



Community Supports

This reference sheet is designed to provide parents with a quick reference to just some of the many parent resources available in Halton region. The listings below have a focus on parent to parent support and are often located in Oakville or Milton.

ORGANIZATION	PHONE #	WEBSITE
Breastfeeding: La Leche League Halton Breastfeeding Connection	800-665-4324 905-825-6000	www.lalecheleaguecanada.ca/groups.php www.halton.ca/health/baby_parent/halton_breastfeeding_connection.htm
Halton Region Public Health Department Healthy Babies/Healthy Children	905-825-6000	http://www.halton.ca/health/services/HBHC/
Parenting Multiples: Multiple Births of Canada	866-228-8824	www.multiplebirthscanada.org
Parenting Drop-Ins: (Oakville listings) Calling New Parents (available throughout Halton)	905-825-6000	http://www.halton.ca/Health/services/baby_parent/calling_new_parents.htm
Early Years Center	905-849-6366	http://www.ontarioearlyyears.ca/oeyc/en/Location/map.html
Mom's Time Out – Chartwell Baptist Church	905-842-0207	
North Halton Early Years Centre	905-876-1244	http://search.hipinfo.info/details.asp?RSN=10053
North Oakville Moms & Tots	905-337-2307	http://search.hipinfo.info/details.asp?RSN=14563
Oak Park Moms & Tots	905-257-9080	www.oakparkmomsandtots.ca/
North Oakville Moms and Tots	905-337-2307	
Pops & Tots – Dads only	905-257-5343	
Oakville YMCA	905-845-3417	www.ymcaof oakville.com
Tots and Us – St. Paul's United Church	905-845-3427	http://stpaulsoakville.com/Outreach.asp
Postpartum Depression: Halton Region Public Health (follow the 'related links' to access a number of websites offering information and support for postpartum depression)	905-825-6000	www.halton.ca/health/services/baby_parent/health_after_pregnancy.htm
(ROCK)Reach Out Centre for Kids	905-634-2347	http://www.hcys.ca/
Halton Women's Place	905-332-1200	www.haltonwomensplace.com

For a complete and up to date listing of supports and services targeted at families with children, visit www.hipinfo.info and follow the available links. Searches can be done in a variety of ways including alphabetical, by category or by municipality.

If you do not have access to a computer, we encourage you to also check the phone book (e.g. Parks and Recreation in the blue pages) or call 211. 211 in Halton is a non emergency number that offers individuals access to information on the full range of community, health and social services available in Halton. This service is free, confidential and available in multiple languages.

This Information was developed by the Family Centered Care Advisory Committee of the Maternal Child Program at Halton Healthcare Services. (Revised Nov 09)