

# Ottawa Area Perinatal Mental Health Resources

## Postpartum Support Groups focused on Mental Health

### **Mothercraft Postpartum Support Group**

Free facilitated weekly drop-in group for mothers and babies (Monday mornings)

Location: Mothercraft Ottawa, 475 Evered Avenue, Ottawa ON

Phone: 613-728-1839

Website: <http://www.mothercraft.com/>

How to Access: Drop-in (free)

### **MOMS Support Group through Family Services Ottawa**

10-week structured group program for mothers. Offered three times a year. Includes pre- and post-program assessments for post-partum depression.

Location: 312 Parkdale Ave. Ottawa, ON K1Y 4X5

Phone (Intake Worker): 613-725-3601 Ext 117

Website: [www.familyservicesottawa.org/moms-groups/](http://www.familyservicesottawa.org/moms-groups/)

Languages Served: English & French

Fees: Sliding Scale (\$50-\$300 total for eight-week programs)

How to Access: Self-referral by phone or e-mail

## Specialized Hospital Programs

### **Ottawa Hospital Perinatal Mental Health Clinic**

Specialized psychiatric program for individuals with existing or suspected mental health issues who are planning pregnancy, are pregnant, or who are new mothers that are postpartum with issues such as postpartum depression. Multidisciplinary team of psychiatrists, psychologist, social worker, nurse. Individual and group therapy.

Location: Ottawa Hospital General Campus, 501 Smyth Road, Ottawa, ON K1H 8L6

Phone: 613-737-8010

Languages Served: English

Fees: None

How to Access: Referral required (from physician or midwife)

Emergency Services: Urgent mental health services (including inpatient care and referral to the program) available 24-7 through Emergency at the Ottawa Hospital (General Campus)

### **Montfort Hospital Mental Health Clinic**

Individual and group therapy with a Psychiatrist specializing in perinatal mental health.

Location: Montfort Hospital, 713 Montreal Road, Ottawa, ON K1K 0T2

Phone: 613-746-4621; In-patient - Ext. 3937; Outpatient - Ext. 3965

Languages Served: French, English (Groups will be Francophone)

Fees: None

How to Access: Referral required. Contact Annabelle at Outpatient (Mon-Fri: 8am-4pm) for initial appointment with intake social worker.

Emergency Services: Urgent mental health services (including inpatient care) available 24-7 through the Emergency Department at the Montfort Hospital.

# Ottawa Area Perinatal Mental Health Resources

## Individuals Specializing in Pregnancy & Postpartum Issues

### **Stephanie Irwin, M.A., Psychotherapist**

Location: 1690 Woodward Drive, Suite #214, Ottawa, ON K2C 3R8

Phone: 613-228-0800

Languages Offered: English, French

### **Judy Kiar, M.A., Individual, Couple & Family Therapist**

(Also trained in Rapid Eye Movement Desensitization (EMDR))

Location: 25 Tapiola Crescent, Ottawa, ON K1T 2J7

Phone: 613-521-8800

Website: <http://www.judykiar.com/>

### **Michele Glover, M. Ed., CCC, Psychotherapist**

#### **Full Circle Counseling**

Location: 376 Churchill Avenue N., Ottawa, ON K1Z 5C3

Phone: 613-808-7244

Website: <http://www.fullcirclecounseling.ca>

### **Tina Strutt, M.A., RCC, Psychotherapist**

Phone: 613-222-4245

Email: [tina@livelifewithconfidence.com](mailto:tina@livelifewithconfidence.com)

Website: <http://www.livelifewithconfidence.com/baby-bumps-therapy/>

### **Stephanie Tompkins, C. Psychologist**

Specializes in perinatal mental health needs. Typically 4-6 week wait for the first appointment.

Location: 784 Taylor Creek Drive, Orleans, ON K1C 1T1

Phone: 613-889-9104

Email : [s.tompkins@taylorcreekpsychology.ca](mailto:s.tompkins@taylorcreekpsychology.ca)

Fees: Flat rates; provides receipts for insurance providers.

Languages Served: English, French

How to Access: Self-referral – clients can schedule appointment without doctor's referral.

Website: <http://www.taylorcreekpsychology.ca/>

### **Rekha Chagarlamudi, MSW, Psychotherapy**

Experience with Postpartum Depression and various perinatal mental health issues. Typically 2-3 week wait for initial appointment.

Location: 300 March Road, Suite 302; Kanata, ON

Phone: 613-301-0121

E-mail : [rekha@rekhachagarlamudi.com](mailto:rekha@rekhachagarlamudi.com)

Fees: Sliding scale fees; insurance receipts for coverage for psychological services

Website: <http://rekhachagarlamudi.com/>

### **Dr. Radka Lenz, Psychiatrist**

Location: 1929 Russell Rd, Ottawa, ON K1G 4G3

Phone: (613) 789-1299

# Ottawa Area Perinatal Mental Health Resources

## Additional Counseling Services for Perinatal Mental Health

### **CBT (Cognitive Behavioural Therapy) Institute**

Location: 411 Roosevelt Avenue, Suite 200, Ottawa, ON K2A 3X9

Phone: 613-820-9931

Contact: Dr. Natasha Ballen (Psychologist with TOH Perinatal Mental Health Program)

Languages Offered: English & French

Fees: Vary. Lower rates available if seeking counseling from supervised psychology students.

Website: [www.cbt.ca](http://www.cbt.ca)

### **Jewish Family Services: The Counselling Group**

Offers individual counseling with counseling specialists for perinatal mental health issues. Intake workers will consult with interested patients, conduct initial assessments, and match patients with a suitable counseling professional to meet the patient's specific needs. Individual, Couples, and Children/Youth/Teens counseling offered.

*Free walk-in clinic* where mothers can see a counselor on-the-spot for short-term needs. Hours for walk-in clinic: Wed 12pm-8pm & Sun 12pm-5pm.

Location: 2255 Carling Ave. Suite 300, Ottawa, ON K2B 7Z5

Phone: 613-722-2225; Intake worker - Ext. 352

Hours: Monday-Thursday 9am - 7:30pm; Friday 9am-1:30pm

How to Access: Self-referral (Interested patients can call or walk-in)

Fees: \$125 per session. Sliding Scale fees available based on patient's income and resources (assessed at initial in-take session). Insurance receipts provided.

Languages: English, French, and other languages offered upon request.

Website: [www.thecounsellinggroup.com](http://www.thecounsellinggroup.com)

### **Capital Choice Counselling**

Wide list of counselors who specialize in Postpartum depression, Family, Couples, and Individual Counselling in the Ottawa area.

Phone: 613-425-4257

Hours (to call): 8am-8pm

Languages: Various languages offered.

Fees: Not covered by OHIP. Services covered by most insurance companies; fees vary by counsellor; sliding scale rates available. Receipts are provided by an Ontario Registered Psychologist.

Website: <http://capitalchoicecounselling.com/list-counsellors-expertise/>

### **Catholic Family Services Ottawa**

Location: Six locations offered throughout Ottawa (see website)

Phone: 613-233-8478

Hours: Monday-Thursday 9am-8pm; Friday 9am-5 pm

Languages: English, French, Farsi

Fees: Sliding Scale; Self-Referral

Website: [www.cfsottawa.ca](http://www.cfsottawa.ca)

# Ottawa Area Perinatal Mental Health Resources

## **Orleans-Cumberland Community Resource Centre**

In-take Services & Short-term Counselling (Drop-ins Welcome)

Phone: 613-830-4357

Contacts: Tracy or Lisa

Hours: Monday-Friday 8:30am-12pm; 1pm-4:30pm (4:00pm during summer)

Languages Offered: English, French

Website: <http://croc.ca/programs-services/age-18family/counselling-information-support-referrals/>

## **Online Resources**

### **PSI: Postpartum Support International**

Free online group support; "Warm Line" telephone support for mothers

Free 24-7 Helpline: 1-800-944-4773

Ontario Coordinator: Katey Rayner; [katey.rayner@gmail.com](mailto:katey.rayner@gmail.com); 613-322-1639

Website: [www.postpartum.net](http://www.postpartum.net)

### **The Postpartum Stress Centre**

Resource website about Postpartum Depression (based out of Pennsylvania)

Offers information and resources about Postpartum Depression (PPD), how to discuss PPD with your doctor; self-help methods, recommended books, and other resources.

Local contact: See PSI information above

Languages Offered: English & Spanish

Website: [www.postpartumstress.com/get-help/](http://www.postpartumstress.com/get-help/)

### **Pacific Post Partum Support Society**

Information, blog, videos for mothers and partners. Publications include a self-help guide for postpartum depression and anxiety.

Website: [www.postpartum.org](http://www.postpartum.org)

### **Postpartum Progress**

Blog, on-line community (including peer-to-peer support) with others who have experienced perinatal depression, anxiety, OCD, PTSD, or psychosis.

Website: <http://www.postpartumprogress.com/get-hope>

### **OMama Information & Support for Mothers & Families in Ontario**

Website & mobile app providing resources and evidenced-based information for healthy pregnancy, birth, and post-partum. Mental health information & local resources provided.

Website: <http://www.omama.com/en/newborn/mental-health-supports.asp>

### **Women's College Hospital—Mother Matters Program (Toronto Based)**

10-week Online Support Group for mothers with mood and adjustment issues postpartum. See website for Eligibility and Registration information.

Contact: [mothermatters@wchospital.ca](mailto:mothermatters@wchospital.ca)

Website: <http://www.womenscollegehospital.ca/programs-and-services/mental-health/Mother-Matters>

# Ottawa Area Perinatal Mental Health Resources

## **[www.ementalhealth.ca](http://www.ementalhealth.ca)**

Internet Resources and Educational Information (English & French)

Website: <http://www.ementalhealth.ca/Ottawa-Carleton/Postpartum-Depression/index.php?m=article&ID=8901>

## **[www.beststart.org](http://www.beststart.org) (Best Start / Health Nexus)**

On-line resources including self-help workbook for postpartum depression.

Website: [http://www.beststart.org/cgi-](http://www.beststart.org/cgi-bin/commerce.cgi?search=action&category=M00E&advanced=yes&sortkey=sku&sortorder=descending)

[bin/commerce.cgi?search=action&category=M00E&advanced=yes&sortkey=sku&sortorder=descending](http://www.beststart.org/cgi-bin/commerce.cgi?search=action&category=M00E&advanced=yes&sortkey=sku&sortorder=descending)

## **Phone or Text Support**

### **24 Hour Mental Health Crisis Line in Ottawa**

Ongoing crisis support 24-7

Phone: 613-722-6914

Website: [www.crisisline.ca](http://www.crisisline.ca)

### **Pacific Postpartum Support Society**

Phone or text support for mothers and partners.

Telephone (toll-free): 1-855-255-7999 (Mon – Fri, 1pm-6pm Eastern Time)

Text: 604-256-8088 (Wed & Fri, 1pm-6pm Eastern)

Website: [www.postpartum.org](http://www.postpartum.org)

## **Web-based Resources for Dads**

### **[www.postpartumdads.org](http://www.postpartumdads.org)**

Designed for dads, by dads who have successfully supported their partners through postpartum depression. Affiliated with Postpartum Support International. Offers resources such as Dads Dealing with Depressed Partners and Depressed Dads.

### **[www.dadscan.ca](http://www.dadscan.ca)**

Canadian website based out of London, ON. Offers tips and practical information on how to support a partner who is experiencing postpartum depression. Offers advice on how to cope with the day-to-day stress of having a new baby. Offers help to men who want to be involved in the fathering role.

## **Postpartum Doulas**

Contact info for many postpartum doulas in Ottawa available at:

<https://www.ottawacea.com/doula>

## **Life-coaching**

### **MamaCoach**

Offers one-on-one coaching focused on identifying your goals and implementing changes in your life to achieve your goals. Specialized focus on the transition to motherhood.

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Fees: vary depending on services selected (see web-site for details)

Website: <http://mamacoach.ca/index.html>

## In-Person Support Groups & Resources for Mothers, Babies, and Families

### **Parent Resource Centre**

Offers a variety of free programs to support mothers and families, including free Play Groups where mothers and their children can get out of the house, socialize, and the children can play as facilitated by the Family Service's Parent-Child Educators.

Free "Music, Movement, and Massage" groups are offered to mothers and newborn infants.

Free In-home Parenting Support Program offered from birth to 18 years.

Free Resources: Toy-lending Libraries and Libraries with reading resources for perinatal needs.

Client Service Coordinators aim to work with mothers and families to help find appropriate resources depending on their specific needs.

Location: 300 Goulburn Priv; Ottawa, ON K1N 1C9

Phone: 613-565-2467 Ext 222; Toll Free 1-888-5652466

Contact: [admin@parentresource.ca](mailto:admin@parentresource.ca) or Chrissy (Client Service Coordinator)

Website: [www.parentresource.ca](http://www.parentresource.ca)

### **Parenting in Ottawa Drop-ins**

Drop-in program available to expectant parents and parent(s) and guardians of children aged birth to 6 years of age. Public Health Nurse available. Breastfeeding support, learn ways to help your child eat healthy and be active, make sure your child is on track with their growth and development, ask about your child's social skills and happiness.

Location: Many locations across Ottawa. See website for details re: times & locations

Website: <http://www.parentinginottawa.com/en/dropins.asp>

### **Healthy Babies, Healthy Children (Ottawa Public Health)**

Home visiting program for pregnant women and families with children from birth until transition to school. Offers support and information re: questions about parenting, feeding, safety, and growth and development. Provides information about different programs in your community. Connects you and your family to resources.

Visits may be provided by a Public Health Nurse, Social Worker and Family Visitor.

Languages offered: English, French and several others.

Phone: 613-580-6744

## Social Media – General Social Support & Community

### **Ottawa Mommy Club**

(Facebook) <https://www.facebook.com/OttawaMommy/>

Twitter: [@OttawaMommyClub](https://twitter.com/OttawaMommyClub)

### **Positive Birth Movement – Ottawa**

Website: <http://yourbirthcoach.com/join-the-community/positive-birth-movement/>

You can find next meeting dates and RSVP

at: <https://www.facebook.com/YourBirthCoachDrNancy/events>

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You can request to join our closed Facebook group  
at: <https://www.facebook.com/groups/419524404813227/>

## **Ottawa Attachment Parenting Meetup**

Website: <http://www.meetup.com/Ottawa-Attachment-Parenting-Meetup/>

## **Support for Mothers following Cesarean Section**

### **icancanada.ca**

ICAN provides support for mothers healing from caesareans and planning VBAC through local chapter meetings, discussion groups, telephone, email, and presentations for care providers for women in the childbearing years.

## **Support for Eating Disorders**

### **Hopewell**

Eating disorder support centre. Programs and services include resource listings, telephone, office and email support, mentoring programs, support groups for individuals and families, expressive art groups, outreach presentations, and workshops for individuals and professionals.

Location: Heartwood House, 404 McArthur Ave., Ottawa

Phone: 613-241-3428

Website: <http://www.hopewell.ca/>