

FAMILY CONNECTIONS



WHO CAN I CALL? WHERE CAN I GO?

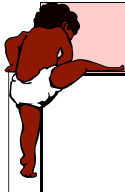
Produced by the
KENORA FAMILY CONNECTION

OCTOBER 2011

Where can I go to: Weigh my baby
Talk about baby care
Meet other parents



<p>Monday Best Start Hub - Kenora</p>	10 a.m. - 11 a.m.	Infant hour	Best Start Hub 24 Main Street S. 467-5530 (Registration required) Community Centre 467-5530
<p>Every 2nd Monday - Minaki</p>	10 a.m. - 12 p.m.	Playgroup	
<p>Tuesday Best Start Hub Baby Beginnings</p>	10 a.m -12 p.m. 1 p.m. - 3 p.m.	Baby Beginnings	Best Start Hub 24 Main Street S 467-5530
<p>Wednesday Brighter Futures Program</p>	12 p.m. - 2 p.m.	Healthy families group	NeChee Friendship Centre 1301 Railway Street 468-5440
<p>Best Start Hub Sioux Narrows</p>	10 a.m. - 12 p.m.	Parent support group Community Centre	Sioux Narrows Community Centre 467-5530
<p>Monday - Friday Northwestern Health Unit Healthy Babies, Healthy Children</p>	9 a.m. - 12 p.m. 1 p.m. - 4 p.m.	Baby Wellness	209 Market Square (2nd Floor) 468-4948



WHO CAN I CALL when I have questions about my baby or myself??

	Pregnancy	Prenatal Classes	Breast-feeding	Breastpump	Infant Care	Mother's Health	Infant/child Growth & Development	Parenting Information	Family Planning	Addictions Counseling	Baby Blues
Canada Prenatal Nutrition Program 467-2765	✓	✓	✓	✓	✓	✓	✓	✓	✓		✓
FIREFLY 467-5437							✓	✓			✓
Community Counselling/Addictions Services Kenora 467-3555										✓	✓
Health Canada: First Nations & Inuit Health 468-8961	✓	✓	✓		✓	✓	✓	✓	✓		✓
Infant Development Program 467-5225					✓		✓	✓			✓
Wassay-Gezhig Na-Nahn-Dah-We-Igamig (Kenora Area Health Access Centre) 467-8770 or 543-1065	✓	✓			✓	✓	✓	✓	✓	✓	✓
Kenora Midwives 468-8510	✓		✓		✓	✓	✓	✓	✓		✓
Lake of the Woods Hospital 468-9861 Maternity ext. 2204	✓	✓	✓		✓	✓	✓	✓	✓	✓	✓
Minto Area Parent Child Resource Centre (Best Start Hub) 468-3161					✓		✓	✓			✓
NeChee Friendship Centre Aboriginal Healthy Babies Healthy Children and Family Support Program 468-5440	✓		✓	✓	✓	✓	✓	✓			✓
Northwestern Health Unit Healthy Babies, Healthy Children 468-4948	✓	✓	✓		✓	✓	✓	✓	✓		✓
LaLeche League of Canada Ashleigh Cavner - 467-3383			✓								
Best Start Hub 467-5530					✓		✓	✓			✓

KIDS HELP PHONE LINE: 1-800-668-6868

TELEHEALTH ONTARIO:

1-866-797-0000

POISON CONTROL:

1-800-268-9017

MOTHERISK: 1-416-813-6780

CRISIS RESPONSE LINE:

1-866-888-8988

WOMEN'S SHELTER:

468-5491

PASS PROGRAM: 468-6401 ext 3410

HLTH CANADA PRODUCT SAFETY

1-866-662-0666

EATRIGHT ONTARIO:

1-877-510-5102

WOMEN'S PLACE 468-3943

EXERCISE & PREGNANCY HELPLINE 1-866-937-7678

VICTIMS CRISIS

467-2815