389-2842

[McDougall](#) (Nobel, Waubamik) 705-342-5252

- Community Centre
- Municipal Parks and Playgrounds
- Beaches

**Programs:** Public Skating, Swimming Lessons

## Recreation/Children's Programming

### Municipal Recreation Facilities and Programs

[Parry Sound](#) 705-746-2101

[Sequin](#) (Christie, Foley, Humphrey, Rosseau) 705-732-4300

[Whitestone](#) (Dunchurch, Ardbeg, Maple Island, Whitestone)  
705-389-2466

[Dokis First Nation](#) ??? 705-763-2200

[Henvey Inlet First Nation](#) 705-857-2331

[Magnetawan First Nation](#) 705-383-2477

Naiscoutaing First Nation?

[Shawanaga First Nation](#) 705-366-2526

[Wasauksing First Nation](#) 705-746-2531

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## Recreation/Children's Programming

### Municipal Recreation Facilities and Programs

### Financial Support for Recreation Programs

[Helping Kids Play](#)

[Kidsport](#)

1-866-641-7767