

# Waterloo Region

## Services for Women who are Pregnant or Parenting Involved with Alcohol and/or Drugs

### Moving Forward

Specialized services for women who have substance concerns and are pregnant or parenting children 0–6 years of age.

519-745-4691

[www.houseoffriendship.org](http://www.houseoffriendship.org)

### Bridges of Health

A two week day treatment program for adult women who are concerned about their use of drugs, including alcohol.

519-957-5000

[www.houseoffriendship.org](http://www.houseoffriendship.org)

### Motherisk

Offers information, counselling and referrals about the effects of alcohol and other substances to pregnant and breastfeeding women and their families.

1-877-FAS-INFO (1-877-327-4636)

[www.motherisk.org/women/alcohol](http://www.motherisk.org/women/alcohol)

### Centre for Addiction and Mental Health

Information on addictions and mental health issues.

1-800-661-1111

[www.camh.net](http://www.camh.net)

### Grand River Regional Withdrawal Management Centre

Alcohol and drug detoxification services—Residential/Day/Outreach  
519-749-4318

### Region of Waterloo Public Health

#### Reproductive Health Phone Line

Speak with a Public Health Nurse about pregnancy or planning a pregnancy.

519-883-2267

#### Healthy Children Info Line

Information and referral for parents and caregivers of children 0–6 years of age.

519-883-2245

Calls will be returned between 9 a.m.—4 p.m., Monday to Friday (closed statutory holidays) [www.regionofwaterloo.ca/ph](http://www.regionofwaterloo.ca/ph)

### Drug and Alcohol Treatment Infoline (DART)

A province-wide information and referral service with interpretation available in 140 languages.

1-800-565-8603

[www.dart.on.ca](http://www.dart.on.ca)



Region of Waterloo  
PUBLIC HEALTH

Produced by Region of Waterloo Public Health  
*Reproductive Health Program*

519-883-2006

revised July 2011

# Wellington, Dufferin and Guelph

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### Let's Grow together

Specialized services for women who are involved with substances and are pregnant or parenting children 0–6 years of age. Child care is only provided for “Let’s Grow Together”.

519-837-1470

[www.stonehengetc.com](http://www.stonehengetc.com)

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### KIDS LINE

A free, confidential telephone service for parents who are pregnant or parenting children 0–6 years of age in Wellington and Dufferin counties. A Public Health Nurse can help answer your questions about: planning ahead for pregnancy, pregnancy, breastfeeding, infant and child health, parenting help in your community, and public health programs. Monday to Friday 8:45 a.m.–4:15 p.m. (closed statutory holidays)

519-846-2715 ext. 3616

1-800-265-7293 ext. 3616

[www.wdghu.org](http://www.wdghu.org)

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