

LABOUR^{OF} LOVE

Resource Guide



LIFE  SPIN

Winter/Spring 2024

ACKNOWLEDGEMENTS

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LIFE SPIN

Low Income Family Empowerment Sole-Support Parents Information Network

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Aftercare for New Parents

When looking for aftercare, it's important to have easily accessible resources. Here are some free options new parents can find online and in London.

Pacified (App)

A free app created by a pediatric dentist that helps determine the best type of soother to use for your baby.

The Mother Program:

<https://www.themothersprogram.ca/postpartum-health>

The Postpartum section is geared towards new parents, & reminds them to focus on themselves as well as their baby. Covers a handful of different topics that a new mother may want to know about, such as bleeding, postpartum depression, sex, & weight loss.

London Health Science Centre

<https://www.lhsc.on.ca/maternal-newborn-care/welcome-to-maternal-newborn-care-0>

This website covers what to expect at the hospital, breastfeeding information & support, and mother and baby care after discharge.

Middlesex-London Health Unit

<https://www.healthunit.com/after-pregnancy>

This website covers a wide variety of topics for new parents. This in-depth information is available at no cost. Also offers telephone support and free confidential services to get health information.

Learning, Earning and Parenting (LEAP) Program

(519) 661-4520, ext. 3 • <https://www.ontario.ca/document/ontario-works-policy-directives/82-learning-earning-and-parenting-leap>

- A free program that offers support to parents to complete high school, enhance their parenting skills, and prepare them to enter the workforce.
- Young parents (16-25) who have not completed high school are eligible.
- Participants in the program may be eligible for:
 - Financial assistance with school activities
 - Planned parenting activities
 - Subsidized child care
 - Transportation cost assistance
 - \$500 bursary upon graduation and program completion
 - Help with transitioning out of the program



London Pregnancy and Family Support Centre:
(519) 432-2073 <https://lonpfsc.com>

Programs for new parents and grandparents:

STEP - a free 6-week prenatal class which offers expecting parents information on a variety of topics such as: prenatal health care, baby development, breast feeding, nutrition, bonding/attachment, postpartum, household management, caring for yourself, and infant/toddler safety issues.

GRIP - a free 8-week program designed for parents who need physical, emotional, spiritual and social support. Topics covered include: Bonding, healthy choices, hygiene, budgeting, life skills, and coping mechanisms.

Lifted Up - A support program for grandparents who are helping to raise their grandchildren. Provides support during challenging times, financial stresses, identifying rules and boundaries, learning coping strategies, attachment issues and custody.

Baby Food/Diaper Banks

Diaper Bank of London

<https://www.southwesthealthline.ca/display/service.aspx?id=169967>

Receives and distributes donated diapers. Many partners around London accept donations. *If you are in need of diapers, call 519-644-0305 and ask for Anne Salmon.*

London Food Bank

www.londonfoodbank.ca

Families can access the food bank Monday-Friday; ID is required for all family members. Postsecondary students can visit Monday-Friday, or during students only hours on Saturday mornings. Student card and ID for each family member required.

Rebirth Wellness Centre

<http://www.rebirthwellness.ca>

Has a drop off bin for unused open package diapers.

South London Neighborhood Resource Centre

<https://slnrc.org/basic-needs-support>

They accept and distribute diapers, baby food/cereal, and infant formula. Families can drop in once per month to access resources Monday to Friday from 10:00 am - 3:00 pm. ID for all family members required.

Postpartum Support Groups

This section is to help new parent(s) find the necessary support they may need after giving birth.

Child Reach

265 Maitland Street, London • (519) 434-3644 • www.childreach.on.ca

A free parent resource center that offers education, information, support and outreach. Drop-in playroom has staff-guided activities, one-on-one discussion, and advice on parenting skills and child development. Offers a resource and toy lending library, parent education seminars, and workshops for early years' professionals.

Eligibility: Parents and caregivers of newborns, and children up to age 12.

Southwest Healthline Support Groups (List)

<https://www.southwesthealthline.ca/listservices.aspx?id=10256>

A link to various support groups (free or low-cost) in the London area that meet regularly to discuss common concerns about raising children; peer support.

Children's Mental Health Support

Vanier Children's Mental Wellness

(519) 433-3101 • www.vanier.com

Free Children's Mental Health Centre in London and rural Middlesex communities offering community-based assessment, counselling and treatment for children (up to 14 years of age) and their families. Children, youth, families and guardians who have behavioral, social and emotional difficulties are eligible. Individual treatment plans are created with the family, and vary in intensity of services based on needs.

Services include:

- Family therapy
- Parenting support
- Psychiatric and psychological assessment and consultation
- Parent, family, child and youth (up to 14 years old) groups
- In-home parent training
- Residential treatment
- Tele mental health
- Eating disorders



Breast/Chest Feeding

La Leche League Canada (LLLC)

<https://www.lllc.ca>

Breast/chestfeeding organization that offers local peer support meetings monthly across Canada. Meeting times vary by region. Virtual meetings are also available. LGBTQ2S meetings are an option. Please see website for up-to-date availability.

Middlesex London Health Unit

(519) 663-5317 • <https://www.healthunit.com/breastfeeding>

Has several pages of information about breastfeeding (among other health topics). Offers in-home support for parents struggling with chestfeeding in the first 6 weeks.

London Health Sciences Centre

<https://www.lhsc.on.ca/search?keywords=breastfeeding>

Offers free drop-in support, informational videos, and guides for breastfeeding, as well as information about self-care and breast/chest changes during chestfeeding.

Bilingual Online Ontario Breastfeeding Service

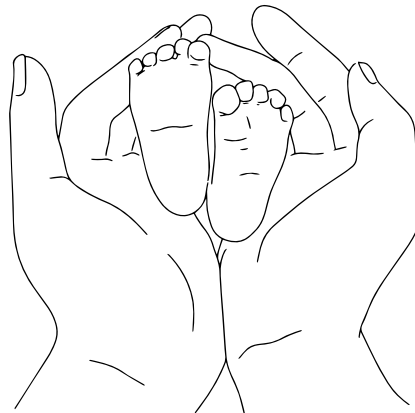
1-800-797-0007 • <https://ontariobreastfeeds.ca/services/breastfeeding-consultation-home-visit-london>

Offered to anyone who is breastfeeding or prenatal. Also offers appointments/home visits with an IB certified lactation consultant.

Baby Spark

<https://babysparks.com>

Offers different videos that cost money to access, ranging from a couple of dollars to \$100 or more. There is a subscription option to access everything, for \$9.99 monthly. Free parent consultations available.



Free Birth Control

Middlesex London Health Unit

<https://www.healthunit.com/birth-control-clinics>

They offer birth control counseling, low-cost birth control, low-cost emergency contraception, IUD consultation & insertion, cervical cancer screening, STI screening & pelvic exam, and free condoms. They also list their prices online with the different brands of birth control they offer. You can call to make an appointment.

Rainbow Health Ontario

<https://www.rainbowhealthontario.ca/service-provider-directory/middlesex-london-health-unit/>

They offer a variety of free services. Appointment and health card are needed for birth control clinic, no appointment or health card is needed for emergency contraception, counseling, STI testing & treatment, hepatitis A & B vaccination, and needle exchange.

Huron Perth Public Health

<https://www.hpph.ca/en/classes-clinics-and-services/low-cost-birth-control-options.aspx#>

The public health unit offers different options of low-cost birth control when someone brings in a prescription. They offer financial assistance, as well as switching to low-cost birth control if it has been prescribed by a medical professional.

Financial Support/Allowances

Ontario Child Benefit

<https://www.ontario.ca/page/ontario-child-benefit>

This provides information about the Ontario Child Benefit available for low-to-moderate-income families.

Pregnancy and Breastfeeding Allowance

<https://www.ontario.ca/document/ontario-works-policy-directives/65-pregnancy-and-breast-feeding-nutritional-allowance>

Information about the pregnancy and breastfeeding allowance available for those who apply for or already receive social assistance.

London Children's Connection

<https://lcc.on.ca/family-support-programs>

Offers free programs which are children and family oriented. Parents can get together with their children in a learning environment, and both parents and children can learn useful tools and skills and play.

- EarlyON Programs (birth - 6 years)
- Family Centres (birth - 17 years)
- I'm Home Program (10-12 years)

Nursery Next Door

<https://nurserynextdoor.ca>

This organization provides programs at a cost, although there is an opportunity for a free 30-minute session or 15-minute session over the phone. Free resources are available, such as checklists for newborns and what to bring to the hospital for labor. This organization is part of a large network offering perinatal care.

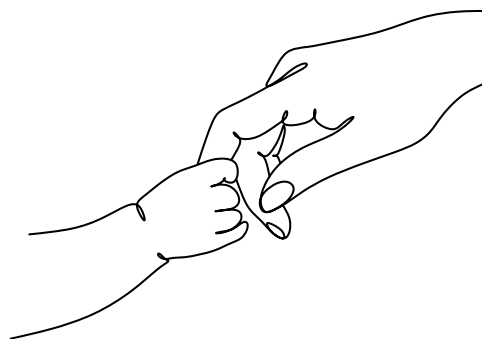
Single Women in Motherhood (S.W.I.M.)

(519) 432-5454 <https://singlewomeninmotherhood.com>

A nonprofit organization which offers courses and programs for single moms located in London-Middlesex. This program supports and works toward developing financial, emotional, personal, and intellectual potential for single moms and their families.

Programs offered:

- **Little Fish Program** - Offers childcare on Monday, Wednesday, Thursday 9:30-4:30 for up to 3 hours.
- **Diaper Bank**
- **LET'S TALK ABOUT IT!** - Single mom peer support group
- **Golden Connection Pal Program** - Connects participants with an experienced and established woman who can provide mentorship and friendship.
- **Community Support Agent Program** - Receive one-on-one emotional and mental support from a Community Support Agent. For those that have faced traumatic events.
- **Life Coaching** - Group workshops for those that have faced traumatic events. Explore topics like positivity, practical goal setting, awareness building, and more. Aims to increase self-esteem and help clients manage stress and crisis.



Parenting Agencies

Atlohsa Family Healing Services

24-hour crisis hotline: 1-800-605-7477 • <https://atlohsa.com>

Programs & services for indigenous people, including support for those facing domestic violence, housing support, sharing circles, and other cultural events. Emphasizes life skills, empowerment, self-awareness, and safety planning.

Birthright London

24/7 free helpline 1-800-550-4900 • <https://birthright.org/london>

Volunteer organization offering information on several topics: pregnancy, childbirth, adoption, parenting skills, childcare, and more. Unplanned pregnancy support. Referrals for medical care, financial resources, housing & legal, social assistance, and more. Free resources: pregnancy tests, maternity & baby items, live chat via website.

Crouch Neighbourhood Resource Centre

<https://www.crouchnrc.org>

Hamilton Road community support for basic needs, such as emergency food & hygiene items, social assistance applications, tax filing, and recreational opportunities for children, adults, seniors, and families.

Glen Cairn Community Resource Centre

<https://www.gccrc.ca>

Neighborhood Resource Centre serving Glen Cairn and Pond Mills. Offers children & parents programs for children aged 5-11 and their parents, youth programs for ages 12-24, adult & senior programs for ages 18+, and advocacy services.

London Pregnancy & Support Centre

<https://lonpfsc.com>

Offers pregnancy tests, options counseling, one-on-one support, post-abortion support, programs for moms and grandparents. Also offers referrals for medical care, adoptions, community services, and professional counseling.

Merrymount Family Support and Crisis Centre

Self-referral: 519-434-6848 ext. 253 • www.merrymount.on.ca

Offers their Child Mental Wellness Program (children age 0-12), parenting groups, children's groups, community outreach, supervised access program, All Kids Belong (inclusion of children with support needs).

Infant and Pregnancy Loss Support

Sunnybrook Pregnancy and Infant Loss Network

<https://pailnetwork.sunnybrook.ca>

A provincial program available at no cost to all families dealing with infant loss in the province of Ontario.

Post Abortion Care

London Pregnancy and Family Support Centre

(519) 432-7098 • <https://lonpfsc.com/services-programs/> (scroll down page)

A program aimed to assist those who have had an abortion. Provides individualized support and care. Abortion can create a variety of strong emotions, no matter the circumstances. Some of these negative emotions may be immediate or years later.

SHORE

<https://www.shorecentre.ca/abortion>

This organization offers support both pre and post abortion. They offer counseling to help go through options for those who may be seeking an abortion. Those who have experienced an abortion within the last 2 years are also eligible for support. Counseling is provided virtually by secure phone or video call.

Other Resources

Low Income Family Empowerment * Sole-Support Parents Information Network (LIFE*SPIN)

866 A Dundas Street, London, Ontario • www.lifespın.org

Our volunteer organization, which offers information, resources, and parental support. Our wide variety of programs includes our Baby Fair, Free Store (for clothing needs), food security, free tax clinic, financial literacy & assistance to access income support, such as education savings, child tax credits, pregnancy allowance, and more.

Parachute - Car Seats

<https://parachute.ca/en/injury-topic/car-seats/>

Learn about how to choose the right car seat, using secondhand car seats, booster seat legislation, and more.

Youth Opportunities Unlimited (YOU)

<https://www.you.ca>

Supports youth to build skills, confidence, and independence. Youth centres, pet-friendly youth shelters, housing services, career services, and enterprise services.

Northwest London Resource Centre

<https://nwlrc.ca>

Neighborhood youth services, neighbourhood support services (including emergency food cupboard), settlement integration services for new community members, and employment/volunteer services & opportunities.

Autism Ontario

<https://www.autismontario.com>

Support & advocacy for autistic individuals and their families across Ontario. For children and adults; learning resources, Autism Career Connections, OAP provider list.

Health Zone: Nurse Practitioner-Led Clinic

<https://www.healthzonenplc.com>

Diagnosis, management, and treatment of health conditions by nurse practitioners. Also offers counseling and mental health support. Serving people without a family doctor, social worker, or dietician. Community network.

London Abused Women's Centre

<https://www.lawc.on.ca>

Free counseling, advocacy, and support for women & girls over the age of 12 who have experienced abuse, harassment, assault, trafficking, and exploitation. Offers help with safety planning, transitional support, and information about legal aid, housing, and other community resources. Trauma-informed counseling & advocacy, urgent services, women's support groups, education & training, intimate partner violence, human trafficking, sexual assault & harassment, non-state torture.

Rotholme Women's and Family Shelter

<https://missionservices.ca/help/rotholme>

Accommodations for single and dual parent families for 1-30 days. Prevention of Homelessness Among Families (PHAF) program with the aim of preventing shelter stays and facilitating long-term housing stability for families.

Muslim Resource Centre for Social Support & Integration

<https://mrcssi.com>

Culturally informed services for individuals and families within London's diverse Muslim communities. Public education & awareness, counselling & social support, counseling for family violence, faith-based support, community engagement & development, evidence-informed family-centered programs.

- Strengthening Families Program - family skills training program for children ages 6-16 and their parents to learn pro-social skills
- Caring Dads - improve relationships between fathers and their children and partners

South London Neighborhood Resource Centre

<https://slnrc.org>

Adult, senior, and community programs, such as cooking classes, computers, and support groups.

Basic needs support for families:

- Emergency food, infant formula, diapers
- Referrals, advocacy
- Financial support for child & youth recreation through Canadian Tire Jumpstart Program
- Families First CAPC - support for families with children, newborn - 6 years
- Newcomer settlement services
- Youth services

Rebirth Wellness Centre

<https://www.rebirthwellness.ca/counselling-and-support>

Offers counselling (in person or online) for parents and partners experiencing infertility, pregnancy, postpartum, and parenting. Direct billing available for most services. Must have a credit card to book appointments.

- Other services at Rebirth: acupuncture, counseling, chiropractic, naturopathic medicine, physiotherapy, late pregnancy services, lip/tongue tie services, lactation/infant feeding, cesarean scar release therapy, and postpartum in-home support.
- Classes/courses at Rebirth: prenatal/childbirth education; newborn care 101; prenatal breastfeeding; push prep 101; infant massage; mothering your mind; rebirth mom group; the ease mama retreat; conscious parenting; prenatal yoga, Pilates, and fitness; baby & me yoga, Pilates, and fitness boot camps.

Thames Valley Children's Centre (TVCC) - Services

<https://www.tvcc.on.ca/services>

A variety of programs & services for children newborn up to grade 12. A few examples include: Physiotherapy, Mobility Equipment, Occupational Therapy, Specialty Clinics, Speech/Language Therapy, early years development, and more.

Southwest Health Line - Basic Needs & Social Support Reference Directory

<https://www.southwesthealthline.ca/listCategories.aspx?id=10055>

A collection of resources within Southwest Ontario. Find financial assistance, emergency shelter & housing, life skills, counselling, transportation, and employment assistance are just a few examples.

London Health Sciences Centre - Car Seat Education

<https://www.lhsc.on.ca/trauma/car-seat-education>

Learn how to prevent injury risks and how to choose the right car seat for your child through LHSC's injury prevention specialists. Book one-on-one consultations online or by phone at: 519-685-8500 extension 77074 or extension 56041

Safe Beginnings First Aid

www.safebeginnings.ca

First aid for infants & toddlers. Based out of Vancouver, they have online courses, resources and a blog to explore. Safe Beginnings is an official training partner with the Canadian Red Cross.

Ontario Telehealth

811 • <https://health811.ontario.ca/static/guest/home>

Speak to a Registered Nurse (RN) about health advice 24/7. 811 is for when you need health advice or have questions or concerns that are not emergencies. Examples include: post-surgery care, fever, heart rate & heartbeat related questions, & more.

GROW (Grounded Roots Open Wings)

519-878-8621 • <https://www.groundedrootsopenwings.ca/>

Provides support for several needs: breastfeeding, the fourth trimester, as well as multi-generational trauma and other mental health needs.

Government Program: Assistance for Children With Severe Disabilities

<https://www.ontario.ca/page/assistance-children-severe-disabilities-program>

Apply by Mail:

https://www.app.grants.gov.on.ca/indiv/assets/ACSD_Form_en.pdf

or Online: <https://www.app.grants.gov.on.ca/indiv/#/acsd>

The ACSD program helps parents with extra costs of caring for a child with severe disabilities. Examples of covered costs include: travel to doctors and hospitals, respite care, wheelchair repairs and assistive devices. If you need help to complete the forms, please book an appointment with our Community Advocate, Nicole Davis.

“The point of parenting is not to have all the answers before we start out, but instead to figure it out on the go as our children grow. Because as they do, so will we.”

- Bridgett Miller



Stay Connected With **LIFE SPIN**

Join Our FREE Workshops

Monthly on Tuesdays at 11:00 AM

Marth 5: Employment Services

April 16: Children with Disabilities

May 14: Seniors Pension & Finances

More Programs to Join

Pocket Sized Farms Day Camp:

Registration opens May 15th at:

<http://bit.ly/PSF-Sign-Up>

Christmas Program: Registration

begins in mid-October

Community Food Box: (Full until April)

www.lifespın.org/sign-up-forms

Income Tax Program: Book an
appointment at

www.lifespın.org/taxprogram

Read Our Newsletter!

Updated every other month

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news/lifespın-newsletter](https://www.lifespın.org/news/lifespın-newsletter)**



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Register ONLINE ONLY at

www.lifespın.com

You have so much to look forward to!



Low-Income Family Empowerment Sole-Support Parents Information Program

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