



## Waterloo Region Community Resources for Pregnancy and Parenting 2020-2021

### **Prenatal Classes (No cost)**

Region of Waterloo Online Prenatal Classes

<https://www.regionofwaterloo.ca/en/health-and-wellness/online-prenatal-program.aspx>

Maternity Care Midwives Youtube Prenatal Class (3 videos)

<https://www.youtube.com/channel/UCQxISOrlkzk8-qbErtA7sig>

Me? Breastfeed Workshop

<https://www.breastfeedingbuddies.com/neve-home/about-services/me-breastfeed-workshop/>

### **Prenatal Classes (Cost)**

Tummies to Toes

<http://www.tummiestotoes.ca/index.php>

Balancing Birth to Babies

<https://balancingbirthbaby.com/>

Private Hypnobirthing Classes

<https://georgestreetnaturopathic.com/hypno-birthing/>

### **Lactation Consultants (Self Referral- Appointments covered by OHIP)**

Region of Waterloo Breastfeeding Clinic

<https://www.regionofwaterloo.ca/en/health-and-wellness/breastfeeding.aspx>

Latched On

<http://www.latchedon.ca/lactation-consults.html>

## Parenting Classes (No cost)

EarlyON- Sleep and Your New Baby

<https://earlyyearsinfo.ca/program/sleep-and-your-new-baby-8/>

Latch and Learn- Beyond the Basics of Breastfeeding

<https://www.breastfeedingbuddies.com/neve-home/about-services/baby-me-drop-in/>

## Parenting Groups

EarlyON- Baby and Me Discovery

<https://earlyyearsinfo.ca/program/baby-and-me-discovery/>

EarlyON- Stork Secrets (Peer support program)

<https://earlyyearsinfo.ca/program/stork-secrets-10/#:~:text=About%20this%20program%3A,changes%20and%20challenges%20of%20parenthood.>

KW Moms Club

<https://kwmomsclub.com/>

Life with a Baby

<https://www.lifewithababy.com/>

Play-a-Latte Cafe

<https://playalattecafe.com/>

## Other Resources

KW Midwifery Associates Instagram

<https://www.instagram.com/kwmidwives/?hl=en>

KW Midwifery Associates Facebook

<https://www.facebook.com/kwmidwives>

Pandemic Pregnancy Guide

<https://www.instagram.com/pandemicpregnancyguide/?hl=en>

OMama- BORN Ontario (Mobile phone app)

<https://www.omama.com/en/index.asp>

Association of Ontario Midwives- About Midwifery

<https://www.ontariomidwives.ca/what-midwife>

Healthy Babies Healthy Children

<http://www.children.gov.on.ca/htdocs/English/earlychildhood/health/index.aspx>