



Waterloo Region Perinatal Mental Health Community Resources

No preference given in order
For the most up to date version, visit
<https://cotdwaterlooregion.org/index.php/local-resources/>

Crisis Resources

** If in an emergency, call 911 or visit closest emergency department**

Crisis Services Canada
1-833-456-4566
<https://www.crisisservicescanada.ca/en/>

Distress and Crisis Ontario
<https://www.dcontario.org/>

Ontario Health Mental Health
1-866-531-2600
<https://www.ontario.ca/page/mental-health-services>

Canadian Mental Health Association
<https://ontario.cmha.ca/documents/are-you-in-crisis/>

Local Crisis Resources

Here 24/7
1-844-437-3247
<https://here247.ca/>

Women's Crisis Centre
519-742-5894
<https://wcsvr.org/>

Carizon Postnatal Mental Health
Consultations
519-743-6333
wellnessoutreach@carizon.ca

Local PSI Coordinators

Julie Lebold
519-572-9242
Julie.lebold@gmail.com

Lisette Weber
226-243-8787
psi@sette.ca

Hospitals

Rachel Van Dyk
Grand River Hospital
rachel.vandyk@grhosp.on.ca

Dr. Ryan LieShout -
St. Joseph's Hospital (Hamilton) Women's
Health Concerns Clinic
905-522-1155 x35123
vanlierj@mcmaster.ca
Referral required

Pregnancy Support

Shore Centre
519-743-9360
info@shorecentre.ca
<https://www.shorecentre.ca/>
Free

Monica Place
519-743-0291
<http://www.monicaplace.ca/>
Fees if able to afford

The Pregnancy Centre
519-886-4001
info@pregnancycentre.ca
<https://pregnancycentre.ca/>
Free

EarlyOn Planning for Parenthood
<https://earlyyearsinfo.ca/preparing-for-parenthood/>
Free

Support Groups

Stork Secrets
<https://www.ourplacekw.ca/virtual-stork-secrets>
Free

Transitioning to Parenthood
<https://earlyyearsinfo.ca/find-a-program-service/program-descriptions/>
Free

PSI Online Support Meetings
<https://www.postpartum.net/get-help/psi-online-support-meetings/>
Free

Therapists with Perinatal Mental Health Training or Speciality

Andrea Wiebe, MSW RSW
226-978-2690
andreawiebecounselling@gmail.com
Sliding Scale

Clare Pentelow, MSW RSW
519-358-7181
kitchenertherapy@gmail.com
www.kitchenertherapy.ca
Sliding Scale

Lisa Aldworth, MSW RSW
519-342-3551
lisaaldworthcounselling@gmail.com
www.lisaaldworthcounselling.com

Rachel Brnjas, MSW RSW
226-606-9016
rachel@tapestrycc.com
www.tapestrycc.com/
Sliding Scale

Rochelle Kaikai, MSW RSW
226-400-8910
rootedthistlecounselling@gmail.com
www.rootedthistlecounselling.com
Sliding Scale

Ontario Virtual Psychiatrists with Speciality

Elle Therapy
info@elletherapy.ca
<https://elletherapy.ca/>
Some OHIP

Catherine Mellinger, EXAT
519-404-2860
mellangearts@yahoo.com
catherinemellinger.com
Sliding Scale
Service in English, French

Kasi Shan, MSW RSW
226-241-0440
kasi_shan@outlook.com
www.kasishantherapy.com
Open Path Collective Member

Nicole Mitten, RSW
519-580-9968
nicole@owlwellness.ca
Sliding Scale

Rebecca Johnston, MSW RSW
519-503-4143
rjohnston@fireflycounselling.com
www.fireflycounselling.com
Sliding Scale

Dr. Vivian Polak
maternalwellnessclinic@gmail.com
<https://maternalwellnessclinic.ca/index.html>
Service in English, French, Spanish, Italian
Referral Required